

# Considering Divorce?



**On Decision  
Couples'  
Counseling  
Can Help.**

**Here's  
Your Free  
Guide!**

**Kimberly Walton, MA**

# On Decision Couples' Counseling.



Greetings

Hello there,

If you have requested this guide, then you or someone you know is probably thinking of divorce or separation. So, I am glad that you requested this free information on **On Decision Couples' Counseling**.

This informational report is designed to answer the common questions about **On Decision Couples' Counseling (ODCC)**.

Although, I recognize that not every marriage can be saved, I believe that a great many can be. Therefore, it is important to fully explore if a marriage can be saved **before** any serious actions are taken.

And regardless, if you decide to work on your marriage or end it, the **decision** process helps you learn about yourself. And that is always a good thing.

I hope you find value in the information in this guide and that it answers your basic questions about **On Decision Couples' Counseling** and how it can help you to decide to dissolve or repair a distressed marriage.

Kimberly Walton



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## Why This Report?

A break-up, separation, or divorce is extremely stressful, long before it happens.

Leading up to it, tensions run high, judgements are clouded and decision-making is tough.

Did you know that research shows that most couples are not happier 5 years after a divorce and that 50% of divorced people regret the divorce or not trying harder to save their marriage.

**On Decision Couples' Counseling** can help. It can help you decide if you should work on your marriage or dissolve it.

It can also help you to weigh all the factors before making any decision, so that a more informed decision can be made.

**And I think we can agree that a more informed decision is often a better decision.**

## What is On Decision Counseling?

**On Decision Couples' Counseling** helps couples decide on one of three outcomes:

- 1) Maintaining the status quo of the marriage and leaving it as it is;
- 2) Getting couples' therapy to improve or reconcile the marriage; or
- 3) Dissolving the marriage in the least harmful and most beneficial way possible.

**On Decision Couples' Counseling (ODCC)** was developed to serve couples struggling and/or considering divorce. To help couples decide on the next best step(s) for them.

Because I have found so many couples that are thinking of divorce hire attorneys before they've really explored all the options, **On Decision Couples' Counseling** was developed to offer information, solutions, and a non-judgmental space for individuals and couples to express and fully explore their options.

### Thinking of Divorce?

How does one know whether divorce or staying together is right for them? How does one know whether their marriage can be saved or not?

Nobody knows what they don't know until the information they need is offered in a way they can understand.

Whether you're planning on a divorce and need to know the legal and financial changes to expect, or you're looking to reconcile, it's a weighty decision and requires planning ahead.

Let's be honest. **Not all marriages can or should be saved.** But there are so many variables involved in the decision that it's difficult to know the right course of action, all the ramifications, and all the possible choices you'll need to make.

### Thinking of Divorce ...

Oftentimes, one partner wants out and the other wants to stay married, which can make situations even more complicated. This is called a mixed-agenda couple.

The national divorce rate is currently about 47%. I know you've heard that it's 50%, but that percentage was primarily determined by marriages in the 1970s, and you probably got married more recently than that. Forty-Seven percent is a very high rate of divorce, but even more alarming is the rate of failure for second marriages. Research suggest the failure rate for second marriages is nearly 75%.

Sadly, many of these second marriages are blended families with children. And studies show that the vast majority of people are no happier five years after the divorce, are worse off financially, and are possibly devastated by the emotional toll that a divorce can take.

So, deciding if a marriage can be saved or should be ended is serious business.

**The  
national  
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Tara Parker-Pope

### Is Divorce a Relief?

For some, divorce is a relief. However, reports indicate that about 50% of people in the US regret their divorces and wish they had tried harder to save their marriages. Yes, it's true, according to studies done in New Jersey and Minnesota.

Recent studies indicate that 50 % of people regret their divorce or wish that they had tried harder to repair it.

A recent study in the UK indicates that regrets after a divorce are not unique to the US. The findings revealed that 50% of those divorced in the UK wished that they had not ended their marriages. The same study revealed that a surprising 42% considered giving their relationship another go, even after divorce.

**Do those numbers surprise you?  
They do most people.**

I'm not saying that divorce is the wrong decision. I am saying that it's not a decision to be taken lightly, and that you owe it to yourself to fully consider whether a divorce is the best long-term decision for you and your family.





### reading in Uncharted Waters

If you or your partner are considering divorce, I get it. Your marriage is not working. You may be feeling that it's not what you signed up for.

Feeling hurt, disappointed, and even angry is natural. You may also be feeling neglected, confused, wounded, and hopeless.

All these emotions are understandable and common when people turn to divorce as a possible solution.

Most people want closure when they're in pain, and the sooner the better. In light of the research that most divorced people are no happier after five years, does it seem more important to examine the issue carefully?

**On Decision Couples' Counseling** is one way to raise your odds of being happier after five years, whether or not you're married.

### reading water...

When you got married, you didn't imagine getting a divorce, so you're treading in uncharted waters if your marriage is in trouble.

You want to know legal, financial, custodial, and other ramifications before making a move.

You may even feel like you're going under and just want the pain to stop. But when you're drowning, you don't reach out for a rock. Most couples prefer something to buoy their spirits and find a positive way forward, whatever that means for them.

They want to know the legal, financial, custodial, and other questions they'll need to answer before making a move.

In short, are you wondering if divorce is the answer?

If you are, consider **On Decision Couples' Counseling**, as it could save you years of heartache, regrets, and second-guessing, no matter which option you choose.

# How Does On Decision Counseling Differ from Couples' Counseling?

**Couples' counseling** is therapeutic in nature and focuses on improving one or more problematic areas in the marriage.

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Traditional couples' counseling presumes that both parties want to work on the relationship.

