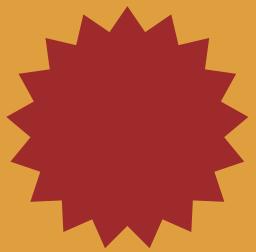


# THE RING IS A LIE



A Z-Verse add-on

**For everyone – but especially women – who ever thought about getting married.**

I did it.

I said yes to the dress and the RING.

Without a prenup.

Not really knowing what was awaiting me if it doesn't work out.

You know, when you are all lovey-dovey and feel like a Disney princess when he drops on one knee to pop the question...

Well, life is not a Disney movie and divorce is not nice as it is, but without a prenup, it is like a never-ending horror movie.

I am living in that horror movie right now.

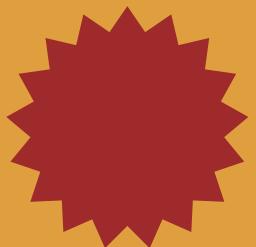
I am going through divorce from a very (!) difficult person, after 17 years of relationship.

Even as a lawyer, I made that mistake not to sign a prenup.

What I am sharing with you now is what I desperately needed back then:

**CLARITY, COURAGE and TOOLS** – to save not only you but also your future children a lot of pain, time, and a ton of devastating and very expensive court trials and lawyer bills.

# SIGN A PRENUP.



## **1. Whatever happens: Sign a prenup.**

Prenups protect women. Men. Children. Laws don't. Period.

I say this as a lawyer – and as someone who didn't sign one. Not because I didn't want to. But because he didn't. And I let myself be talked down. But here's the truth: A prenup isn't about distrust. It is actually the opposite: It's about clarity and protection. Before a breakup, you can agree on literally everything. After it? Good luck, because you most definitely will need it.

A prenup isn't about love. It's about being smart with your life and avoiding possible conflicts which could have an immense impact upon your life.



## **2. Take your time to become a mother.**

Motherhood ends your old life. No one tells you that.

No one told me: When you give birth, you lose your old life. Immediately. Completely. It's gone. Forever.

The first six months? You're grieving. Lost. Confused. And society feeds you that BS fairytale: "It'll be magical once you hold your baby in your arms." But it's not magic – it's survival. Had I known this, I would've prepared for it. Mentally, emotionally, spiritually.

So now I tell you: **Don't rush into motherhood.** And if you do it – do it wide awake and with the knowing, that you are about to start a completely new life. And by new I don't mean "fairytale magical ever after family life" new, I mean more like "no more freedom as you knew it for a very long time and no more sleep also for a very very long time" new.

As a law student I was always wondering why sleep deprivation was forbidden by law and labeled as torture... as a mom, I now understand. Pure survival if you sleep deprived for such a long time.

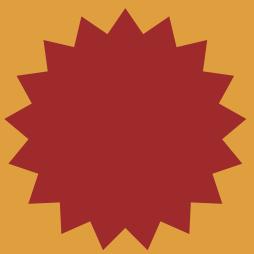
### **3. Have your own life before you become someone else's wife.**

You were not born to be someone's happy ending. From day one, we're told: "Find a man. Get married. Have kids. You made it." That's the system's biggest lie. Your worth does not depend on a ring. You are not here to be pretty, polite and productive. You're here to live. Wildly. Freely. Fully.

Have your own dreams. Your own vision.

Your own depth. So when you say "Yes" – it's not because you need saving. It's because you've already saved yourself and you want to share your own life with another human.

# HAPPY LIFE.



## You just heard my 3 truths:

- Don't confuse love with blind trust.
- Don't sacrifice your life before you've lived it.
- Don't let motherhood or marriage swallow you whole.
- **Now here's the hard part: what do you do with that knowledge?**

The answer isn't romantic at all. But neither is marriage or divorce. The answer is objective, it's practical. It's the kind of clarity you lose when life gets messy. And a divorce will be definitely one of the most messiest times of your life. That's why the smartest move **anyone** can make is this: **sign a prenup**.

