Most likely, you and your partner did not enter your relationship thinking that it would not survive. The dissonance between your view of how your relationship would develop and how it actually unfolded has likely caused you emotional pain, even if you initiated the dissolution of the relationship.

Indeed, making a significant change to a primary relationship can be overwhelming and emotionally draining. Addressing the emotional aspects of ending your relationship will enhance the clarity you need to make the financial decisions that result from the breakup or divorce.

Talking to an unbiased listener can help to ease the burden of this challenging time. If you would like to talk with someone about the changes or feelings that you are experiencing, please seek support from the Employee Assistance Program. Professional counselors are available to assist you during this time.

- Visit the CU-Boulder Faculty and Staff Assistance Program website for support on the Boulder campus.
- Visit the State of Colorado Employee Assistance Program website for support on the CU Anschutz or UCCS campuses, or in the System Administration building.

As you part ways with your ex-partner, you will want to review how the dissolution of your relationship impacts your finances. Start with a thorough review of your finances so that you can make a plan for moving forward.

Select an image below to start navigating your financial terrain:
Take stock of your finances.

Consider your situation and options.

Implement solutions.
Disclaimer: No communication is intended to be, or shall be construed as, the rendering of any legal or professional advice whatsoever. Any such advice or direction is disclaimed. Further, any information contained in this communication (including any attachments) is not intended or written to be used, and cannot be used, for purposes of (i) avoiding penalties under the Internal Revenue Code, or (ii) promoting, marketing or recommending to another party any transaction or tax-related matter addressed herein.

Groups audience:
Employee Services

Right Sidebar:
ES: Financial Wellness - Life Events - Separating

Source URL: https://www.cu.edu/employee-services/separating

Links:
[1] https://www.cu.edu/employee-services/separating
[2] https://www.colorado.edu/hr/