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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?



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