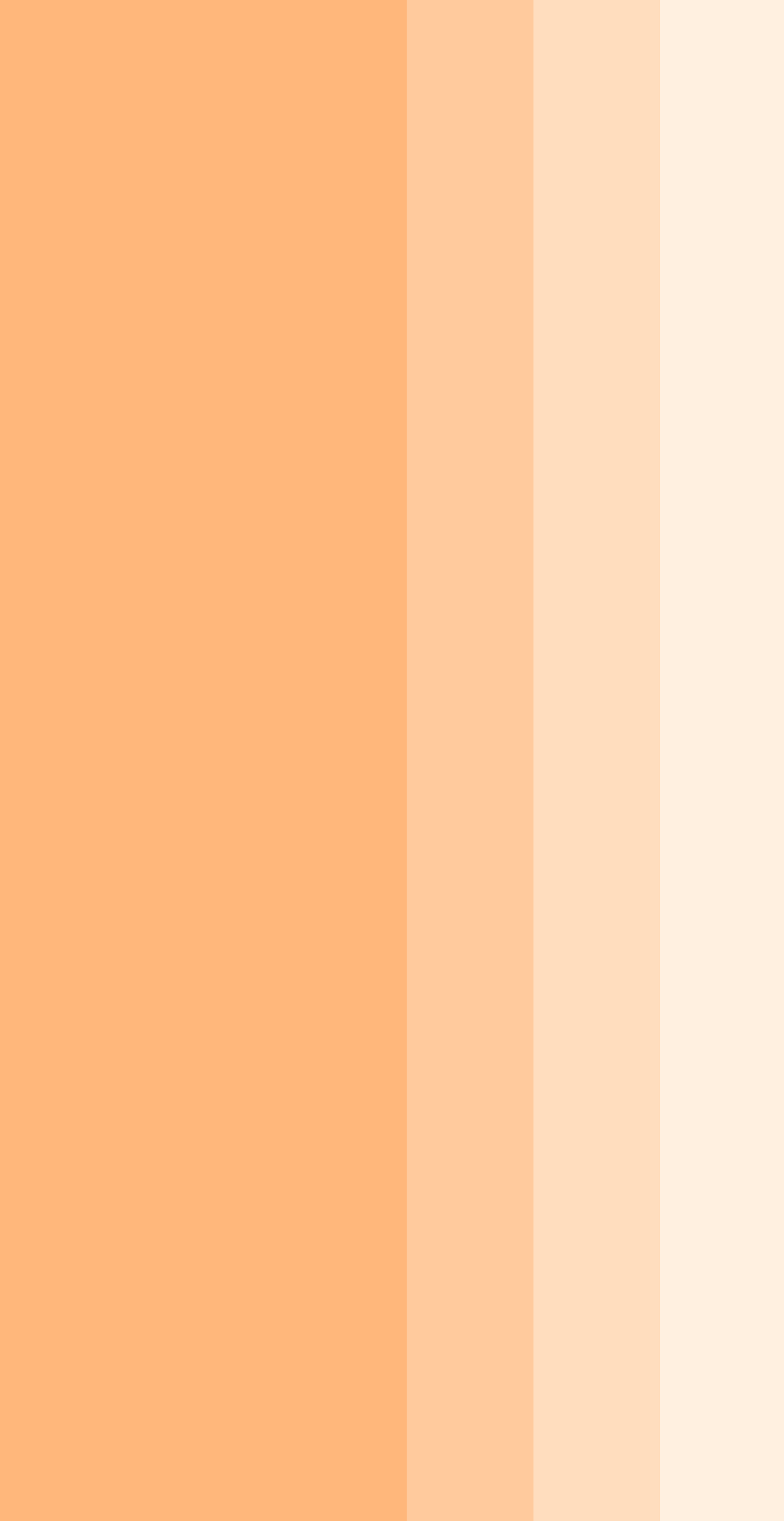


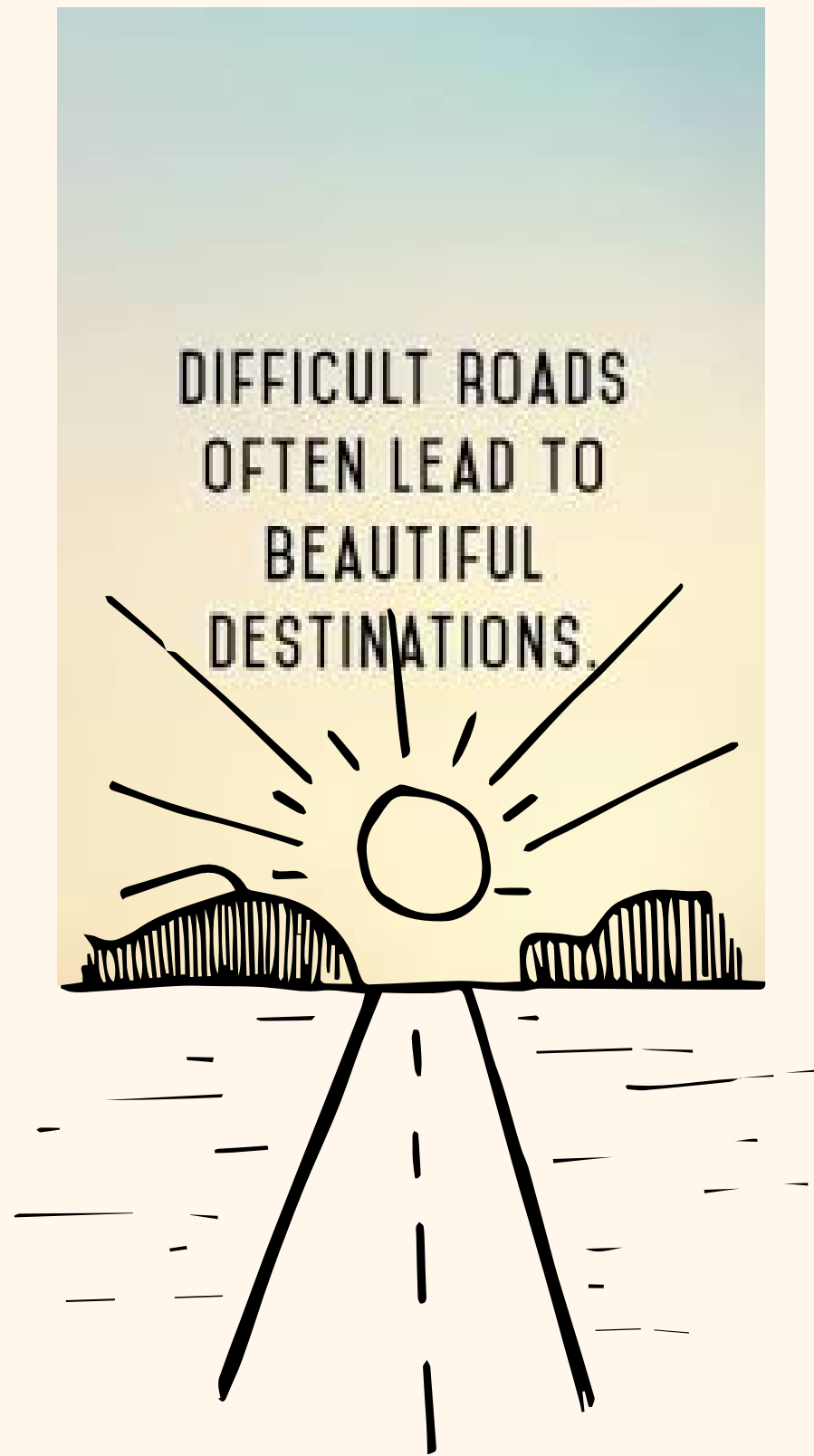


UNDERSTANDING THE EMOTIONS OF DIVORCE

UNDERSTANDING EMOTIONS

This course will help you understand some of the emotions you may be feeling now that your marriage is ending. Not all the emotions are negative. Each emotion will have tips to help you, and there will be a worksheet at the end to help work through your emotions.

- Shock
- Guilt
- Grief
- Anger
- Fear and Anxiety
- Positive Emotions



Shock

Whether you were the one that decided to divorce or your spouse did, you may feel shocked. You are stunned that your marriage is over. You are overwhelmed with racing thoughts of how life is going to change for you and your family.

What You Can Do_

- Stop, pause, and breathe.
- Take each day one at a time
- Slow down
- Do not make any major decisions during this crisis
- Seek emotional support from friends and family.

Guilt

Feeling guilty because your marriage ended is not uncommon. Your guilt could be because you feel like you failed, you didn't see the problems in your marriage, or you've done things you regret.

What You Can Do

- Forgive Yourself
- Sincerely apologize to your ex. when you are ready.
- Guilt can make us agree to things that we might later regret. Make sure to work through your feelings of guilt before you make any settlement decisions.



"No amount of guilt can change the past and no amount of worrying can change the future."

-Umar Ibn Al-Khattab

Anger, like armor,
shields you
from feeling the
vulnerable
feelings that lie
underneath
the anger.

