

## Raleigh Family Law Attorney Charles R. Ullman Cautions Separated Spouses About Social Networking Sites, Texting

*Information gleaned from online posts and text messages can be a gold mine for an aggrieved spouse, says Ullman, founder of Charles R. Ullman & Associates.*

Raleigh, NC ([PRWEB](#)) January 14, 2010 -- People mistakenly assume that their text messages or information posted on social media pages are private and viewed only by those they wish. But electronic communications such as text messages, "tweets" and personal home pages are increasingly turning up as public evidence in court filings in divorce cases, Raleigh attorney Charles R. Ullman says.

"We're an online society and we now see social media cited regularly in divorce filings in North Carolina," said Ullman, founder of [Charles R. Ullman & Associates](#), a law firm that concentrates in family and domestic law. "Using social networking sites is much like whispering your personal secrets into a megaphone. They can be a gold mine for an aggrieved spouse."

Ullman advises that people going through the painful experience of a divorce should take a break from social networking until all legal issues are resolved. A casual comment or photo posted electronically can provide revealing evidence that a lawyer for an aggrieved spouse can use in court.

"The advice we give clients is to take an extended break from social networking," Ullman says. "A break-up or separation is an emotional time when many of us aren't thinking our clearest. It's awfully easy to post something or fire off a derogatory comment that can come back to haunt you."

Based on his years of experience counseling people going through separation and divorce, Ullman offers these tips to avoid the pitfalls of online communications.

- Text messages, twitter postings and e-mails can be used as evidence to substantiate an extramarital affair, Ullman says, so never send inappropriate or sexually suggestive electronic messages. Wireless providers maintain transcripts of text messages for several weeks at a minimum, so they can be obtained and submitted as evidence. "Never send any electronic message that you would be embarrassed to hear read aloud in court," Ullman says.
- The Internet has made it easy for long lost friends to reconnect. But it's probably not a good idea for married people to nurture ongoing online relationships with high school or college sweethearts, Ullman says.
- It's fun to share photos of your latest vacation or newest purchase such as a sport car, motorcycle, boat or piece of jewelry, Ullman says. "But remember that those photos can influence a court's view of your financial ability to provide more support in a separation or divorce," he cautions. "So keep personal details private."
- Don't immediately unfriend your spouse's family after a separation. That can cause additional hurt, Ullman says. He adds, "Allow time for people to adjust to household changes and for emotions to subside."
- The best way to avoid getting caught in an affair is to avoid having one in the first place. Avoid sexually suggestive flirtation or banter, even in jest, Ullman says.

About Charles R. Ullman & Associates

The law firm of [Charles R. Ullman & Associates](#), located on 109 S. Bloodworth St. in Raleigh, NC, concentrates on family law, including [divorce](#), child custody, [child support](#), visitation, alimony, post-separation support and equitable distribution. Ullman is also a trained collaborative law attorney. For more information, contact the firm at (919) 829-1006 or online at <http://www.divorcelawnc.com/index.html>.

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