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Tips from the  
**Divorce Support  
Club**

Can divorce be a good  
thing?

# 1 You don't have to compromise

You no longer have to worry about what the other person wants. You can make decisions that you want to make, when you want to make them.

- Do you have any hobbies you want to pick up?
- Organise your finances how you want to
- Do you have any goals or dreams?
- What's important to you?



## 2 People change

We all change throughout our lives. Some people grow together, others grow apart.

- The right person in your 20s may not be the right person in your 40s
- Perhaps your partner hasn't changed, but you have, and you realise they aren't the right person for the new you
- Experiences shape a person, but they also shape each person differently



# 3 The end of a marriage can be a great time to **learn**

A lot of your identity has been in your marriage for a long time, it's time to learn about yourself and grow.



Your happiness is your responsibility. This can be hard to accept but once you do, it's incredibly freeing.

Reflect on your feelings, learn from how you're dealing with this and let it improve you.

What do you want? Think about what you've been missing, and start your journey.

# 4 Celebrate the marriage that you had

It's easy to view divorce as a negative thing, but at one point, your marriage was great. Celebrate what you had, rather than dwelling on the fact that you couldn't make it work.

- Don't forget the positive times that you had together
- Your children are a product of something that was once a happy relationship
- Focus on raising your children to be good people, whether that's through co-parenting or parallel parenting. If you can't view anything else from your marriage as positive, this can be it
- Try to look back on your successes together (no matter how small) in a fond light



# 5 Your children will be better off

Very often, people stay in an unhappy marriage because they don't want their children to come from a broken home. Two happy homes is better than one toxic home. Think about:

- Your children learn from you and what you do.
- A child's first view on what love should look like is based on their parents relationship
- If your child was in a marriage like yours, what advice would you give them?

