

# 5 TIPS FOR DIVORCE RECOVERY

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- 1. Self-Care:** Become the healthiest possible “you” – physically, emotionally, mentally. Be willing to ask for help – financial, emotional, mental, legal, or medical. Strongly consider joining a divorce recovery support group. ([www.divorcecare.org](http://www.divorcecare.org)) There’s one for your kids too ([www.dc4k.org](http://www.dc4k.org)) because kids can have a “sleeper effect” and need help processing the divorce also. Self-Care is more important than you think. Know Thyself! Get to know who you are – not your role, your identity. Don’t allow divorce become your identity, as much as it will consume your time through the process. Take time to go through the grieving process but don’t allow yourself to become stuck.
- 2. Kids:** Choose your words carefully. Anything you say can and may be used against you – not only in court, but with your kids; Allow your children to be children without putting them in the middle, using them as messengers, or criticizing their other parent (this will backfire on you and hurts them since they also identify with their other parent). Do not take out your emotions on your children. They will take their cues from you.
- 3. Journal:**
  - ACTIVITY* journal for court purposes (if applicable) - list dates/time/place/conversations/correspondence and parties involved (conversations, written correspondence, etc.) Document. Document. Document.
  - GRATITUDE* journal – amidst the negativity of divorce, this will help you remember there are still good things in life. Those who keep a gratitude journal are generally happier people. List three things every day for which you are grateful.
  - DIARY* – journaling your feelings and experiences will give you something to look back on as you watch your growth and healing occur.

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4. **Forgive:** I know, it's not what you want to hear. Don't do it for the other person – do it for you. Until you forgive, you will be held in bondage to bitterness, anger, and a host of other issues. It's one of the keys to moving on, but it's not based on feelings.
5. **Frogs:** Frogs? Yes, frogs. Don't go “kissing frogs” trying to find your handsome prince. Allow time to heal before dating; don't fall for the first person who tells you everything you wish your former spouse would have told you. When you are vulnerable, you will miss/overlook/excuse red flags in others. Did I say take time to heal? I REALLY mean it. There is no need to rush the process, even if others try to get you to. Doing so can get you in to more messes. When you are ready to date, be aware there are predators counting on your vulnerability. With online dating, proceed with *extreme* caution and be smart. Go by what someone does over a long period of time (years, not weeks or months), rather than what they say. Maintain healthy boundaries. There are ways to determine if someone is a healthy dating partner. Know them!

There are tons more tips I could list here. For other tips and articles, visit my Facebook page where I often post divorce related material:

[www.facebook.com/WendyFletcherClementsLifeCoach](http://www.facebook.com/WendyFletcherClementsLifeCoach)