



7

Tips from the Divorce Support Club

Surviving the early days of
separation

1 Know where you are in the healing/grieving cycle

Everyone's divorce journey is unique. All these stages are completely **normal** reactions to a breakup. They can change daily, hourly or even minute by minute. You may cycle through them multiple times.

Denial - Feelings like 'this is not real', 'this can't be happening'. This is your brain trying to protect you from pain.

Bargaining - This is your brain postpoing the confusion and sadness. You think of scenarios like 'if I had been a better spouse, then they wouldn't have left me.

Anger - This is a high energy emotion, feelings like 'how dare they do this to me!' or 'I hate them!'

Depression - The situation begins to sink in. You may not want to get out of bed, or you may just want to cry. It is really important that you take small steps to take care of yourself at this stage.

Acceptance - This does not necessarily mean that you are happy about what happened, but you can accept it and feel hopeful about a new future for yourself.

2 Be aware of how the body can respond to stress

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

➤ Flop mode - this is where you try and appease the other person



➤ 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.

These responses are all normal ways that we respond to stress. However, we need to find healthy ways to push through them. Keep reading for some suggestions...

**Gain access to the
full guide by
subscribing to the
free **Divorce
Support Club****

**[https://walkerfamilylaw.co.uk
/divorce-support-club/](https://walkerfamilylaw.co.uk/divorce-support-club/)**