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Tips from the Divorce Support Club

My Spouse Wants a
Divorce: What Do I Do?

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 Look at the body's stress responses

When you're in the early stages of separation or divorce you are likely to feel stressed. This can take you into different kinds of stress responses.

Fight mode: this might look like arguing, being aggressive or trying to defend yourself.

Flight mode: you may run away from the situation in the hope that it turns out okay.

Freeze mode: this is where you respond by not doing anything at all.

Flop mode: this is where you try and appease the other person.

3 Soothe your stress responses

When you're in the early stages of separation or divorce you are likely to feel stressed. This can take you into different kinds of stress responses.

-  **Slow your breathing down.** Experiment with different techniques, breathe in and count to 5, hold for 2, breathe out for 7. This will help calm your nervous system.
-  **Hit pause.** Unless you are in danger there is nothing you actually need to do in these early days of a separation or a divorce.
-  **Focus on touch.** Try soothing the place you feel anxious with gentle circular motions, or put on some fluffy slippers and enjoy the feeling of softness.

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