

6 Tips on How to Support your Loved One Through Their Divorce

It can be very difficult to watch someone you care about go through a separation. We understand your desire to help them. We are that way too.

Spouses going through divorce are having psychological and emotional experiences that you may not see. Many are grieving, on top of trying to resolve issues and rebuild their lives.

Here are some ideas on how you can best support them through their divorce.

1. **Do not try to give legal advice.**

No two divorces are the same. Even if they sound similar. We have all heard divorce stories, but it can be difficult to be sure the information we hear is correct and complete. When someone is going through their own divorce, hearing misinformation can create confusion, stress and inform bad decision making. Recommend that your loved one receive independent legal advice by speaking with a lawyer directly.

2. **Listen to them.**

Spouses going through divorce often need to share, emotionally process, and vent. It can be very helpful to them to have people they trust, inquire and actively listen to them. They may need to repeat themselves and be angry or sad in a safe environment.

3. **Do not talk badly about their spouse.**

It may be tempting to want to share your thoughts about your loved one's spouse or validate their negative feelings towards him or her. This may, however, add to the stress your loved one is feeling and create issues in the event that they reconcile. Instead, listen to them and focus your comments on constructive and positive steps forward.

4. **Remind them to take care of themselves.**

Separation and divorce are often emotionally, physically and psychologically draining. Exhausted, stressed and overwhelmed feelings can get in the way of good decision making. Remind your loved on to eat, sleep and exercise regularly. Even them they don't feel like it. Encourage them to attend counselling, and seek out the other help and support they need.

This is general information, not legal advice. Contact a lawyer for independent legal advice to learn how this information may apply to you and your circumstances.

6 Tips on How to Support your Loved One Through Their Divorce

5. Help with practical things.

During periods of stress and overwhelm, regular things can feel more difficult. Often your loved ones going through a divorce may benefit from some help with regular everyday things, like meal prep, child care, shopping or help around the house. Ask them how you can help and encourage them to take the help and use the time to rest, if they need it.

6. Do not judge or gossip.

Some spouses feel stressed about other people knowing about their separation or the changes in their life. They want to manage the narrative and timing that this information is shared. Also, they may not be at their best and need privacy, as they rebuild their lives. It's especially important that information not flow to their own or other children, as to avoid hurtful and unhealthy situations for their children at school or in their peer group

This is general information, not legal advice. Contact a lawyer for independent legal advice to learn how this information may apply to you and your circumstances.