

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.

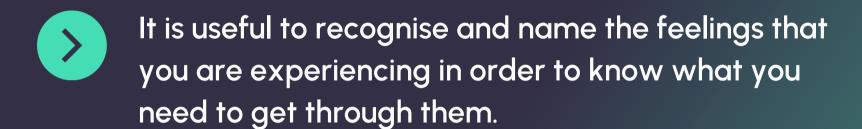
Acceptance

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.



- 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.



Access them all by subscribing to the free Divorce Support Club

Walker Family Law