



Helping a Divorcing Friend

Divorcing a spouse is a difficult process, even for the one initiating it. Ending this relationship means ending the dreams and aspirations each person had for the other and their family, even if they are unable to reconcile and know it is for the best. It is not surprising that your friend is showing some distress right now. We would suggest that you show your support of him in concrete ways, such as checking in by phone or email; inviting him to go to a movie or some other activity; helping out with chores/projects around the house; making/inviting him to dinner or invite his kids over for an evening to give him a break.

These actions let him know that he does not have to go through this alone. He may choose not to take you up on your offers, or only do so every now and then. Just knowing he has support if he needs it can be very healing.

As for the decision to go to counseling, it is one only your friend can make. We think you could gently suggest it, but be mindful that he may not choose to try it.

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