

# Divorce

## What to say when your friend needs to talk



# Divorce. We all know someone who has gone through it.

## At some stage, we are all confided in about our friends relationship troubles.

### How well prepared are we for those conversations?

We offer this guide to help you talk them through the process.



Your friend needs you

1.

Your friend chose to talk to you about the biggest thing that's happening to them right now. In our experience, it will consume all aspects of their lives. They've turned to you for help and so, if at all possible, set aside precious time to talk with and help them.

They trust you and right now, you may just be the only person that they feel they can speak to.

Listen, listen, listen

2.

No two breakups are the same. This makes it difficult to help you advise your friend, colleague or contact. Naturally, so much of what happens in a relationship, happens behind closed doors. Do we ever really know someone else's relationship?

By asking the right questions, you can listen to your friend talk. By providing emotional support, you may be able to help them find the clarity they need. Listening, and looking for signs to help you understand their circumstances, will help them see the way forward and take the next step.

Rights and Professional Advice

3.

Your friend will need to speak to a professional adviser. Help prepare your friend by reminding them of elements they need to cover. From our experience, it's worth taking a note of the questions they need to ask.

We know how hard it is for them to take that first step into our office. We have their best interests at heart, we care and we can offer them unparalleled confidentiality. We will prepare them for the financial break up and walk them through the different stages. This can be tough. This will signal the end of a chapter in their life. They will have to live through it all, as we work together towards finding the best resolution for them. They will need you and their close support network to surround and reassure them, leave the fight up to us.

The right time to act

4.

Timing their departure

Often there is no urgency to leave the home and in fact if there could be a good reason to stay. They could use this time to prepare for life away from their partner. They can consider immediate financial provision so that they can get through the immediate days after separation and familiarise themselves with the family assets and finances.

Immediate threats

However, if your friend is at risk of either mental or physical harm, they will need to act quickly- especially if there are children involved. Their safety is paramount, and will come first. They may have to move temporarily but measures can be taken to secure their home.

Often a friend will struggle to see the urgency to act. Maybe they consider their partner's behaviours 'normal' as a result of them happening for so long. The best course of action here is to secure them professional advice as soon as possible. With this crucial guidance, they will realise they should not tolerate any ill treatment.

We offer everything they need:

**Discreet Legal Advice | Support | Protection | Police Assistance**

**National Domestic Abuse Helpline: 0800 2000 247**

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