

# Kendra Wilkinson Wears Telling T-Shirt Post-Divorce Lawyer Meeting



By [Courtney Omernick](#)

It looks like Kendra Wilkinson is letting her clothes do the talking. According to [UsMagazine.com](#), Kendra Wilkinson stepped out of her divorce lawyer's office on August 8 wearing a shirt that said, "I'm Not Sorry." As previously reported, Wilkinson's husband, Hank Baskett, cheated on her with a transgender YouTube model named Ava Sabrina London back in April.

**What are some ways to cope with the divorce process?**

## **Cupid's Advice:**

When you get married, the last thing you want to think about is the possibility of divorce. But, unfortunately, divorce is more common than we'd like to believe. So, if you find yourself going through this painful time, what are some ways you can cope with the process? Cupid has provided some tips below:

**1. Recognize that it's ok to have different feelings:** One moment, you may feel relief that your marriage is coming to an end, and the next, you might become extremely frustrated with what's going on. It's normal to have a number of different emotions during this time. Leaving your past behind and exploring a new future is an emotional journey for anyone!

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**2. Give yourself a break:** As if you're life wasn't busy enough before the divorce process started, now you're dealing with paperwork, custody battles, and mixed emotions. It may seem weird to suggest a break during this hectic time, but don't be afraid of not giving it your all on the job or your fullest attention to your friend's needs. This process and how you handle it comes first.

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**3. Don't isolate yourself:** Sharing your feelings with friends and family members during this time is a healthy way to cope with the stress, anger, frustration, and more that a divorce process brings. You might even consider joining a support group or seeking a therapist.

**Have you ever gone through a divorce? How did you cope with the process? Share your stories in the comments.**