
Jill Spielberg Joins The Debbie Nigro Podcast to Discuss Divorce, Social Media, and Relationship Advice

FEATURED ATTORNEY



Jill Spielberg
Executive Partner

When it comes to navigating divorce, social media can be a double-edged sword—one that’s often best left untouched. [Jill Spielberg](#), Director of [Abrams Fensterman’s](#) Matrimonial and [Family Law](#) Practice in [White Plains](#), recently joined [The Debbie Nigro Show](#) to shed light on the do’s and (mostly) don’ts of social media during divorce.

As a top divorce attorney specializing in high-net-worth divorces, high-conflict custody cases, and prenuptial agreements, Jill shared her insights on how social media can be damaging in legal proceedings and what individuals should keep in mind during this emotionally charged time.

Listen to the full episode:



Key Takeaways from Jill's Podcast Appearance:

The Biggest Divorce Mistake? Staying Active on Social Media

Jill strongly advises against using social media while going through a divorce. "If you can avoid it entirely, that's the best course of action," she said. Even seemingly innocent posts—vacation pictures, a celebratory night out, or a 'divorce party'—can be used as evidence in court. "It may be Exhibit A in a custody trial."

Who's Watching? Everyone.

Jill also highlighted a little-known but crucial reality: ex-spouses and their attorneys aren't the only ones monitoring social media—friends, acquaintances, and even strangers may be keeping tabs. "You think a friend is just a friend, but they might be funneling information back to the other party."

Can Social Media Be Used for Good During Divorce?

The short answer? Not much. However, one rare instance is in custody cases, where courts look favorably upon parents who encourage a positive relationship between their child and the other parent. "If your ex wins an award or gets a new job, a supportive post can show the court that you're fostering a healthy co-parenting dynamic," Jill noted. But she cautions that this level of civility isn't easy or realistic for most divorcing couples.

Helping Children Through Divorce: The Key to Well-Adjusted Kids

As a child of divorce herself, Jill spoke candidly about the emotional toll divorce takes on children and the importance of keeping them out of the conflict. "The best thing a parent can do is encourage their child to have a loving relationship with the other parent. Even if it's hard, that's the key to raising well-adjusted kids through divorce."

Relationship Advice: The Power of Appreciation

When asked about preventing divorce in the first place, Jill's advice was simple but profound: appreciation. "The biggest cause of divorce isn't necessarily money or infidelity—it's the lack of appreciation. If you can focus on what you love about your spouse, rather than what frustrates you, you may avoid problems that lead to separation."

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For more information or to get in touch with Abrams Fensterman's Family Law and Matrimonial Practice, [contact us here](#).