

The Emotional Journey

of Separation & Divorce

Separation is devastating for everyone. The following stages are meant to highlight the emotional path clients typically encounter as they move through this significant life change.

SHOCK/GRIEF

- * **S**tress levels are heightened
- * **O**ne may have trouble sleeping, eating and exercising
- * **M**emory is compromised

EMOTIONAL ROLLERCOASTER

- * **C**hanging feelings: confusion, anger, doubt, guilt, shame
- * **F**ear regarding the future
- * **W**ill my kids be okay?
- * **W**ill I be financially okay?
- * **I**s reconciliation an option?

- * **E**motions are less extreme
- * **B**egin to envision a new future & relationships and a new identity
- * **A**ble to identify a separation process, goals, desired outcomes and the appropriate professionals to assist

- * **F**ocus is on the present and future, rather than on the past
- * **S**eparation Agreement is finalized
- * **S**ettled in new routine
- * **P**ositive sense of community with (new) friends, family

ACCEPTANCE

MOVING FORWARD