



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.

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