



Your separation “circle of support”

“You cannot control people but you can control who you surround yourself with. Choose to surround yourself with people who believe in you and great things will happen” – Robert Tew

Introduction

When you are thinking about starting on your separation journey and how you want to separate it is rather like setting out on a boat, planning for what may lie ahead.

It is very important that you surround yourself with the right support in terms of people (Team) and resources (The Divorce Manual) for your mission and journey ahead of you.

Creating the right **support circle** begins by asking the right questions which direct your mind and attention to what support you are needing, when and for what purpose, at each stage of your journey depending on your objectives.

Questions to ask yourself, your Coach and Mediator

1. How are you being supported. By whom? By what? (reading, journaling, social media)
2. Where are you finding your support? Is it reliable?
3. Who is supporting you? Family, friends, work, orgs, community etc
4. Who is in your support network? See diagram below.
5. How are they supporting you? Constructive?
6. What are they supporting you with? Practical, emotional, psych, legal
7. How is your support working for you? Is it meeting your specific needs (practical, legal, emotional, psych)
8. Are there any gaps in your support?

