

Facing the Fear of Divorce

Change is difficult. Something as significant as getting divorced can result in worry and fear of the future. Thinking these fears through can help you feel less anxious.

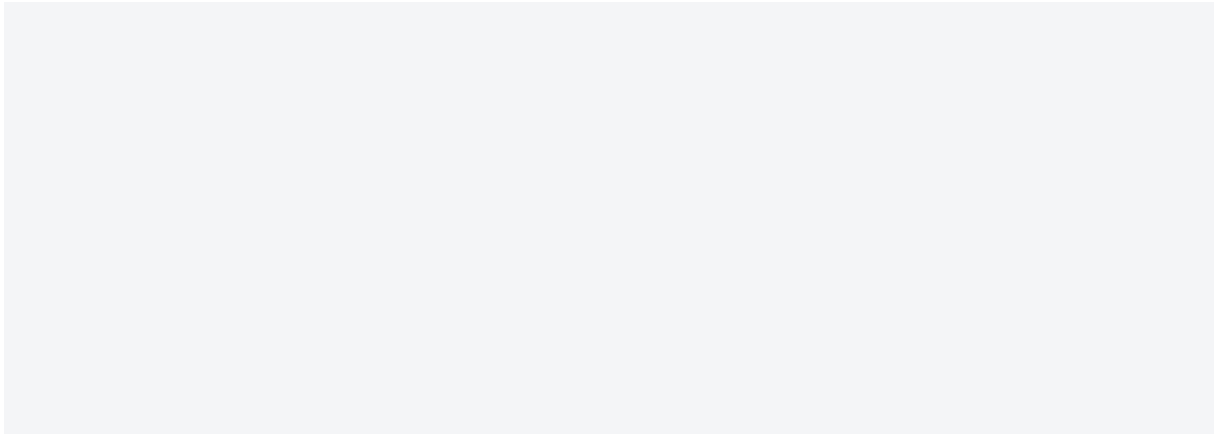
Use the following questions to recognize that what you are scared will happen is often not the same as what will happen.

What are you worried will happen?

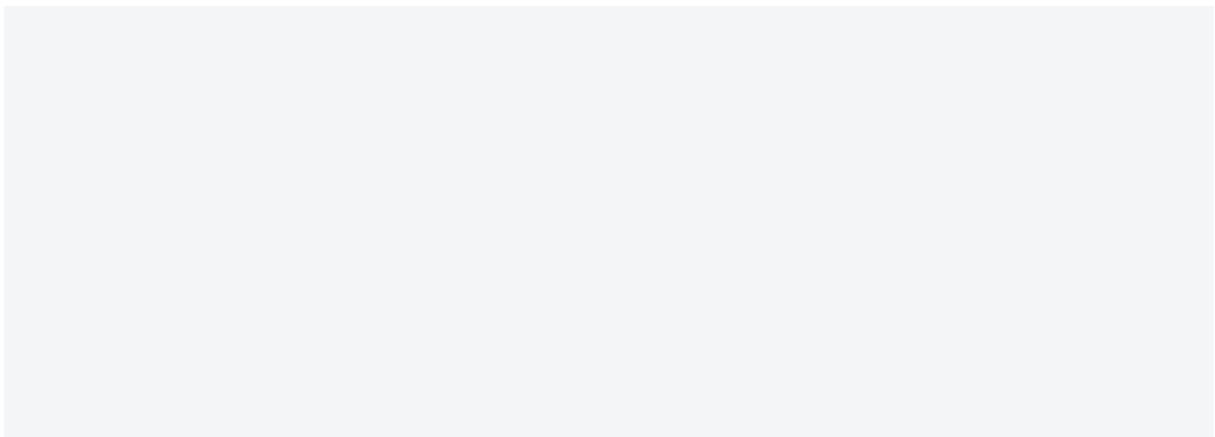
What suggests that this is likely?

What suggests that this is not likely?

If it doesn't come true, what is more likely to happen?



If it does come true, how will you handle it? And why will you eventually be ok?



Dr. Jeremy Sutton