

TEN WAYS TO COMFORT A FRIEND GOING THROUGH A DIVORCE.



- 1. Be useful.** Please do not say "Let me know if there is anything I can do." Bring a notepad with you for your next visit and be specific as you can in asking how you can help. What are you good at? What do you like helping with? **Think TASKS.** Offer to pick up the children from school, hire out someone to come clean the house, help with a grocery list and volunteer do the shopping. Create a takeout menu list. Brush the dog. You get the idea.
- 2. Got Food?** It can be hard to practice self-care when we are grieving. If there are children in the family, organize a meal wheel. If there are no children, offer to stock the fridge. Everyone needs to eat, and sometimes, it is the last thing on one's mind, but so necessary.
- 3. A Place to Stay.** She might need a place to lay her head while sorting things out.
- 4. Practice Unconditional Love.** Divorce can be tricky and emotionally charged. There may be times where she will hate him, love him, hate him all in the span of a conversation. Create a safe container for your friend so she can be herself with you. Always be on her side.
- 5. Keep reaching out.** Create a list of at least 3 people who loves your friend as much as you do. Rotate the list so everyone takes turns being the go-to person to love her up. Be pro-active. **Call. Offer to come over.**
- 6. Listen. Listen. Listen.** When you do call, make sure you ask her if she feels like talking. Note to self, please refrain from advice giving or judging. Never, ever talk badly about the ex. Even if she's ranting about him. We all need to vent.
- 7. Help re-organize.** When we divorce, some of the memories can become painful. Offer to help her put away photos and other sentimental reminders if needed.
- 8. Be resourceful.** Not all divorces are created equal. Divorce can become tense, not to mention costly. Your friend can use a rational sounding board when navigating all the different options.
- 9. Make a comfort basket/box.** This is a favorite of mine and I would have loved this when I was going through my divorce. Find a pretty bag or box. Fill it with things that are comforting, relaxing, and practical. Here are a few ideas; disposable tissues, herbal tea, a pair of soft fuzzy socks, something soothing like a lavender scented buckwheat pillow for the eyes, or eye mask, eye drops, (there most likely will be tears) a travel size candle or incense, a journal, gift certificate for a gentle massage or energy work. Be creative or as generic as you want.
- 10. Be there for 'the firsts'.** Learning how to adjust to a new way of being can be a lonely and frustrating time. There will be many "firsts"... "first" time her kids are with their dad, the 'first' holiday apart, 'first' time in the dating world. Be there to support and cheer her on. Offer to be her 'plus one' for functions until she settles into her new life.