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Tips from the Divorce Support Club

How to learn from your
divorce

1 You are **stronger** than you think

Divorce can feel like the end of the world, but if you give yourself a moment to feel those feelings, you will come to realise that you are more resilient than you think.



Work out what you can control and try to focus on that. As much as you will sometimes want to, you can't control what your ex-partner does. Once you get to a place where you can let go of what they are doing, things will feel easier.

Focusing on the things that you can control can be a great stabiliser for your emotions, it gives you something to keep your mind busy with, rather than spiralling about those things which aren't in your control.

2 Things won't be **easy**

It may sound silly, but people might tell you that certain parts of your divorce will or should be easy.

- Many aspects of your divorce will be difficult, so try to be prepared for this.
- If you expect things to be easy and they turn out difficult, you will struggle more than if you expected the difficulty.
- You might be pleasantly surprised. Whilst it won't be smooth sailing, if you're mentally prepared for a difficult journey, some things might turn out slightly easier than expected.



3 You don't have to do everything **alone**

But you don't always need someone else either.



Divorce can be one of the times in your life where you feel the most alone. Take a step back and remember, your ex-partner isn't the only person in your life. You most likely have a support network of family and/or friends, you can lean on.

But also learn to trust yourself. You don't need someone to help you make decisions all the time. Think about any good decisions you've made on your own in the last year, you are more capable than you think.

4 How you **show up** influences how things **turn out**

Try to take a step back from your emotions and really think about how you want to turn up.

- When you show up in a heightened state of emotion, things are likely to escalate and go wrong.
- You probably don't want to be the person that shouts at your ex partner in the street, you probably don't want to be the person that shows up to meetings angry. Try to remind yourself of this whenever you feel yourself becoming overwhelmed. You'll thank yourself in the long run.



5 Reflect on where you clashed

Learning where you and your ex partner clashed in your relationship may help you in the future.



If you are the type of person to deal with conflict there and then, but your partner needs time to process and come back to the issue, this may have been a reason for some of the issues in your relationship.

If you tried to avoid conflict by sweeping things that annoyed you under the rug, it's likely that you eventually blew up. Delaying the important conversations can actually stop the relationship from improving.

Try to bare this in mind in new relationships, people often have different communication styles, meet half way.

6 Be curious rather than furious

Following on from tip 5, if you know that the person you are in a new relationship with has a different communication style to you, when something upsets you, be curious rather than furious.

Instead of, "You've done this and it upset me, why do you always do that" try, "I've noticed that when you do this, it makes me feel this way and it isn't a nice feeling. Can we talk about it?".

This will help you to understand their perspective, rather than defending yourself and attacking.

It is much less conflicting and contributes towards relationship and personal growth.



7 Your what if tree

Your what if tree is a metaphorical tool, to help you try and maintain a positive mindset, for your future self.

- If you water your what if tree with negative thoughts, you won't allow the sunshine to come through and grow the tree or anything around it.
- If you water your what if tree with positive thoughts then you create a tree where the sunlight will come through and grass and flowers will grow.
- If you think "What if our divorce impacts our children negatively?" try to instead think "What if our children thrive with two, new, happier environments?". It's a difficult thing to do, but try to learn to flip your negative thoughts to a positive.

