



How to Support Someone Going Through a Divorce

SOMETIMES THE GREATEST GIFT ISN'T KNOWING WHAT TO SAY — IT'S SIMPLY SHOWING UP.

When someone experiences the end of a marriage or significant relationship, they are often grieving much more than the relationship itself. They may be mourning shared dreams, future plans, routines, friendships, financial security, or the life they imagined. Even when the divorce is the right decision, grief and relief can exist side by side.

You don't need the perfect words. Your presence, compassion, and willingness to stay connected often matter more than anything you could say.

WHAT TO DO

Simply show up. Don't wait until you know exactly what to say.

Send the text.

Make the phone call.

Drop off a meal.

Invite them for coffee or a walk.

LISTEN MORE THAN YOU SPEAK.

Often people don't need advice — they need a safe place to process.

Try asking:

- "How are you doing today?"
- "What has been the hardest part?"
- "Would you like to talk about it?"
- "I'm here to listen whenever you need."

CONTINUE CHECKING IN.

Put reminders on your calendar to reach out:

- One month later
- Around holidays
- On birthdays
- During anniversaries

Sometimes the simple message..."Thinking about you today."...means everything.

OFFER PRACTICAL HELP.

Instead of saying, "Let me know if you need anything."

Try something specific:

- "I'd love to bring dinner over Thursday."
- "Can I pick up the kids from practice?"
- "Would you like to go for a walk this weekend?"
- "Can I help you with that project you've been putting off?"

Specific offers make it easier for someone to say yes.

Becoming

Creating spaces where people feel seen, heard, and connected through life's transitions.
Because no one should have to navigate life's transitions alone.

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