

# Divorce and Social Media: Proceed with Caution

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Social media has become such an essential part of most people's personal and professional lives. Most people don't even think twice about sharing their pictures and thoughts, and private affairs with their friends online. Social media offers you a perfect opportunity to stay in touch with your friends and loved ones and even invite your business associates to review your daily work.

However, you need to be extremely careful with how you use any social media site such as Facebook when you are getting a divorce. With the various social media sites, unless you are technologically savvy enough to cover your actions and erase your history, ***the evidence is always right there just waiting to be unraveled.***

## Social Media is Addictive and the Leading Cause of Divorce

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Even if you aren't doing anything on Facebook, Instagram, Twitter, or any other social media site, your spouse may object the amount of time that you spend on social media. ***Social media addiction can interfere with various aspects of your daily life.***

According to a study published in the journal of Cyberpsychology, Behavior and Social Networking, people who spend more than one hour a day on Facebook are more likely to have endless conflicts with their spouses or fiancées and more than 90 percent of these conflicts will lead to divorce or breakup.

## Your Social Media Posts Can Be Used Against You in a Divorce

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In addition to the negative impact that social media will have on your marriage, you need to keep in mind that whatever you post online can be used against you in your divorce case. Family law attorneys have seen a sudden increase in the use of electronic data as

evidence in divorce cases over the past few years. Today, ***any photos, messages, or electronic information that you post online can be obtained by your wife or husband and use it in building a case against you in a divorce.***

You could be offering your partner valuable pieces of evidence based on the comments that you make, or the posts that you write on social media. ***Your partner may use such information to prove your reckless behavior, substance abuse, extramarital affair, ineffective parenting, or extravagant spending*** or anything else that could turn things in their favor.

## Think Before You Post

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This should always be your number one rule if you are addicted to social media and it becomes even more critical when you are going through a divorce. Do you need to rant and let all the words out of your heart? ***It's better to call a close friend or a family member than spill everything on Facebook.*** Alternatively, you can see a therapist who will help you deal with the situation professionally.

Always ask yourself if you really need to publish whatever it is that you are thinking. ***What impact will it have on your partner and your case?*** Keep in mind that even if you delete a post a few seconds after publishing it, somebody somewhere might have already taken a screenshot. While your social may never be part of your divorce case, don't take the risk by posting some things that can turn the case against you.

## Free Consultation with Salt Lake City, Utah Divorce Lawyer at the Law Office of David Pedrazas

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If you feel that you are overwhelmed with your divorce case, contact the Law Office Of David Pedrazas for legal assistance. David Pedrazas is an experienced divorce attorney with ***over 15 years of experience*** helping families with divorce, child custody, child support, alimony, and family law issues in Utah. Give the Law Office of David Pedrazas in Salt Lake City, Utah a call today at 801-263-7078 for a ***free consultation and case review***. Talk to us today and let us guide you through your divorce.