

BowTieLawyer

11/16/2012 · 10:03 AM | EDIT

Dealing with Disappointment; Divorce, Stress and Uncertainty

Unfortunately, disappointment is a part of life. It can also be a major part of family law cases. In most law cases, someone is going through just about the most difficult thing they do as an adult when dealing with a divorce/custody matter. Either they have done something, or their spouse has, which has caused significant upheaval, loss of trust and despair. A large part of family law includes helping someone deal with their feelings and emotions.



While there is no easy answer on how to cope, there are a number of things that can be done to pro

- **Seek Counseling.** I recommend counseling to almost every client. This is NOT because I think there is something wrong with them. It is because Counselors are people who have expertise in dealing with people in an emotional crisis. A lawyer can deal with a legal crisis, and some are good at the emotional issues as well. A counselor can help and they have often heard and dealt with a similar circumstance. I encourage my clients to work with a licensed counselor, a religious leader or a sage friend with experience.
- **Keep a Routine.** Keeping a routine can help more than you think. A recent study showed that people who made their bed each morning were more organized and felt better about themselves throughout the day. Routine made their day better. This is something easy to do and it only takes 2 minutes, but it makes a difference in how you feel. I encourage my clients to get in a routine and keep it. I encourage my clients to do their exercise regimen or start one. Let's Go Walking (a la Haley Barbour!). I also encourage my clients to do the right stuff. While this may sound dumb or not my business – a family law matter concerns the client's spirit.
- **Listen to Your Attorney.** One of the easiest things to say and hardest to do is to follow the advice of your attorney. Ideally, you are working with an attorney that has handled many situations, which are similar to yours. Just like you, attorneys learn from experience. Hire one that knows what they are doing and then take their advice. This one factor alone is worthy of its own blog...

Disappointment is a part of life and, seemingly, a large part of family law. Effectively dealing with the road will help you get back on track.

Thompson Law Firm, pllc (601) 850-8000 Matthew@wmtlawfirm.com



Rate this:

Rate This

Share this:

-
-
-
-
-
-
-
-