

Considering Divorce? Are you frightened? So were we!
This book features horrific yet informative stories from 27
divorced women. Includes: custody, child support,
protective orders, parental kidnapping, welfare, shelters,
food stamps, affordable legal aid, Divorce Psychosis,
emotional and physical abuse, brainwashing of children,
and more!

The Emergency Divorce Handbook for Women

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DOMESTIC VIOLENCE IN THE HEADLINES

Tacoma police chief, David Brame, met his estranged wife in a parking lot to pick up their children, ages 5 and 8, for scheduled visitation. After placing the children in the back seat of his car, the chief returned to his wife's car, got into the front seat, and shot her in the head. He then shot himself. Witnesses said the two children ran to their mother's side when she attempted to crawl out of the car.

Source: Associated Press

A 48-year-old Eatontown man murdered his wife by stabbing her and slitting her throat with a butcher knife. He then took his own life. Authorities said the couple was in the throes of divorce.

Source: GMNews.com

A 38-year-old mother of five's fight with domestic abuse ended tragically this morning when her estranged husband fatally shot her in the head in front of her home, and then shot himself. The children were present in the home at the time of the shooting.

Source: The Garden City Telegram

Authorities say a man who was being treated for mental problems fatally shot his wife and their daughter on Christmas day, and he then killed himself. The victims were identified as Nicole Young, believed to be in her late 20s, and her 14-month-old daughter, Haley. The couple was in the process of a divorce.

Source: The Associated Press

Police believe Mark Allen Ebert, 37, shot his wife Lisa Lynn Ebert, 35, twice and himself once with a 12-gauge shotgun. Lisa Ebert had previously obtained a restraining order against her husband. In a deadly six-week stretch in June and July, four women -- all military wives -- were murdered in that region.

Source: MSNBC News

None of these women thought it would happen to them!

The Emergency Divorce Handbook for Women

Angela Hoy

FREE COPY OF THIS BOOK AVAILABLE ONLINE

This book is available as an electronic book (ebook) for free online to any woman who needs it. Download it instantly at:
<http://www.angelahoy.com>

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DISCLAIMER

This book is not a legal resource. You must obtain legal advice when separating or getting a divorce. The author, contributors, and publisher are not responsible for any actions or outcomes resulting from reading this book. Get legal advice, protect yourself and don't act until you have a plan in place.

Warning. *If your partner/spouse finds this book before you announce your intent to separate or divorce, you may be in danger. If your relationship is already troubled, your spouse may already be going through your things. Also, your partner may read this book to determine what actions you are contemplating. Please, if you are reading this book and are fearful for your physical, emotional and/or financial safety, hide it in a safe place.*

With Gratitude

This book would not have been possible without the contributions from the brave women who've shared their stories herein. I'm honored and blessed to be able to have my writing appear alongside theirs.

To my children. Everything I do is for you. Since I first held each of you in my arms, your love and smiles are what have made my life worth living.

To my husband, Richard Hoy, my reluctant hero. He doesn't think he's done anything heroic, but, as you'll read in these pages, he has, in abundance. There just aren't many men in the world like Richard Hoy. Thanks also to his parents, Cindy and Dale, for raising such an incredibly loving and selfless man. And thanks to all the Hoys and Blums, including Granny Rita (gotcha!), Grandma (Irma) Hoy, Becky, and Grandpa (Bill) and Grandma (Thelma) Blum for welcoming my children with love and for making them feel like they've been part of your family forever.

To my mom, dad, sister, and brothers, who held my hand and supported my breaking heart throughout my marriage and divorce.

Additional and sincere thanks and hugs go out to the following wonderful people for their support: Sylvia Pond, LCSW, David Spang, MSW, LCSW, Anne Hanlon, MD and Corey Webb, PA-C (thank you all for helping our children through their grief!); my dear friend Melisse Shapiro; my step-daddy Leroy Manka (thanks for taking care of Mom!), Cathi Stevenson, and Jane S.E. Clayton, Esq., and Edward C. Spaight, Esq. (the best and most compassionate legal team in New England!).

To "Jane" (see page ix for her story), who has left town without a trace. May God keep you and your boys safe and may you find the happiness and peace you so desperately deserve.

And, finally, blessings to the unknown man mentioned on page 8, whom I will never be able to thank in person.

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Introduction

When I first considered getting a divorce, I had no money and no access to legal advice. I was absolutely clueless as to what my first step should be. Only after my divorce was final did I look back and finally understand the process.

During my 12½-year marriage, I often thought about divorce. However, I was afraid – afraid of being alone, afraid of being broke, and afraid of the psychological impact divorce would have on my children. I never, ever thought that a divorce would result in my husband turning unpredictable with rage. He had always been emotional, but not a violent person. Had I known what would happen when the separation was taking place, I'd have made definite plans and done things a lot differently.

Many people came to my aid during my divorce, but only after I asked for help. This book is my way of giving back some of what I received - inspiration, unsolicited advice, and courage. The women's stories appearing here will help explain the emotional and frightening aspects of the divorce process that you won't find in other books, while also inspiring you to take the next steps to your new life of happiness. The stories appearing here share the things that each woman wishes she'd known before her marriage deteriorated.

One day last year, the mother of my son's best friend (I'll call her Jane) called me to ask for advice. She was trying to apply for a protective order against her husband and did not have an attorney. She knew I'd obtained one against my ex-husband. I readily agreed, wanting to help in any way I could. I also offered to drive her to the courthouse, the local women's shelter, and to help her apply for food stamps and welfare.

