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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.

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## **Denial**

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

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## **Anger**

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

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## **Bargaining**

you blame yourself for the breakdown of the relationship.

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## **Depression**

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

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## **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.

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