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Tips from the Divorce Support Club

My holiday was a disaster
and I want a divorce:
what do I do?

Summer holidays and divorce

- No one decides they want a divorce on a whim. It is likely that a disastrous holiday may just be the final straw for a lot of relationships.

1 Evaluation

Divorcing is a huge decision and it's important to make that decision without regret. Ask yourself:

- What do I value in the relationship?
- What do I value in my partner?
- What would I like to improve in the relationship?
- What aspects of my partner's behaviour are uncomfortable/unacceptable to me?
- What could I do differently in the relationship?
- What could I commit to doing differently in the next 2 months?

2 Should I stay or should I go?

Here are some more questions to ask yourself when considering getting a divorce:

- If I stay and nothing changes, how will that feel in 5 years?
- What are my choices?
- Imagine your closest friend standing next to you: what advice would they offer?
- What am I most afraid of?
 - How do I overcome that?
 - What information do I need?
 - Who could help me with this?
 - What's the best/worst that could happen?

3 Set your intentions

A helpful strategy when considering 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?



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

You'll go through these stages whether you are the one initiating divorce, or the one on the receiving end.

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.

5 Prepare for when to tell your partner

If you are the one delivering the news to your partner, consider the following:

- Choose your moment and be clear in your intentions
- Avoid blame and shame
- Speak from the 'I'
- Don't make assumptions
- Remember you can only control your own actions
- Listen to understand, not to respond

6 Telling the children: **dos**

Here are some tips to consider for when you tell your children about your divorce.

Plan what you say,
and how/when you
will say it.

Co-operate with your
spouse and tell them
together if possible.
Present a united front.

Use simple, calm, age
appropriate language.

Give time for
questions and answer
honestly/

Explain what will
change, and what
won't.

Reassure them that it
is not their fault.

7 Telling the children: **don'ts**

Here are some things to avoid when you and your spouse tell your children you are getting divorced:

Don't tell them details that they don't need to know.

Don't rush, choose a time where you don't have to rush off.

Don't blame each other.

Don't make promises you can't keep.