



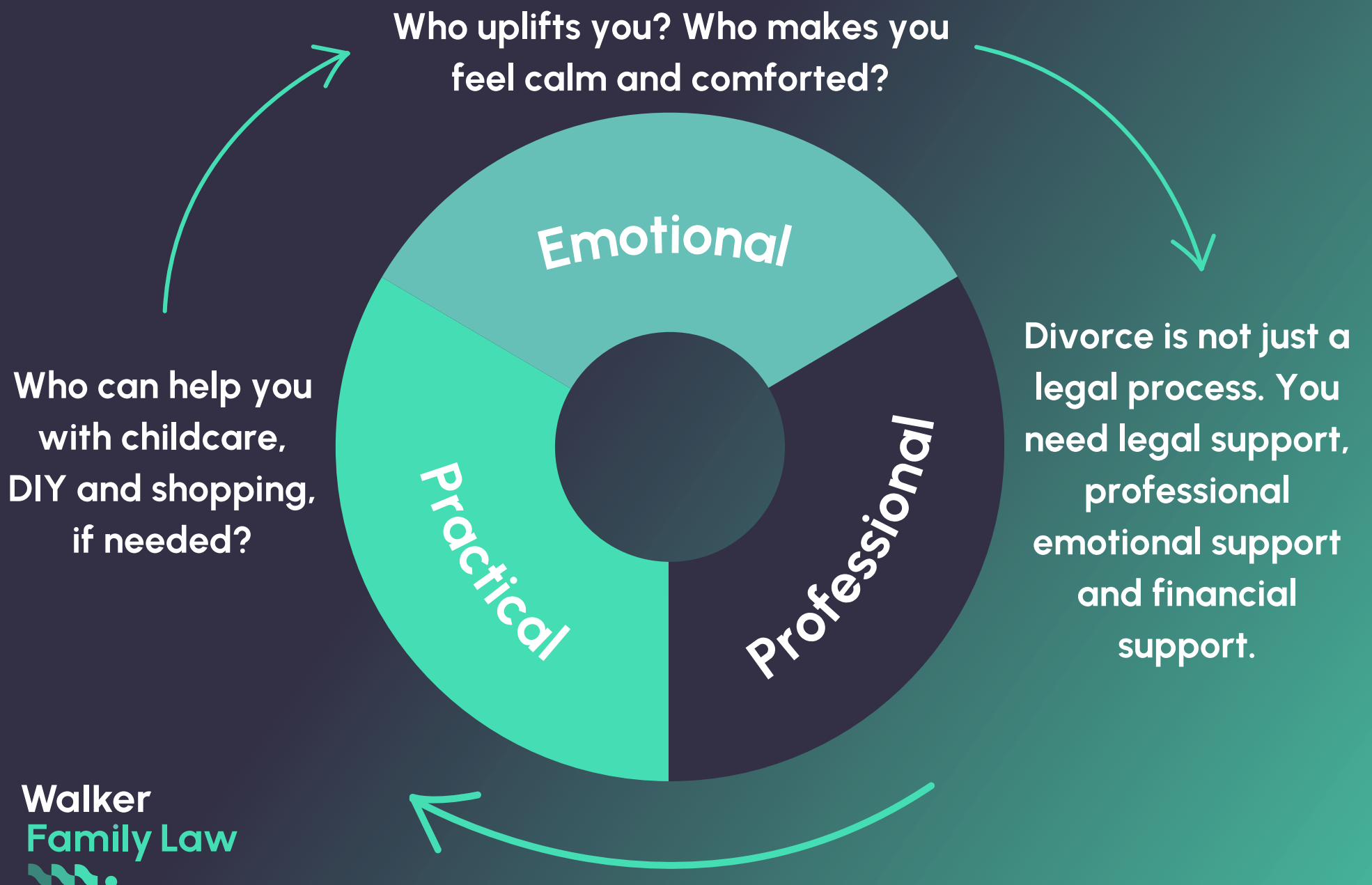
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Tips from the Divorce Support Club

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 inside.
- 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.

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guide by subscribing to
the free **Divorce
Support Club****

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