

## THE EMOTIONAL PROCESS OF DIVORCE

Divorce involves change...changes involves loss...and growth.

People are usually unprepared for the extent of the pain and the length of time it takes to recover. Understanding the process can help. Contradictory feelings and thoughts occur during divorce. People can expect to experience the feelings below. These feelings come and go, often with upsetting rapidity. Also, people may become stuck in one feeling for a long time.

### FEELINGS

Denial

Anger

Bargaining

Depression

Acceptance

### THOUGHTS

This can't be happening. I don't believe it.

It's not my fault. That self-centered jerk is ruining my life.

I'll do anything if you'll stay in the marriage -OR- I'll give you everything if you'll agree to the divorce.

My life will never get any better.

I can't change the situation. I can only change my reaction to it.

Often there are physical symptoms...

\* Change in appetite

\* Diarrhea

\* Difficulty concentrating

\* Fatigue

\* Insomnia

\* Nausea

Behavior that helps...

Being patient with yourself

Seeing the humor in the situation

Telling your story to people you trust

Connecting with people you love

Expressing artistic endeavors

Taking time to make changes

Seeking counseling shows courage and the determination to get better

Attending support groups is particularly helpful

Sharing experiences with others who have been there diminishes the pain

Crying

Writing a journal

Reading

Eating well

Gardening

Exercising

**RECOVERY IS WORK. IT TAKES YEARS, NOT MONTHS....**