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Tips from the Divorce Support Club

Managing your anger

1 The emotional process

Anger is a normal part of going through a separation. There are a number of different emotions you will experience throughout various stages of your separation. It's how you deal with them that's important.



The Healing Cycle

Denial



Anger



Bargaining



Depression



Acceptance



Meaning

2 Anger is generally always negative

Generally speaking, anger doesn't have any positive effects. In terms of divorce or separation it can actually become costly... anger = conflict = cost.

- Solicitors do have training in dealing with anger, conflict, and even difficult personalities, but they are not qualified therapists.
- Sometimes other professionals may need to be involved to avoid extra conflict and cost in the long term. One of the most important things to try and remember is to use your head over your heart.



3 Social media can be harmful

We all know and love social media. But it can be destructive when it comes to dealing with personal issues.



Things can be easily misunderstood on social media, the posts themselves or the intention behind them.

A good example of when social media could be harmful is in relation to children. Let's say a child has been introduced to a new partner, the other parent wasn't told and then found out through a post on social media.

It's important to be mindful of everyone involved in a situation, before posting anything that could be triggering or cause issues.

4 Anger hurts **you**

When it comes down to it, the person that your anger is hurting the most, is you.

> When you keep your anger inside and let it fester, it can become physical. You may experience nausea, headaches, breakouts, a bad stomach. Holding on to your anger will eventually take its toll.

> It's important to find a healthy outlet that works for you. This could be journalling, writing a letter to your ex that you never send, going for runs or walks, talking to a close friend or family member, or even a therapist.



5 The 24 hour rule

Whilst anger can come from many situations in a separation, a lot of it typically comes from the correspondence between you and your ex when trying to resolve any ongoing issues.



When you receive any correspondence from your ex, don't respond in the heat of the moment.

The 24 hour rule. Read the correspondence, and then put it to the side for 24 hours.

The next day you will more than likely feel calmer, perhaps you will even read the messages in a slightly different way, and you'll be able to respond without anger at the forefront of your mind.