Not because you don't believe in love. But because you see through the BS that society tells us about marriage and family. Because you still see and know, that life has sometimes different plans and especially as a woman, you have to protect yourself and your future children.

A prenup is not an exit strategy – it's a safety net for everyone involved in the marriage.

It's not about distrust. It is actually the opposite: you should TRUST that you and your significant other can make better choices than any government/law ever could, if it doesn't work out.

### **Part 1:**

A quick self-check. Five hard questions to see if you're truly protected.

### **Part 2:**

A simple prenup guideline. The topics you must discuss before you sign anything – whether it's marriage papers or a mortgage.

So read it, fill it out, and most importantly: keep it. This is your roadmap to clarity. Because love is beautiful – but clarity is freedom. And you gotta keep both if you want a happy life.



# CHECKLIST & GUIDELINE

## PRENUP CHECKLIST & GUIDELINE

### Part 1: Check-your-Rights – 5 Questions to Protect Yourself

*(If you answer "No" more than once: it's time to have that conversation.)*

- Do you know exactly what doesn't belong to you if the relationship ends?
- I know, it is not very "romantic / sexy" to talk about what is mine, what is yours – But that is exactly the problem: When the relationship ends, nothing is romantic or sexy anymore and EVERYTHING is unclear and everyone thinks the other one messed up. Lots of anger.
- Do you have an account only you can access – with savings for at least 6 months?
- Very (very!) important. You at least need your own account with enough savings to take care of yourself in the worst case.
- Have you documented what you brought into the relationship (e.g., savings, business, property)?
- List that. And even if you don't want to talk about all your ownings with your partner, that is fine too. List them anyway for yourself and keep it safe. In case of divorce, you will be so grateful for that list. Trust me, that is one big pain to do when your life is just crumbling.
- Have you discussed how unpaid labor, career breaks, or part-time work will be handled – financially & legally?
- You might have kids one day:  
Who is going to take care of them and HOW is it going to be handled? Are you getting monthly "compensations" transferred to your own account? Maybe a

property (the family house, if you buy one together) will be transferred to you in case of a divorce or other assets you agree on.

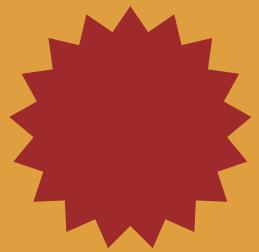
- Would you sign the same deal if you were the one with less financial power?
- Be honest with yourself. I know, before marriage you couldn't even imagine getting to a point where you just want to push the other over the edge. But sad truth is: it is not uncommon. I have seen it as a lawyer so many times and I still couldn't imagine that me and my husband would.

Spoiler, we did. And it got so ugly and it still is... It is the best kept secret I can tell you as a lawyer and as a single mother: **SIGN A PRENUP!**

Mic drop ... or maybe even a nuke drop. But definitely a game changer.



# PRENUP TEMPLATE



## Part 2: Prenup Template

Discuss this before the wedding not in court. Here's a little guideline to think about. Remember: it is not only for your safety, it is for the sake of both of you AND you can save your future children from a lot of pain when you clear things up prior to marriage.

### **1. Ownership & Assets**

- Who owns what – before and during the marriage?
- How will shared gains be handled? (Separate property, modified community of gains?)
- What happens to joint investments (e.g., real estate, business shares)?

### **2. Labor & Care Work**

- How is unpaid work (children, caregiving, household) recognized?
- Is there compensation for career breaks or part-time work? (e.g., financial top-up, pension boost)

### **3. Separation & Divorce**

- Are there support arrangements in case of separation or divorce?
- What happens to the shared home?
- Is there a clause for mediation or peaceful conflict resolution?

### **4. Children & Responsibility**

- Who takes on what kind of responsibility – financially and emotionally?
- How will decisions be made (e.g., location, education)?

## 5. Long-term Security

- What happens in case of illness, death, or if one of you needs care?
- Are there powers of attorney, living wills, or life insurance policies?

