

# You CAN Find Happiness Even During A Divorce

---

[walllegalsolutions.com/can-find-happiness-even-divorce/](http://walllegalsolutions.com/can-find-happiness-even-divorce/)



The process of going through a divorce can be a difficult time filled with emotions. This, however, does not mean you can't find happiness in your everyday life. For many, it seems as though there is no joy left in life during these difficult times. This does not have to be the case. ***There are some things you can do to help keep your focused and open to the possibilities your life may bring.*** As psychologist Michael Jolkovski points out ***“Why should there be any trouble holding your head up after a divorce?”***

## Empathy Is Key

---

When a divorce is looming, you should always keep in mind that you need to have ***empathy for yourself and anyone else that may be affected by this time of transition.*** It is alright to have down times, but try to acknowledge these periods and work to move past them with grace and dignity. Realize that you have every right to feel emotional at times, but that it is also okay to allow yourself to be happy. Take joy in doing the things you love without feeling guilty.

## Control Your Emotions

---

Keeping your emotions in check during critical moments can be challenging, but you must ***remember to not let emotions cloud your judgment.*** Learn how to prepare yourself for difficult circumstances as well as reacting appropriately to people who are inconsiderate towards your feelings. Practice dealing with people who may create an emotional situation

for you by using a few techniques that are designed to diffuse the issue at hand and get your point across without further complicating matters. Remember that it is difficult to make sound decisions when your emotions are running high.

## Quiet Time

---

Many do not realize just how important setting aside quiet time for yourself is. Whether you go the meditations route, or you decide to take a walk on the beach alone, ***quiet time is therapeutic and helps you sort through the many thoughts and emotions you have during a divorce.*** Make a point to set aside some time for you to be alone in peace and quiet. If you have children, you can ask a family member, friend, or neighbor to watch them for a little while to help you plan your quiet time.

## Free Consultation with SLC, UT Divorce Attorneys at Wall & Wall Attorneys at Law

---

***Are you considering filing for divorce, or have become frustrated due to your current circumstances related to your pending divorce?*** Keep these helpful tips in mind to make the process easier and less stressful. When you are ready to ***receive a helping hand from a knowledgeable and caring law firm, contact Wall & Wall Attorneys At Law*** in Salt Lake City, Utah. Our experienced divorce attorneys offer full-service divorces services and a ***free 30-minute consultation***. If you are ready to begin the process of filing for a divorce and want more information about how to make better decisions and get through the process more smoothly, you can download this helpful ebook. Use the information you learn to help keep your heart open and your stress level down. ***Give our professional, experienced divorce attorneys a call at 801-639-9275 today.***