



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.

**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/)**