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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.

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