



HOW TO AVOID
THE 12 WORST
DIVORCE MISTAKES



EVERYONE
HAS A STORY

MEET PAULETTE RIGO

An accomplished Divorce Success Strategist and the driving force behind Better Divorce Academy. Her mission is crystal clear: to provide invaluable guidance and empower individuals navigating high-conflict divorces, narcissistic abuse, and divorce trauma.

Paulette's unwavering dedication and expertise shine as she illuminates the path toward healing, strength, and a brighter future.

Trust in her proven strategies and compassionate support as you embark on this transformative journey.

Gain clarity and practical tools from the comprehensive "Better Divorce Blueprint" book, workbook, and course. Find inspiration from the No Matter What card deck and tune in to the empowering Thriving in Chaos Project Podcast.

For those dealing with a narcissistic partner, experience the life-changing How To Divorce A Narcissist Course.

Paulette's extensive experience as an ADR mediator, Certified Divorce Coach, and Certified Divorce Specialist empowers clients to stay in control, maintain dignity, and assemble the right professional team one by one as needed.

As the Director of Coaching and Case Management for Divorce Right, Inc., Paulette ensures client success by matching them with professionals and helping them navigate work commitments during divorce, often resulting in promotions.

Divorce Right, Inc. focuses on transforming the impact of divorce on businesses through sensitivity training and expert coaching, reducing revenue loss and maintaining a positive employee culture.

Paulette offers comprehensive support and coaching throughout the divorce process, from contemplation to healing. Better Divorce Academy and her authored works reach a wide range of individuals facing divorce.

Embrace the unwavering support of Better Divorce Academy and take that vital first step toward a brighter future, even in the most challenging divorces.



point of view
Guide [gaid]
someone who
... or adv

The journey starts now, and Paulette is here to guide you every step of the way.

Did you know that approximately 40-50% of marriages in the United States end in divorce? It's a significant life event that requires the right support and guidance. With Paulette's expertise, compassion, and commitment, you can confidently navigate the complexities of divorce and emerge stronger, wiser and financially secure.

01

THEY TRUST THEIR SPOUSE TO DO THE RIGHT THING

I know, I know you married for love...and love is suppose to conquer all and last forever. You trust each other to always have each others back and always do the right thing. But here's the thing... That is rarely the case in divorce. Emotions run high and when money is involved...watch out!!

02

THEY CONFIDE IN THE WRONG PEOPLE

Your BFF, neighbors, siblings, parents, co-workers or boss all come with their own set of baggage, advise and judgments. Learning how to mitigate outside influence is KEY to your success. Don't go there.

03

HIRE THE WRONG ATTORNEY (THIS IS AN EXPENSIVE AND LENGTHY ONE)

Even if you don't need to engage in litigation you will need an experienced attorney to review your agreement to be certain nothing has been overlooked and you understand everything in the agreement. Matching your legal needs with the demeanor of the right attorney can make or break your results. Interview several, ask the right questions and choose wisely.



PRAY, HOPE, WISH AND WAIT FOR THEIR SPOUSE TO “CHANGE”

When push comes to shove the odds of either spouse "changing" during times of extreme stress are slim. What you see is usually what you get. If it looks like duck, acts like a duck, quacks like a duck... it's a duck!

04

DOWNPLAY OR ACCEPT THE 7 TYPES OF ABUSE

Physically and sexual abuse leave behind bruises, scratches and broken bones... but financial, mental, emotional, psychological and spirit abuse can also linger deep in the recesses of the mind, body and soul and take years to rise to a level of consciousness.

05

BEING IN THE DARK OF THEIR MARITAL FINANCES (ASSETS AND LIABILITES)

They say ignorance is bliss but never in the case of financial ignorance. Always read and secure a copy of every financial document and be certain you have access to all marital tax returns, real estate titles, invoices, statements, pensions, investments, annuities and 401k.

06

07

GETTING INVOLVED IN A NEW RELATIONSHIP TOO SOON

Dating may sound like a fresh start and it can be but NOT before both spouses have come to terms with the marriage dissolving and the children are aware of and somewhat accepting of the next chapter for their parents.

Slow is smooth... smooth is fast.

08

SHARING ANY DETAILS OR SPOUSAL ATTACKS WITH THE CHILDREN

Never take the bait and share facts, details or rumors about your spouse, your divorce proceedings and your agreement/settlement. Spare the children the drama by simply reassuring them the divorce is not their fault, they are safe and both parents will always love them.