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**On Decision Couples' Counseling** is focused on determining if the couple will work to save the marriage, leave it as is, or dissolve it.

**On Decision Couples' Counseling** is a discovery, educational, and assessment process intended to provide couples information they need to make an informed decision.

# How Is On Decision Different?

**On Decision Couples' Counseling** is focused on helping a couple decide if they will work to save the marriage, delay decision making, or dissolve it.

**On Decision Couples' Counseling is not couples' therapy.**

The decision will be made by the partners after reflecting and considering all the options available and the ramifications. If a couple decides to mend the marriage, they typically commit to couples' therapy and a follow-up evaluation after several months.

When marriages are in trouble, it is not uncommon for couples to spend months or years in an indecisive purgatory.

**On Decision Couples' Counseling** is designed to help you navigate this indecisiveness and to help you determine the best path forward for you.

**On Decision Counseling is not couples' therapy.**

# Is On Decision Couples' Counseling Right for Me?

If one or both of you are thinking of divorce, then **On Decision Couples' Counseling** may be right for you.

Many times, one party wants to keep the marriage together and the other wants to end it. This ambivalence is often referred to as "one leaning in and one leaning out." It's also called a "mixed-agenda couple."

If the couple decides to separate or dissolve the marriage, they can begin discussing how to take a collaborative approach, especially if children are involved. People often think of divorce as an event, but it's really a **process** with many steps and several moving parts.

**On Decision Couples' Counseling** can minimize emotional distress or conflict, help parents get on the same page, and even reduce legal fees in many cases, as contested divorces are considerably more expensive than non-contested ones.

# Is On Decision Couples' Counseling Right for Me?

**On Decision Counseling** can minimize emotional distress or conflict, help parents get on the same page, and often reduce legal fees in most cases, as contested divorces are considerably **more** expensive than non-contested divorces.

In California, for example, the average cost of a divorce attorney is \$12,000 - \$17,000, if there are no children. For marriages with children, costs can be well over \$20,000.

Running two separate homes while deciding can add many thousands of dollars to the cost and erode sleep, clear thinking, and general wellbeing.

**Clarity and thoughtful decisions in these cases is very cost-effective.**

# What Should You Expect in On Decision Counseling?

Expect to have some separate individual sessions, and other sessions jointly.

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**Your first sessions will include  
two important questions.**

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- 1) What you have tried to repair the relationship up to this point?
- 2) Why are you considering divorce or separation?

**Expect to have "homework"  
in between sessions.**

# What Should You Expect?

"Homework" is targeted at making sessions more effective and productive, rather than trying to bring the couple together.

This includes reviewing the strengths and weaknesses of both parties to confirm that they are both capable of sustaining a healthy relationship, and making appropriate recommendations to reduce stress during this time.

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**On Decision Couples' Counseling** is **not** a magic pill that can solve marital problems in one or two sessions.

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**On Decision Couples' Counseling's** sole focus is to create a supportive environment with enough information and reflective question-answer sessions to help couples make their own informed decisions.



# How Long Does On Decision Counseling Take?

Typically, **On Decision Counseling** consists of 8 sessions. Ideally, scheduled once a week.

The first session may last 90 minutes to two hours. In this case, it is typically a blending of the first and second sessions.

I typically meet with couples together for the first session. Then schedule to meet with both parties individually.

The remaining sessions are typically 50 minute sessions as the couple moves toward greater clarity.

Ideally, this process takes at least six weeks. Due to scheduling conflicts, it can take longer.

# How Much Does On Decision Counseling Cost?

As with most things in life, costs can vary. Fees charged for **On Decision Counseling** can be either be per session or a flat fee.

I believe one should be transparent about session fees, any assessment fees, and ,should be able to give you a quote or price range after an initial interview or consultation.

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**On Decision Counseling** is NOT long term couples' counseling. It should be no more than a dozen sessions.

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**I typically charge a flat fee, that includes assessments and up to eight sessions.**

If you think a per session fee might be a better choice for you, feel free to discuss it with me.

Additionally, I offer a no-cost, initial consultation for **On Decision Couples' Counseling**.

# On Decision Couples' Counseling.

## Next Steps

If your marriage is in trouble and one or both of you are considering divorce, I encourage you to explore **On Decision Couples' Counseling**.

Seeking expert help to augment your decision-making process could save you years of misery and thousands of dollars.

It can help reduce ambivalence, tension, and confusion while providing essential information, self-assurance, validation, support, and clarity.

If I can be of further help or you'd like to work with me, just reach out. In addition to one to one sessions, I offer custom designed classes, workshops, and intensives related to marriage and relationships.

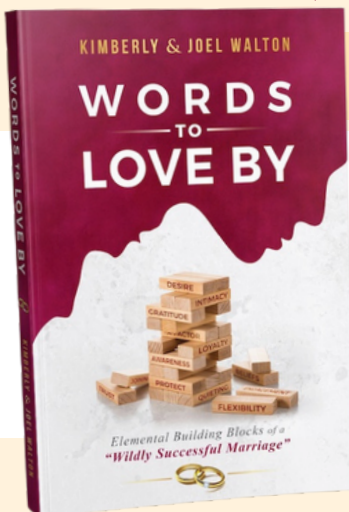
Visit my [calendar](#) to **schedule a free consultation** to see how we can support you.

All my best,

*Kimberly*



### Let's Be Social



**My best marriage advice.**

**Kimberly Walton**  
Marriage Strategist