



7

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.



**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/)**