



HEALTHY
RELATIONSHIPS
INITIATIVE

Toolkit for Divorcing with Dignity

Reflection Activity #6: Reflecting on new social situations

Many individuals experience feelings of isolation after going through a divorce, and much of this is due to the change of dynamics in their social circles. Consider the following categories as you reflect on ways your social connections might change. As you are able, list the names of people in these categories who you might foresee difficulty engaging with and those who you could rely on for support.

	Family	Friends	Coworkers
Possible Tension			
Supports			