



Toolkit for Divorcing with Dignity
Conversation Starters #11: Friendships and Social Support

During a divorce, most people try to work hard to divide their assets fairly. With some things this may be easy, splitting friends after a divorce isn't that simple. Maintaining a relationship with mutual friends could be awkward and make it more painful to heal. When thinking about sharing friends after a divorce consider the prompts below:

- 1) How will it feel to be at events our mutual friends host?
- 2) Is it okay to vent/talk about our divorce with mutual friends?
- 3) How do we handle friendships that developed through the other partner?
- 4) Who are people that support us? In what ways do they do this?
- 5) Is it important to have friends separate from each other?
- 6) Is it okay to maintain a close relationship with in-laws?