Ann Gold Buscho, Ph.D



Anger

You may be angry at your spouse for rejecting or leaving you. You may also be angry with yourself. This anger may look like depression from the outside, but you are beating yourself up for past decisions or your current situation. Some of the anger you feel could be toward others.

What You Can Do

- Remember, anger hurts the person feeling it the most.
- For your mental health, learn about mindfulness and meditation (see our course on mindfulness).
- Counseling to have a place to work through your anger and help you to forgive.

Fear & Anxiety

Facing a divorce can be frightening and cause you anxiety. You could be afraid of the future because there are so many unknowns as well as having anxiety about finances. The actual process of going through a divorce can also be scary.

What Can You Do

- Tell yourself that just because you think something, doesn't mean it will happen.
- Remind yourself that you will be ok.
- Learn ways to relax your body and mind.
(See the other course on mindfulness.)



Positive Emotions



Relief

The end of your marriage may mean the end of conflict and fighting. You may feel relief that this stress is gone.

Optimism

You may be feeling optimistic about your future and ready to move forward and see what the future has to hold.

References

Gold Buscho, A. (n.d.). How to manage the big emotions of divorce and stay calm. Psychology Today. <https://www.psychologytoday.com/us/blog/better-divorce/202212/how-manage-the-big-emotions-divorce-and-stay-calm>



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