DIVORCE: A PROCESS OF TRANSITION

The Chinese symbol for crisis is made up of two ideographs: one means danger; the other means opportunity. Here are some suggestions to transform the crisis of divorce from loss, to recovery and growth:

Expect the phases of shock & denial, anger & depression, understanding & acceptance.

Allow your attention to focus on your loss. It's a way of understanding & of desensitizing the pain.


Acknowledge & express your feelings. Talk to an empathetic person; keep a journal.

Seek & find support: friends, family, support groups, counseling.

Stay aware. Attempts to alter or numb feelings with alcohol, drugs, or overeating only slow the healing process.

Have realistic expectations. It's normal to have mood changes, to feel confused, & to have mixed feelings about your spouse.

Take time to be with adults, and to enjoy social activities when you are ready.

Recognize your alternatives. Then, set your priorities & go STEP by STEP.

Work. Enjoy the benefits of a daily schedule & of accomplishment.

Pleasure yourself

Have faith in your beliefs & in yourself

Remember that healing is already in process. Time & nature are on your side. You will recover!