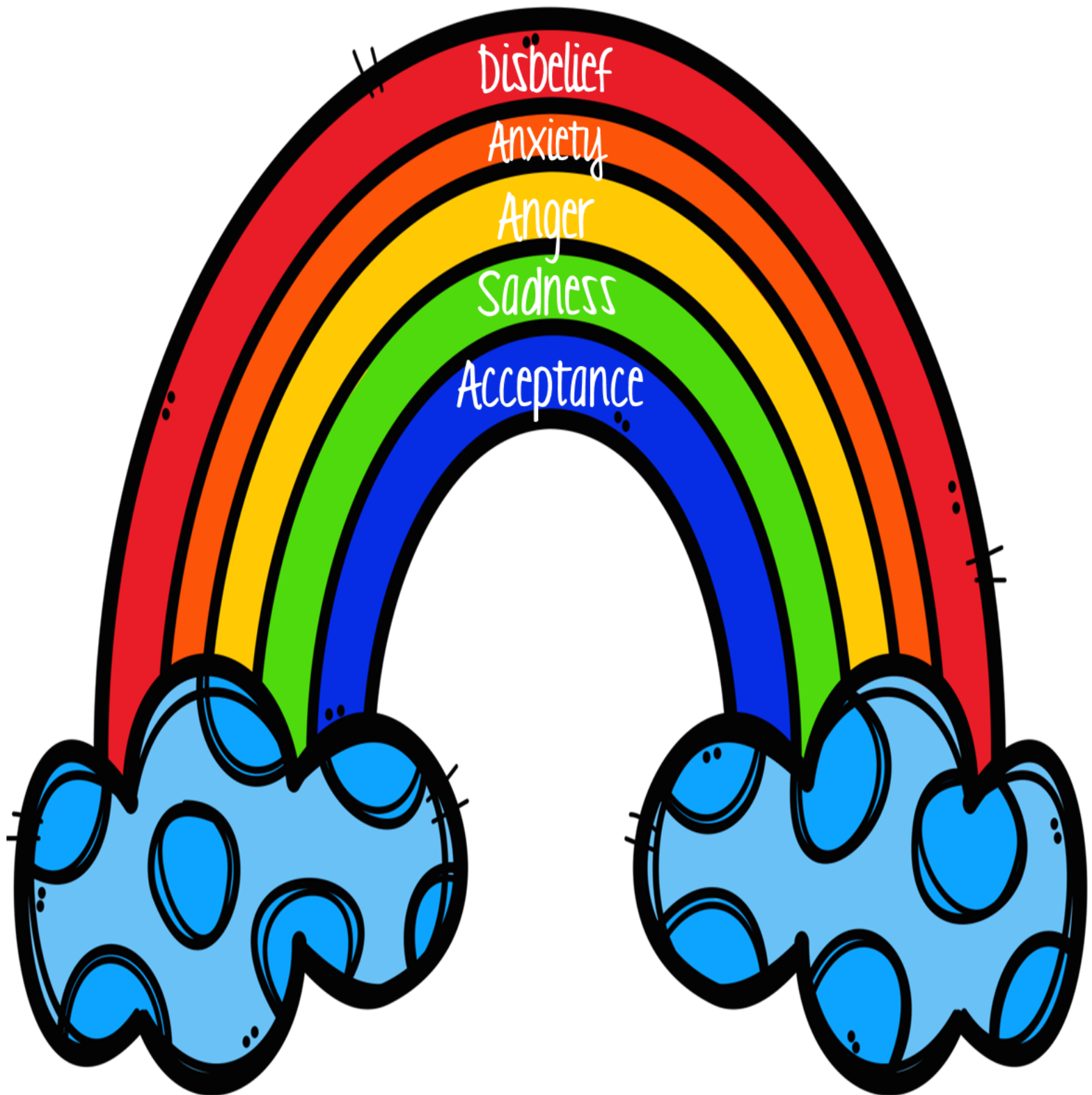


STAGES OF DIVORCE



STAGES OF DIVORCE



DISBELIEF

Disbelief is a combination of shock and denial. Most people react to a loss with a feeling of numbness and thinking "this can not be happening". In this stage, you may deny the reality of the divorce to avoid the pain it causes and avoid being overwhelmed. This stage can last for weeks.

