



3

Tips from the Divorce Support Club

Getting to know yourself
again

1 What do **you** enjoy?

We often find ourselves enjoying the same things as our partner, so after a divorce, the first step is to figure out what you enjoy when you step away from that relationship.



What do I like to do?

What brings me joy?

What makes me smile?

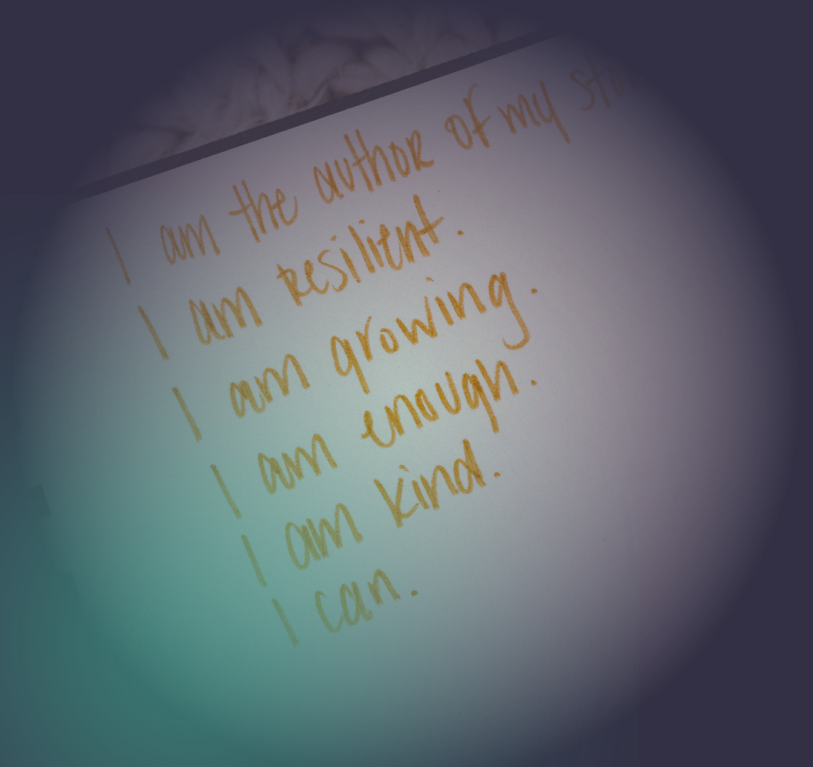
How can I do more of the things I enjoy?

Often, finding a hobby that you enjoy can create a whole new community for you.

2 Who are you **away** from your previous relationship?

When you've been with someone for a long time, you can find that you lose your sense of self. Your identity can become lost in your relationship.

- What qualities do I have? What 5 words would people use to describe me? How would my best friend describe me?
- Ask your friends these questions and make a note of what they say. This will give you a sense of who you are as a person, and on days where you feel down, you can remind yourself of how others see you.



3 What do **you** want?

Relationships and marriages are all about working together, putting someone else at the top of your priority list. But where do you draw the line?

It's important to make compromises in a relationship or marriage, but sometimes a compromise can become a sacrifice.

Now that you don't need to make compromises or sacrifices for this person, ask yourself what sacrifices you did make, and whether you can change that now.

Focusing on yourself and what you want in life can allow you to rediscover yourself, and bring joy back into your life.



**We hope this guide has provided you
with valuable insights.**

**If you are looking for further guidance
or feel that more tailored support
could make a difference for you,
please reach out to [Claire Macklin](#), our
experienced divorce coach.**