

Organising your finances after separation

When people talk about “financial disclosure”, they usually mean one thing: both people sharing a clear picture of what they own, owe, earn, and spend.

That matters whether you’re:

- trying to reach an agreement,
- preparing for mediation,
- working toward a Consent Order,
- or going through the court process.

How to use this guide

You don’t need everything on day one. Only gather documents and information if it is safe for you to do so.

Start with:

- the core list, which is most useful in almost every case
- anything that applies from the extra sections
- keep it simple: one folder, one place, one version

If you book a Strategy Session, this also helps you get more value from your time.

Step 1: Build your “money snapshot”

Before documents, write down rough answers to these:

- Do you own property in the UK? Overseas?
- Are there pensions?
- Are there savings, investments, or crypto?
- Are there debts, such as credit cards, mortgage, loans, or car finance?
- Is there a business or self-employment income?
- Are there family gifts or loans that helped with property or living costs?
- Are there valuable items you consider personal or family-owned, such as gold jewellery?

You’re not trying to be perfect here - just creating a map.

Step 2: Gather the core documents

Start here

Bank accounts

Personal and joint accounts

- Recent bank statements for all accounts you use
- Any savings accounts, even small ones
- Any online accounts, such as Monzo, Starling, or Revolut, if used

Tip: If you’re worried about how much to collect, start with the most recent statements you can access and build from there. If money is being moved, keep records and get legal advice promptly - early steps can help protect your position.

Income

- Recent payslips
- Latest P60, if you have one
- If self-employed: recent accounts, tax returns, or an income summary
- Benefits statements, if relevant

Housing

If you own a home:

- Latest mortgage statement
- Basic property estimate, such as an estate agent estimate, online estimate, or valuation if already done
- Evidence of deposit source, if relevant

If you rent:

- Tenancy agreement
- Latest rent amount

Debts

- Credit card statements
- Loan agreements or balances
- Car finance statements
- Any personal guarantees, if you've signed them

Pensions

- Pension statements
- If a pension valuation is requested in a formal process, you may need a Cash Equivalent Value (CEV) from the provider

Step 3: The “often missed” areas

These can cause delays later.

Business interests

If you own a business or have shares:

- Companies House record or share certificate, if available
- Any shareholder or partnership agreement
- Recent accounts or bookkeeping summary
- Any evidence of dividends or drawings

Overseas assets

If there's property or assets outside the UK:

- Any title documents you have
- Basic details: location, who holds it, approximate value
- Any rental income evidence
- If documents aren't in English, keep what you have - translations can come later

Digital assets

If you hold crypto or other digital assets:

- Exchange statements or transaction history
- Wallet screenshots only help if they clearly show balances and ownership

Step 4: Costs of living

Many financial discussions turn on what life realistically costs going forward.

Start simple:

- housing, including rent or mortgage and bills
- childcare and school costs, if relevant
- food and travel
- insurance
- debt repayments
- basic personal spending

You don't need a perfect budget - you need something honest enough to work from.

Family finances

Many families have support structures that don't show up neatly on paperwork. That doesn't make them "less real" - it just means they're easier to misunderstand later.

Family gifts and loans

Especially for deposits

If family helped with a deposit or large cost:

- keep bank transfers if possible
- keep any messages, emails, or notes that explain whether it was a gift or a loan
- if there is a gift letter, keep it
- if it was informal, write down what was said and when, even a simple note helps

Gold jewellery and family items

Gold jewellery is often personal, cultural, and significant - and people can feel strongly about it.

If you want to protect gold or valuables:

- list what exists, even roughly
- note whether it was gifted, inherited, or bought
- keep any receipts, photos, valuations, or insurance schedules if available
- if it was gifted at a wedding, note who it came from, if known

Tip: Photos taken now can be surprisingly useful later.

Cash gifts and informal support

If family support has been cash-based, for example ongoing help with living costs:

- note what was paid, how often, and why
- keep any evidence you have, such as messages, transfers, or receipts
- don't panic if it's informal - the goal is clarity, not perfection

Step 5: Keep it organised

Create one folder called:

Financial Disclosure - [Your Name]

Inside, create folders:

- Banking

- Income
- Property
- Debts
- Pensions
- Business
- Overseas assets
- Valuables
- Living costs

If you can, save documents as PDFs and name them clearly:

- “Bank statement - Joint account - Jan 2026”
- “Mortgage statement - Feb 2026”
- “Pension statement - Provider - 2025”

Step 6: When you're ready, what happens next

Some people use this guide just to get organised.

Others use it to:

- prepare for mediation or negotiation
- move toward a Consent Order
- get advice in a Strategy Session
- understand what a fair outcome might look like

If you want solicitor guidance on how your finances are likely to be viewed, what to prioritise, and what the best route is, a Strategy Session can help you plan your next move.