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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.





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