

Building a Support Circle for Divorce



Surround Yourself with Trusted Loved Ones

[Divorce](#) can be a difficult and stressful process. It is often accompanied by sadness, anger, guilt, shame, and fear. During this time, it is essential to have support from those around you to cope with the emotional turmoil that comes with divorce. Building a solid support circle can provide emotional comfort and help you rebuild your life. This blog post will discuss the importance of creating a supportive environment for mental health during divorce and how to build such a circle.

Why Build a Support Circle?

Building a support circle during divorce can benefit your mental health in numerous ways. Having a supportive network of friends, family, and professionals can help you cope with the stress of the divorce process. It can also provide emotional comfort and help you rebuild your life after divorce.

Additionally, it can provide emotional validation and understanding from people in similar situations. This can be especially helpful for those who don't have family or close friends who can provide support during this difficult time.

Who Should Be In Your Support Circle?

The people you choose to include in your support circle will depend on your individual needs and preferences. It is important to select people who can provide emotional support without judgment and who can be trusted to keep any confidential information you share with them. It is also important to choose people who can offer practical advice and help navigate obstacles that may arise during the process.

Your support circle should include friends, family, counselors, therapists, or other professionals specializing in divorce-related issues. If you don't have any close friends or family members who can support you, it is important to reach out to others who can help. This could include divorce support groups, online forums, or other social networks that can be beneficial during the divorce process.

How To Utilize Your Support Circle

Once you have identified your support circle, it is important to utilize them productively. This means reaching out and communicating your needs and concerns so that they can provide the help and support required. It is also important to be mindful of how much time you invest in each person within your support circle and set boundaries with those who may be draining your energy. Remember, your support circle should be a source of positive energy and understanding, not criticism or judgment. It is important to take constructive feedback from those in your support circle, but ultimately it is up to you to make the best decisions for you.

Work With a Divorce Attorney to Help

Divorce is difficult; managing your own life while handling complex legal issues can be incredibly challenging. Instead, work with a divorce attorney who can handle the legal matters on your behalf. At Sullivan Law & Associates, we do what's right for our clients and will continue that tradition when you work with us.

Learn more about how we can help with your divorce or schedule a consultation by calling (949) 565-2793 or [visiting us online](#).