

Divorce Recovery

Divorce Recovery is a process of grieving the loss of a marriage as well as an intense experience of personal growth. It includes letting go of some rigid beliefs about your ex-spouse, yourself, and learning how human beings often grow at different rates and in different directions. It is a process of acceptance of a greater reality or bigger picture of our lives that takes time, effort, and support. Perhaps divorce recovery is more about personal growth through and beyond loss to a greater, stronger sense of self.

Experiencing all feelings including anger and blame is important in healing from divorce. When we allow all feelings, and give ourselves an opportunity to process and release negative energies, emotions, and assumptions with adequate support structures in place, a gradual healing takes place as well as an opportunity for personal transformation.

Becoming single again makes us vulnerable, another reason to learn how to reach out to others for support, guidance, and secure a structured plan for rebuilding our lives. We learn to use coping skills as we learn new things about ourselves through divorce recovery. We experience what we're capable of achieving as we grieve the loss of our identity within the context of being part of a couple.

Often individuals learn through a divorce recovery process things they would likely never have learned in their relationship about the importance of maintaining an *individual identity* within all relationships. Also recovery is a time to re-evaluate personal values in close relationships, making choices consistent with such values.

In summary, working with a therapist and establishing a trusted support network provides an environment in which it's possible to rebuild our lives with new *building blocks*. We can learn how to balance self care in all areas of life, be resourceful as needs are identified, strengthen parenting and co-parenting skills, and more consciously choose what is best for us in all situations.

Therefore, it is by experiencing, moving through our pain and brokenness after divorce that healing takes place and we are able to create a life that's well deserved.