

The First 7 Days After Separation

A simple checklist to help you protect your position, reduce stress, and plan your next step – without any legal jargon.



1) Safety & stability (first)

- ☐ If you feel unsafe, get immediate support and advice.
- ☐ Decide what you need **this week** to feel stable (sleep, childcare, support network).

2) Practical housekeeping

- ☐ List key dates (who is living where, when you separated, important deadlines).
- ☐ Make a note of regular bills and how they're currently paid.

3) Money snapshot

- ☐ Write down: bank accounts, income, debts, mortgage/rent, savings, pensions (even approximate).
- ☐ Keep copies of key documents somewhere safe (digital folder is fine).

4) If you have children

- ☐ Note what's currently working day-to-day (school runs, bedtime routine, weekends).
- ☐ Keep communication child-focused and practical.

5) Get clarity on your route

- ☐ Are you broadly in agreement on finances?
- ☐ Or is there a risk of dispute? (If you're not sure, that's normal.)

What happens next?

In an initial appointment we'll talk through the stages you may need to go through, and what a sensible next step looks like for you and your family.

- Mini 'Bring to your first chat with us' list:
 - Any key dates
 - Broad outline of assets/debts
 - Questions you want answered

Need a calm, confidential starting point?

Book an initial appointment to talk through the early stages and your options for moving forward.

Prefer online? Use our quick enquiry form to ask a question or request a call back at a time that suits you.

"We'll work together as a team to deliver an excellent client experience – with clear next steps and plain language."