

# Breaking the News of Your Divorce



## A Difficult Conversation

Telling your spouse about your [divorce](#) is one of the most difficult conversations you will ever have. It is a conversation that will change your life forever, and it is important to approach it in the right way. If you are unsure how to break the news, don't worry – we are here to help! In this blog, learn some of the best tips for telling your spouse about your divorce and for making the process as smooth as possible.

## Have a Plan

You'll want to have a plan for telling your spouse about the divorce. This is not a conversation that you want to have without some forethought. You'll need to decide when and where you'll have the conversation. You also need to decide what you'll say and how you'll say it. It's important to be clear, concise, and direct when telling your spouse about the divorce. You don't want to leave room for misunderstanding.

## Prepare Yourself

You should also prepare yourself for the conversation. This is not going to be easy. You'll need to be prepared for your spouse's reaction. They may be angry, hurt, or even relieved. It's imperative to remain calm and collected during the conversation. Remember, this is not about

you and how you're feeling. This is about your spouse and giving them the information that they need.

## Have a Support System in Place

It's also crucial to have a support system in place before telling your spouse about the divorce. This can be friends, family, or even a therapist. You'll need someone to talk to after the conversation is over. You'll need someone to support you through this difficult time.

## Ask an Attorney for Guidance

Breaking the news of your plans to divorce your spouse will not be easy. But, if you have a plan and you're prepared, it can be done in the best way possible. Just remember to remain calm, be direct, and have a support system in place. This is one of the most difficult conversations that you'll ever have to have but it's important to do it right.

If you need help with breaking the news of your plans to divorce to your spouse or have questions about the process, know that you can turn to the team at [Sullivan Law & Associates](#). We are committed to helping our clients at every stage of the process and providing the support you need.

**Learn more about divorce or schedule a consultation by calling (949) 565-2793 or by [visiting us online](#).**