

# *Living with* **Separation** & *Divorce*

## **We have just decided to separate. What do I do now?**

**Do you have anyone that you trust you can talk to? You will need some good support right now.**

Do not decide anything too quickly. You will be feeling all sorts of emotions and it may be difficult for you to make decisions. Maybe there are some decisions that cannot wait. If this is the case, do not make them permanent until you have had time to think more long term and with a bit of perspective.

At a time like this it will be all too easy to feel overwhelmed with everything. There is so much to worry about, figure out and, on top of all this you will be coping with a lot of difficult emotions.

Take one day at a time. Try and find regular time for yourself, even if it is only five minutes for a cup of tea. You will need time to adjust to what has happened. Do not ignore the reality of the changes you are facing but try and take them in bit by bit.

Make a list of all the things you need to sort out. It may help you to read the Living with Separation and Divorce Book. You will probably need to take advice on a number of issues (see LWS Book). Make sure you go so someone who has experience working with families in separation.