09

LOWERING THEMSELVES TO ARGUE, YELL, NAME CALL OR ENGAGE IN TEXT WARFARE

It is easy to fall into the trap of retaliation while being criticized, lied to, disregarded and manipulated. Let it go with grace and find the courage and strength to rise about reacting. Texting is Satan. (and all text messages are admissible in court!) Always ask yourself "how would a judge perceive this communication?"



THROWING IN THE TOWEL ON ANY OUTCOME JUST TO BE DONE WITH IT

Yes, you both want the divorce to be fast, efficient and painless. Chances are it won't be. All methods of divorce take time...a lot of time. Revisiting persistence, patience and perseverance will be your best friend.

10

THINKING SOCIAL MEDIA IS HARMLESS FUN

Social media is only second to texting. 85% of divorce evidence comes from social media... and never in a good way. When in doubt delete all of your social media accounts and rise above the temptation to sneak a peak or stalk others.

11

RUINING THEIR HEALTH AND WELLBEING AS A RESULT OF MISMANAGING STRESS, ANGER, FEAR, SADNESS AND OVERWHELM

Practicing the art of extreme self care begins the moment you embark on any divorce journey. Now is the only time that matters. Your future wellness and happiness depend on it.

12

WHERE DO I GO FROM HERE?

No matter how you feel or where you are right now, after you reclaim yourself, life WILL get better. It's all in how you prepare for the upcoming change. I wish I had someone who could have spelled out my options and prepped me for what was to come when I was going through this, and that is solely why I am offering you a complementary honest-to-goodness open conversation together.

Don't do it alone! Mistakes are easy to make when you are stressed, overwhelmed, fearful, exhausted, angry, sad and confused. I can prevent you from making these and many other dreadful expensive exhausting errors!

TALK TO ME NOW!





ADDITIONAL RESOURCES

I wanted to bring you some of the most helpful tools and supportive downloads in my arsenal... these are resources I wish I'd had during my divide: when I was depressed, fearful, and unsure of the journey. I hope they help to illuminate your path.

- Take my life-changing Quiz [Should I Get Divorce?\(Divorce Predictor\)](#) to bring clarity to your situation and see if you can save your relationship.
- Get your very own copy of [Better Divorce Blueprint](#): Your essential guide that teaches you how to prepare and thrive through the hardest chapter of your life.
- Grab your earbuds and anonymously listen to my judgement-free podcast [Thriving In Chaos](#).
- Receive Daily guidance and tangible takeaways are all bundled for you on [my Instagram](#)... (and I LOVE making new friends!).

WHY WORK WITH PAULETTE?

Holistically supporting the divorce journey with education, strategy, preparation, resolution, healing and transformation

- CDC Certified Divorce Coach® NADP Certified Divorce Specialist
- CADP Certified Amicable Divorce Professional with ADN
- Credentialed Civil, Divorce and Family Mediator: Henning Mediation LLC
- Mediator, Divorce Coach and Career Consultant: Prime Financial LLC
- Corporate HR Divorce and Mediation Consultant: NOLO
- Director of Divorce Coaching and Case Management: Divorce Right LLC.
- Administer online group and individual 1:1 coaching support programs
- Creator of immersive Divorce Preparation and Recovery Best Life Ever Retreats
- Host, The Thriving in Chaos Project: The Podcast
- Author; Better Divorce Blueprint Book, Workbook and No Matter What Card Deck
- Co-Creator of The How To Divorce A Narcissist Method

[BOOK YOUR FREE CONSULT](#)

First: Get Divorced

Second: Get Happy

When life throws us off course we all need a direct path, clear vision and expertise to get to the other side. Creating the desired solutions and outcomes sets you up for the life you deserve.

Divorce is a catalyst for change, not a failure.
What life do you deserve and desire?
Let's create your new life together wisely!

Roadblocks? Navigated.

Obstacles? Overcome.

Happiness? That's up next.

EXPLORE

Personal Solution: [Better Divorce Academy](#)

Corporate/HR Solution: [Divorce Right Inc](#)

[Better Divorce Blueprint: The book and workbook](#)

[Life-changing Retreats: Better In Belize](#)

[The Thriving In Chaos Project Podcast](#)

[How to Divorce A Narcissist online course](#)



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