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Tips from the
**Divorce Support
Club**

How to Handle a
Challenging Ex

Walker
Family Law


1 Know the effects of a challenging relationship

Recognising how a relationship is affecting you is a good first step to taking back your power. You might be feeling...

- > Angry
- > Confused
- > Overwhelmed
- > Afraid
- > Powerless
- > Alone



2 Know your support network

It is crucial to know who you can rely on during these times.

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.

Do

Do spend time with your 'radiators', the people who are warm and comforting, and make you feel uplifted and positive.

Do find your 3am friend. Who is the person you would be able to call at 3am when things feel awful and you'd know they would be there for you?

Don't

Don't invest time in the energy 'drains', people who you come away from feeling depleted.

Don't invest time in the people who thrive off drama and the gossip.

Don't spend time with people who simply want to tell you what to do, whose sentences begin with 'if I were you...'

3 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.

4 Set boundaries

Boundaries are useful guidelines that you create; they determine which behaviours you will accept and how you will respond when someone steps over those limits.

- Be clear, calm and concise.
- Set out a consequence.
- Do not apologise or justify.
- You are not responsible for their feelings.



Examples include:

"I will not respond to emails containing personal attacks on me. I will only respond to questions about arrangements for the children"

"I will not read emails sent to me during work hours. I will reply once I am free"

"I need time to think and reflect before I make a decision. I will respond to you once I have been able to do that"

"I will not tolerate being shouted at, if you continue to shout, I will leave the room"

5 Tips for written communication

Here are a couple of pointers that will help you set boundaries when communicating with you ex in a written context. Be:

- Clear
- Polite
- Business-like
- Factual
- Assertive
- Unemotional
- To the point
- Careful with language
(avoiding "you never/always/should")

