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You and your spouse have been married for a long time and enjoyed it, then along came a series of major arguments that eventually ended with the decision never to live together again. It may be a good way to let up, but the difficult part is coping with the change.

This is what divorce can do to you: fulfill your end of the bargain and endure the change that will come right after your spouse moves out. Itâ€™s not always pretty to resolve quarrels by not seeing each other for a long time; sometimes, however, itâ€™s the only way. The crushing feeling of not having your spouse by your side may take a while to recede. So dating coach David Wygant, in his article on the Huffington Post, suggests you do the following after the split.

Take a break

No use in working yourself to the bone when youâ€™re still thinking whether or not divorce was a good idea. Wygant says itâ€™s best take a vacation for at least a week to take your mind off of post-split troubles. You can either go out of town or spend the week in your home doing what you like.

Socialize

You can say that mingling with new people can prepare you to marry again; but at this stage, Wygant says itâ€™s not yet your priority. The idea is to gather as much support as possible to help you move on. There are more than 300 million people in the US â€“ thatâ€™s more than enough million source of moral and spiritual support.

Love again

Once youâ€™ve put your post-split thoughts out of the way, you can start dating again and find that special someone. A good divorce lawyer Utah has to offer says a person can remarry, since divorce virtually nullifies the bond of the previous marriage. Of course, state authorities have stringent rules about finalizing the divorce and remarrying. Utah state law says a divorce is not yet final after a period of at least a month.

Wounds of the heart take time to heal, which is why divorce is something that should be thought about firmly. A trust-worthy Utah divorce attorney suggests only filing divorce when all other methods of resolving conflicts fail. As for the post-split effect, be prepared to go through the inevitable consequences too.

You can read more on Wygantâ€™s tips of coping with divorce after the split at HuffingtonPost.com. You can also check out more of his marriage-related advice at DavidWygant.com. Ask a Utah divorce lawyer when to file for a divorce and how to prepare for it.

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