

Speaker Notes

Recovering from Divorce

Page 1 – Title Slide

None

Page 2 – Objectives

None

Page 3 – Divorces...

None

Page 4 – Loss

None

Page 5 – Grief

None

Page 6 – Just Like Other Life Losses and Crisis...

None

Page 7 – Stages of Grief and Loss

- NOTE: Description and discussion of these stages are on next slide.

Page 8 – Grief/Loss Cycle

- A change or loss in someone's life will occur. The following describes the grief cycle, as well as the feelings and emotions that go along with the experience of a loss or a change in someone's life.
 - Stage 1—Shock: This is when people go into auto-pilot mode. When the event first takes place, people may do and say things and then not remember what they said or did.
 - Stage 2—Denial: The inability or unwillingness to face reality.
 - Stage 3—Guilt: "If only," "I should have, could have, would have..."
 - Stage 4—Anger: Being mad at the person, being mad at God, being mad at anyone and everyone for this event happening.
 - Stage 5—Depression.
 - Stage 6—Acceptance: This does not mean approval of the event, but finding a way to accept what has happened and moving on with life.
 - Stage 7—Gain: Finding a way to gain something in your life from the event. This may be that you have become stronger or learned to cope differently. It may be setting up a scholarship in someone's name or becoming active in a good cause.
- This cycle is not sequential. You may skip around, but you should let yourself experience all of these emotions. You need to give yourself time to heal and grieve.

Page 9 – Common Feelings Associated with Divorce

- Other common feelings:
 - Feeling that you're just imagining it.
 - Thinking you will be able to resume life as usual.

- Feelings of helplessness about your situation.

Page 10 – Possible Physical Reactions

None

Page 11 – Coping Tips

- Mourning can be a healthy part of the healing process after a divorce.
- Ask yourself what made you feel better when you experienced loss in the past.

Page 12 – Coping Tips (Continued)

- Other coping tips:
 - Keep a journal in a notebook, paint, work on a project, etc.
 - Everybody adjusts to divorce at a different rate.
- Look for healthy ways to express your feelings: It can help you make the transition from marriage to divorce, and it can give people a chance to provide support.

Page 13 – Tips for Talking About the Divorce

None

Page 14 – Tips for Talking About the Divorce (Continued)

None

Page 15 – Children and Divorce

None

Page 16 – Children and Divorce (Continued)

None

Page 17 – Do's and Don'ts

None

Page 18 – If It's More than Normal Grief

None

Page 19 – Coping with the Loss or Grief

None

Page 20 – Questions

None

Page 21 – Resources

None

Page 22 – References

None

Page 23 – Recommended Reading

None

Page 24 – Recommended Reading (Continued)
None

Page 25 – Thank You
None

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