



Tips from the **Divorce Support Club**

Strategies for Constructive
Communication

1 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:

What you watch on TV

What music you listen to

What you look at on social media

The questions you ask in your head

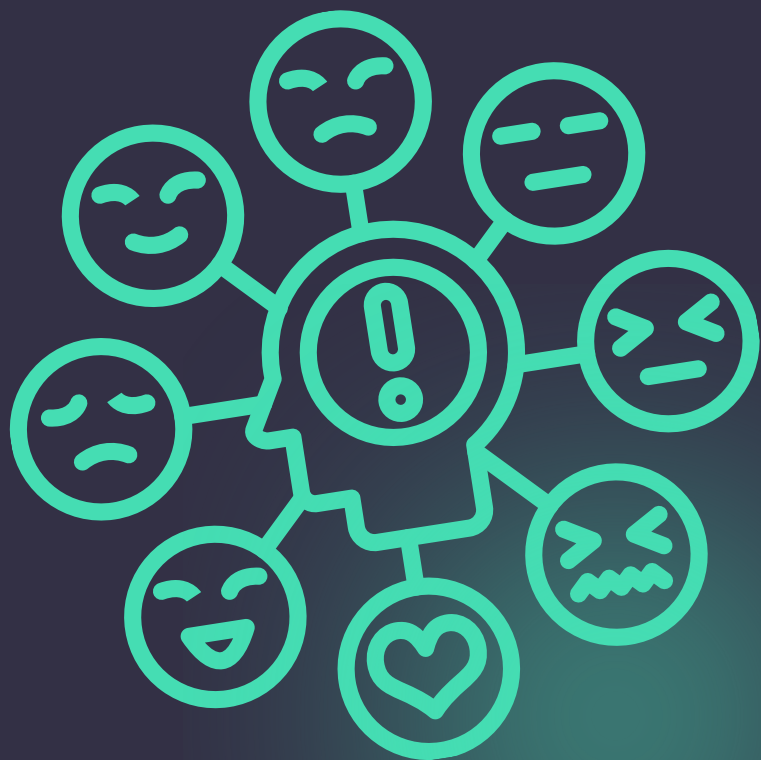
Who you spend time with

What you wear

Choose the things that will make **you** feel good.

2 Name your feelings and know that they **come and go**

The emotions involved in a divorce can be intense and overwhelming.



Aware - It is useful to recognise the feelings that you are experiencing in order to know what you need to get through them.

Accept - Accept that you are feeling this way. You cannot always help how you feel.

Articulate - Name what it is that you are feeling.

Advance - Then you will begin to be able to move beyond that emotion.

3 Set your intentions

Now that you have learnt to manage your feelings, you will have the capacity to focus on the long-term goals.

Some useful questions to ask yourself:

- What do I want my relationship with my ex to look like in 5 years, 10 years, or at my child's wedding?
- How do I want to feel when I look back about what I do and say now?

Remember to challenge assumptions about your ex's intentions:

- Do I assume I know why my ex is behaving in a certain way?
- What else could their intention be?

4 Tips for **face to face** communication

Here are some tips for when you are communicating face to face with your ex.

Be prepared, know what points you want to make and practice beforehand.

Speak from the "I":
I feel...
I would like...
I will...

Avoid:
"You never"
"You always"
"You should"

Have an exit line ready and rehearsed.

Listen, rather than thinking about how you will answer.

5 Body language matters

Another important aspect of communication to bear in mind is your body language.

Did you know?

7% of what we communicate is in our words

38% is in our tone of voice

55% is in our body language

> This is why texting often goes wrong, as you can only see the words. You cannot hear the tone of voice or see the body language.

> Avoid things like rolling your eyes. Make it your mission to hold your head high and push your shoulders back.



6 Tips for **written** communication

Here are a couple of pointers that will help you set boundaries when communicating with your ex in a written context.



I will be:

- Clear
- Polite
- Business-like
- Factual
- Assertive
- Unemotional
- To the point
- Careful with language (avoiding "you never/always/should")