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# Tips from the Divorce Support Club

What Not To Do During  
Divorce

# 1 Don't try to deal with your divorce **on your own**

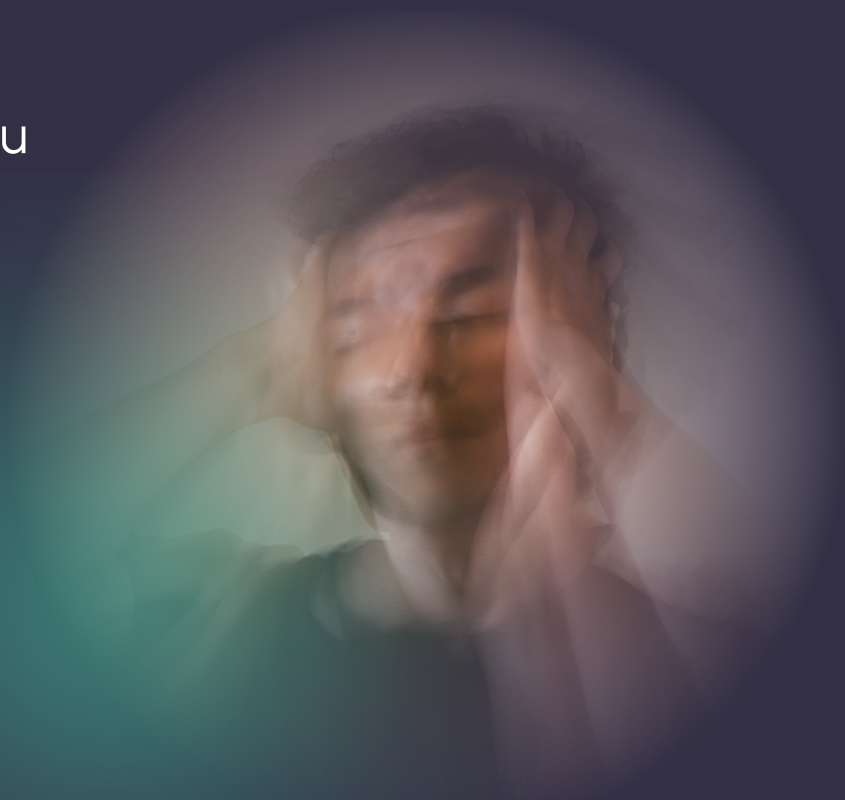
No one plans to get a divorce. It's an overwhelming experience for everybody. Make sure you create a support network.



## 2 Don't make decisions based on high emotions

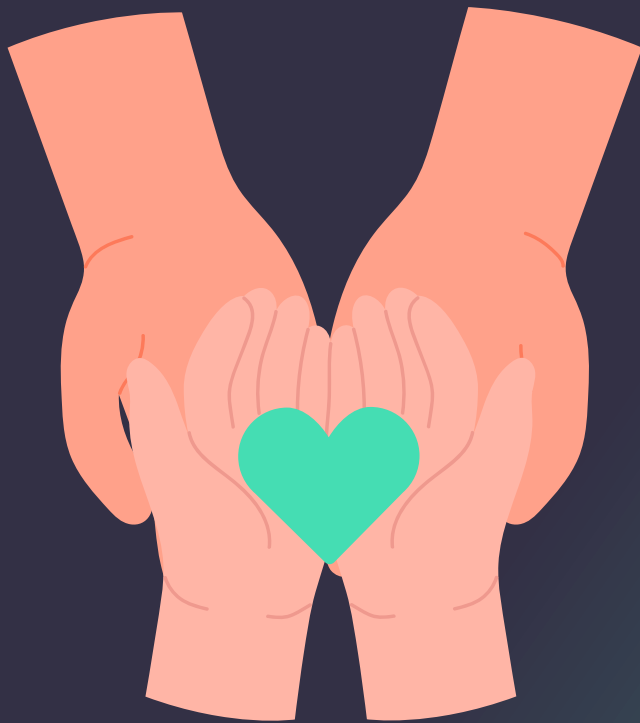
Making decisions based on high emotions like anger or fear is never beneficial. All this causes is delays in reaching your goal.

- Stop and think before you do things. Get your logical brain back onside.
- Take a step back, imagine you're watching your situation on stage. What advice would you give that person? What advice would you give your best friend?
- The 24 hour rule - If you're thinking of doing something, wait for 24 hours. You might be in a different headspace the next day.
- Take advice if you're not sure whether a choice you're thinking of making is a good idea.



# 3 Don't involve your children

You once loved this person enough to have children with them. Your parenting relationship is not the same as your relationship with them as an ex.



Your issues with your ex are not your children's issues. Don't make them choose one parent over the other.

Your children are not at fault. Don't put them in a position where they feel like they are.

Your children will benefit from having a good relationship with both parents

# 4 Don't use **unhealthy** avoidance strategies

It's easy to fall into bad habits when you're struggling. Try to make conscious decisions to make healthy choices.



Drinking excessively



Eat little and often



Taking drugs



Acknowledge your feelings



Working 24/7



Journaling



Excessive exercise



Gentle exercise



Stalking your ex on social media



Stop looking at your phone a few hours before sleeping

# 5 Don't let go of your **morals** and sense of self

When in a situation where your emotions are heightened, you can sometimes lose sight of your self. In 5 years time, this will just be another period of your life that you went through.

Ask yourself:

➤ How do I want to feel about how I behave now, in 5 years time?

➤ How do I want my children to feel about how I behave now, when they're older?

➤ What do I want my co-parenting relationship to look like?





# 6 Don't let go of hope for the future

At the start of a divorce it can be really difficult to not give up hope for your future. Keep telling yourself:



Divorce is the end of a marriage, but it can be the start of a great, new chapter.

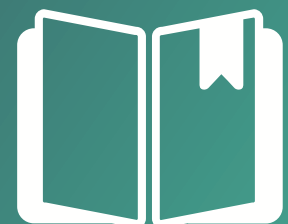


Take it one step at a time. You'll get there.

In 5 years, this will just be something that I went through.



Make the most of your new life: Say yes. Try new things.



# 7 Don't wait and don't hide things from your solicitor

Hiding things from your solicitor will only make the process longer and more expensive for yourself. Being organised makes the whole process easier, quicker, cheaper and your solicitor will be able to give you better advice.

- Come to your initial appointment with as much information as possible
- Be honest about your assets
- Seek legal advice as soon as possible, sometimes even before you have separated. Even if you then go away and don't come back for a while
- Ask what the process looks like. If you haven't been through a divorce before, or worked in the area, this is all new to you.
- When people come to a solicitor after trying to agree things between themselves, it can be incredibly difficult to unpick what agreements have been made. Try to come to a solicitor straight away.

