

7

## Tips from the Divorce Support Club

Handling divorce after a  
long marriage

# 1 What might divorce after a long marriage entail?

Divorce after a long marriage can bring up all sorts of considerations, including:

- > Very clear roles in the relationship
- > Elderly parents
- > A lifetime of possessions
- > Complicated finances
- > Effect on wider family



## 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.

# 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.



**Access them all by  
subscribing to the  
free **Divorce  
Support Club****

**Walker  
Family Law**  
