

How to Begin the Healing Process

Going through a divorce can be a painful, emotional roller coaster. But, you don't have to "wait until it is over" to begin healing. It's never too early to begin moving forward, and everyone involved will benefit from your efforts.

Although it is normal to feel helpless, the first step is to have a legal team that understands not only your legal needs, but also your financial and emotional ones as well. Having an attorney you can trust allows you to confidently rely on the fact that the divorce process is properly proceeding. Despite the way you might feel at the moment, you will survive and move on. Knowing you are in the hands of an experienced family law attorney decreases stress.

Also, our experience shows that clients who avail themselves of professional counselor fare best. Don't hesitate to get counseling for yourself as well as your kids. You need to reach out to others for support, and a competent, objective professional counselor can be the perfect answer.

Of course, family and friends are often a lifeline. But don't forget that they can't help but be emotionally involved in your story -- their role is, of necessity, different. We hope that family and friends will be supportive and reassuring - however, they are not likely to have the professional clarity and objectivity to get you moving on the road to healing.

Professional counselors can help you "grieve" the loss of your marriage -- which is certainly normal and necessary. They can also give you specific strategies to help you move forward to creating a new life.

If you have kids, a professional counselor can help you with the difficult task of supporting a continuing relationship between your kids and your spouse at a time when you may be personally very angry at your spouse. This can be a real challenge. It is important to keep our kids "out of the fray," and a counselor can give specific guidance and tips on how to actually do that.

We have also seen that this is a good time to call a spiritual advisor if you have one, or maybe to search out a spiritual community. "Faith" provides real comfort.

Call 281.550.6650 for a free attorney divorce consultation. In addition to helping you legally, we would be happy to refer you to other professionals who might be of service to you such as counselors, accountants, tax advisors and financial experts.