On that day, while we were at the social service office, Jane's mother was watching her two sons. She called Jane's cell phone to warn that the husband had just phoned and threatened to pick up the sons. I advised Jane to call her mother back and tell her to leave immediately with the boys. Her mother did so and, while she was driving away, passed the husband on the road. He turned around and followed them to a stoplight, where he jumped out of his car. Jane's mother hit the accelerator as the husband opened the back door and dragged their oldest son out of the car...out of the *moving car!*

Angela Hoy

If your spouse is screaming at you when you're together, brain-washing your children, hiding money from you, halting your access to finances, trying to make you lose your job, harming you or the children physically, or even just doing subtle, bizarre things that make you nervous, you must act to protect yourself and your children now.

Your spouse may be experiencing Divorce Psychosis, which can render his behavior unpredictable, intense, and even deadly. Do NOT assume that this non-violent person who you've known for years will not do something extreme. Refer back to the very first page of this book. The dead women mentioned there never would have believed their husbands capable of murder.

Divorce Psychosis is a term used increasingly by law enforcement and mental health professionals. It describes the emotional instability that often affects people who are going through a separation or divorce. Divorce Psychosis can result in physical and psychological abuse and even death, affecting the spouse, the children, and occasionally extended family members as well.

A woman can't predict what her husband will do when she starts separation or divorce proceedings. I recommend you assume the worst-case scenario.

This book is not a legal handbook. It is an emotional survival handbook. Women here have shared their stories, hoping you will learn from them and avoid making the same mistakes they did. And they want you to gain strength from their experiences.

This book uses the terms "spouse" and "husband" liberally. Either term may also apply to your "partner" whether you're married or not. Child custody and financial issues are battled in court regardless of the marital status of a couple.

Most of the names have been changed to protect the women and children involved.

Where to Get Help Today!

What you need right now: Food, clothing, shelter, money, and protection

You won't find listings for women's shelters in the phone book. Often, these shelters are group homes located inconspicuously in neighborhoods. The homes must be anonymous in order to protect the women they're housing from abusive partners. In aiding Jane last year, I discovered that one women's shelter was only ½ mile from my home, located in a beautiful Victorian house. I'd have never known it was a women's shelter if I hadn't visited it myself.

Similarly, there are many resources available to women in need that are not public knowledge. You need only ask for help to have access to these services.

Do not hesitate to ask for immediate help if you need it! Your local women's shelter can put you in a safe place tonight. Even if you're not certain you're in danger, you can call them and talk to an understanding woman who will do everything she can to help you. They can even offer advice for navigating the courts and will have resources available to help you find free legal aid if you qualify.

Don't assume you are alone in your pursuit of safety, and affordable or free aid. There is help out there. You just need to know who to call. To find help in your area, call:

**National Domestic Violence Hotline
1-800-656-HOPE**

1-800-787-3224 (TDD)
Telecommunication Device for the Deaf

A large list of resources by state is available online at:
<http://www.feminist.org/911/crisis.html>

What to say when you call:

"I need to leave my husband and I don't know what to do."

They'll take it from there.

Should You Get Divorced?

This book is intended to assist women with the emotional issues that are involved with separation, divorce and child custody. This book is not intended to persuade women to leave their spouses or partners

You will recognize a great deal of anger and resentment in the women's stories in this book. These women have survived pain that some of us can't even imagine. It takes a long time to get over losing your children, your home, your job, and, in some cases your mind, at the hands of someone you used to love.

While it may appear some of us are bashing men, we openly recognize there are good men in the world. Most of us are now remarried to wonderful men!

So, should you get divorced or not? Only you know the answer to that question.

Where do you picture yourself a year from now? What do you want your life to be like? Can you imagine yourself living the next 1, 5 or 10 years with your current spouse? If so, and you're reading this book, you should contact a marriage counselor. If not, perhaps it's time to take action. If you are living with an alcoholic or drug addict, things aren't likely to get better. With addictions, life will probably continue to get worse. Ask any alcohol or drug counselor and they'll agree.

My ex-husband (I'll call him Eugene) was not physically abusive. He only harmed me physically once (he tried to throw me after pouring beer on my computer keyboard). But, he was very emotional and highly volatile. I never knew what would spark his temper. He would get drunk or smoke marijuana (he did other drugs, too, but not as frequently) and then go from crying to yelling to laughing and back again. And then, in an instant, or sometimes the next morning, he would be loving and apologetic. I never knew what mood he would be in at night and I did not completely know the damage his irregular actions and emotions were doing to our children. I thought that, with calculated words and actions, I could control his mood swings. I thought I was capable of changing him.

No one ever told me 'you can't change an alcoholic'. I wish they had. Only an alcoholic can change him or herself. I spent 12½ years desperately trying to mold my husband into somebody that he would never be.

Angela Hoy

I knew, before I even got married, that Eugene was an alcoholic. But, I was pregnant. I would never give up my baby, so I felt I had no other option but to get married. To marry in my church, we were required to go to pre-marital counseling with my minister. When we met with him, I told the minister Eugene had a drinking problem. The minister immediately pulled out a piece of paper, wrote down the name of a therapist, and said he was not qualified to deal with alcoholism. He then sent us on our way and didn't require any further pre-marital counseling. And, he married us. To this day, I feel this man did us a grave injustice. We, of course, never called that therapist. Young couples with a baby on the way can't afford therapists.

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