PUT A CHECKMARK IF YOU HAVE THOUGHT ANY OF THESE:

☐

THIS CAN NOT BE HAPPENING!

☐

MY PARENTS ARE NOT BREAKING UP.

☐

I AM SURE THIS IS TEMPORARY.

☐

**THEY ARE JUST HAVING AN ARGUMENT,
THEY WILL WORK IT OUT EVENTUALLY.**

☐

THEY WILL GET BACK TOGETHER.

STAGES OF DIVORCE



ANXIETY

Anxiety involves questioning and confusion about what will happen to you and your family due to the divorce. During this stage, you may try to bargain to get your parents back together. For example, "If I get better grades, maybe my parents will get back together".

PUT A CHECKMARK IF YOU HAVE THOUGHT ANY OF THESE:

☐

THE DIVORCE IS MY FAULT.

☐

MAYBE IF I WAS BETTER BEHAVED MY PARENTS WOULD NOT BREAK UP.

☐

WHERE WILL I LIVE?

☐

WHICH HOUSE WILL MY PET LIVE AT?

☐

WHAT IF MY PARENTS FALL OUT OF LOVE WITH ME?

STAGES OF DIVORCE



ANGER

Anger is caused by frustration, disappointment, and built-up emotions. This can lead to lashing out and blaming one or both parents for the loss. You may also compare your family to other families and feel resentment. In this stage, you may be thinking "why me?"

PUT A CHECKMARK IF YOU HAVE THOUGHT ANY OF THESE:

☐

THIS IS NOT FAIR!

☐

I KNOW IT'S MY MOM'S/DAD'S FAULT.

☐

THEY ARE RUINING OUR LIVES!

☐

WHY ARE THEY DOING THIS TO ME?

☐

WHY CAN'T WE HAVE A NORMAL FAMILY LIKE EVERYONE ELSE!

STAGES OF DIVORCE



SADNESS

Sadness can last for a long period of time. It usually starts when you begin to realize the divorce is happening and the extent of how your life is permanently changed. You may feel hurt, a sense of loss, and a focus on memories of the past or how it used to be. You might try to keep to yourself during this stage.

PUT A CHECKMARK IF YOU HAVE THOUGHT ANY OF THESE:

- ☐ THERE'S NOTHING I CAN DO TO BRING THEM BACK TOGETHER.
- ☐ I CAN NOT CONTROL WHAT'S HAPPENING.
- ☐ I AM SO LOST AND SAD.
- ☐ MY FAMILY WILL NEVER BE THE SAME AGAIN.
- ☐ I JUST WANT TO STAY IN MY ROOM AND BE LEFT ALONE.

STAGES OF DIVORCE



ACCEPTANCE

Acceptance is the last stage of dealing with Divorce, when you learn to accept and deal with the reality of the divorce and your new family situation. Acceptance does not necessarily mean happiness, instead it is a feeling of being content with your situation, moving forward, and planning for the future.

PUT A CHECKMARK IF YOU HAVE THOUGHT ANY OF THESE:

☐

I GUESS THIS IS MY NEW NORMAL.

☐

I THINK ITS GOING TO BE OKAY.

☐

THIS WAS PART OF MY LIFE, BUT IN THE BIG PICTURE, I AM DOING ALRIGHT.

☐

MY PARENTS LOVE ME, THAT WILL NEVER CHANGE, BUT NOW I WILL SEE THEM AT DIFFERENT HOMES.

☐

THERE ARE SOME POSITIVE THINGS THAT HAPPENED AFTER THE DIVORCE.

STAGES OF DIVORCE



I had the most checkmarks in this stage:

I agree/disagree that I am in this stage because:

I want to be in this stage in 6 months:

Things I can do to move to the stage that I want to be in: