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Tips from the
**Divorce Support
Club**

Getting Divorce Ready

Walker
Family Law


1 Know where you are in the **grieving cycle**

Everyone's divorce journey is unique. All these stages are completely normal reactions to a breakup.

Denial

you find it challenging to accept the reality of the situation.

Anger

you find it challenging to accept the reality of the situation.

Bargaining

you blame yourself for the breakdown of the relationship.

Depression

the reality sinks in, leading to feelings of hopelessness and despair.

Acceptance

you acknowledge the end of the relationship, and begin to heal.

2 Name your feelings and ride the wave to shore

The emotions involved in a divorce can be intense and overwhelming.



It is useful to recognise and name the feelings that you are experiencing in order to know what you need to get through them.



Remember, feelings are always transitory. They do not last forever.



A useful strategy is to picture your feelings as waves. As you feel a wave of emotion, acknowledge it, and instead of pushing through it or trying to avoid it, imagine riding the emotion out as a surfer rides a wave to shore.

3 Know your support network

Setting up a support network is a practical way of getting ready for your divorce. Here are some examples of who to include:

Friends and Family

Friends and family: spend time with the people who help you feel good, who are kind and supportive but not intrusive. Pick people who won't drain your energy.

Legal Advice

get some tailored legal advice on your available options. Everyone's divorce is different, so it is important to be advised on your specific situation and position.

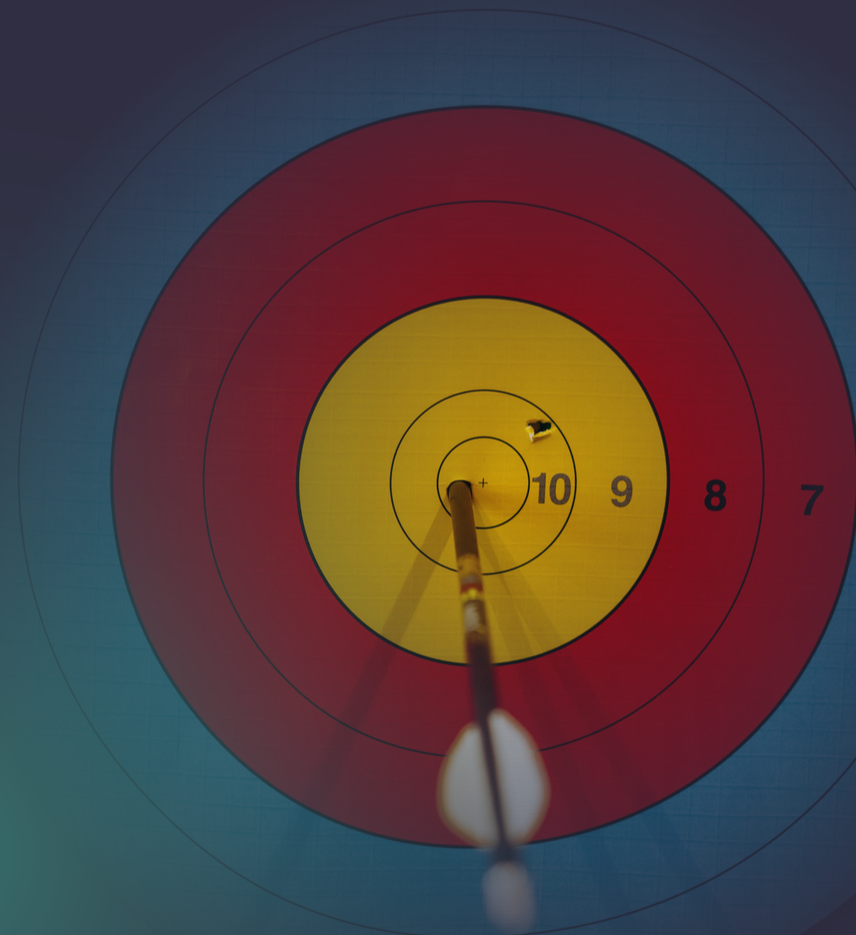
Emotional Support

this could be a therapist or a coach. Heightened emotions during a divorce can push things off course, so having some emotional guidance can be beneficial.

4 Set your intentions

A helpful strategy when going through a divorce is to set your intentions, where do you want to be at the end of all this? Here are some questions to ask yourself.

- What emotional outcome do I want to get?
- What do you want your relationship with your ex to look like in six months, one year, five years?
- How do you want to behave through this?



5 Focus on what you **can control**

Focus on you and not on what your ex is doing. Here are some things that you can control.

1. What you watch on TV.


2. What music you listen to.

3. What you look at on social media.

4. The questions you ask in your head.

5. Who you spend time with.

6. What you wear.



"You don't have to
see the whole
staircase,
just take one step
at a time"

Martin Luther King