



Why Does It Hurt So Badly?

You must **grieve** the end of your marriage in order to recover.

Understand that grieving is a **process**.

Grieving is associated with **death**.

You **must** grieve the “death” of your marriage.

There are **five** stages to the grieving process.

Done properly, the grief cycle has a beginning, a middle, and an **end**.

Typically, the **first** time through the process is most intense and takes the longest.

You can **repeat** the grief cycle.

Common triggers to the grief cycle are **anniversaries**, **holidays**, **locations**, **music**, and **weddings**.

Usually, repeat grief cycles are **shorter**.

You won't necessarily go through the grieving stages **in order**.

It is more common to **bounce around** between stages.

You can experience some stages **longer** and **more intensely** than others.

A warning sign of being stuck is if you are experiencing **one** stage intensely for an especially long period of time (a year or more).

Intense **sadness** is not the same as clinical depression.

See your doctor for symptoms lasting more than **two** weeks.

Warning signs of depression link: <http://studentsagainstdepression.org/wp-content/uploads/2014/05/Warning-signs-poster-JPEG.jpg>



You know you have successfully worked through the grieving process when you begin to **plan** for your future.



Essential Keys To Recovering from Divorce

Key #1: Focus

Focus on the things you can **control**.

Key #2: Self

Take care of yourself **physically**

- Eat right
- **Exercise** routinely
- Get enough sleep
- Stay away from **alcohol/drugs**

Key #3: Communicate

Reach out to **one** trusted family member or friend.

Key #4: Support

Seek **Catholic** counseling

Key #5: Pray

At least **10** minutes of dialogue with Christ daily.

Key #6: Faith

You can't **heal** yourself.

Your **Catholic** faith is the pathway to Christ

Get as much **Jesus** into your life as possible

- The **Eucharist**: as often as possible
- **Adoration**: at least an hour a week
- **Reconciliation**: monthly



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Key #7: Peace

Do that **one** thing that brings peace.

Key #8: Former Spouse

Don't be a **doormat** for your former spouse

Find the right means to **communicate** with your former spouse

Be **charitable** - Christ is our model

Key #9: Kids

No ex-bashing; allow the kids to love the other parent

Keep the kids out of the **middle**

Don't tell them **detail**

Acknowledge your **grief** and **sadness**

Be **consistent** and **routine**

Kids **should** have input in major decision-making

Key #10: Avoid

Bars and **nightclubs**

Airing dirty laundry/ex-bashing on social media (Facebook, Twitter, Instagram)

Arguing with your spouse (especially in front of the kids)

Putting your kids in the **middle**

DO NOT

Do not **date**

Do not put yourself in **vulnerable** situations (e.g. dating websites, nightclubs, etc.)

Do not seek out the **opposite sex** for validation, "understanding", or companionship.

DO

Make **Christ** your primary relationship

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Expect to **grieve**

Put your energy into **you** and your **kids**

Plug into **spiritual** activities and groups

Begin the annulment process only when **emotionally** ready (not a check-box)

Bonus Key: Acceptance

My **marriage** has died or is dying.

God **allowed** this to happen.

I **can't** control my spouse.

Accept that I was not the perfect spouse either. I played a part in the end of the marriage.

Bonus Key: Forgiveness

Forgiving your ex is fundamental to recovering from divorce.

Forgive and forget is a **misnomer**.

Forgiveness is a **process** and takes time

You can't do it on your own; you need **God**.

Bonus Materials:

All bonus materials are available at: www.divorcedcatholic.com/10-keys