

Grieving After a Divorce

Grief can come in many forms and after various events in life – not just the death of a loved one. Divorce is a form of loss that can lead to emotions similar to grieving.

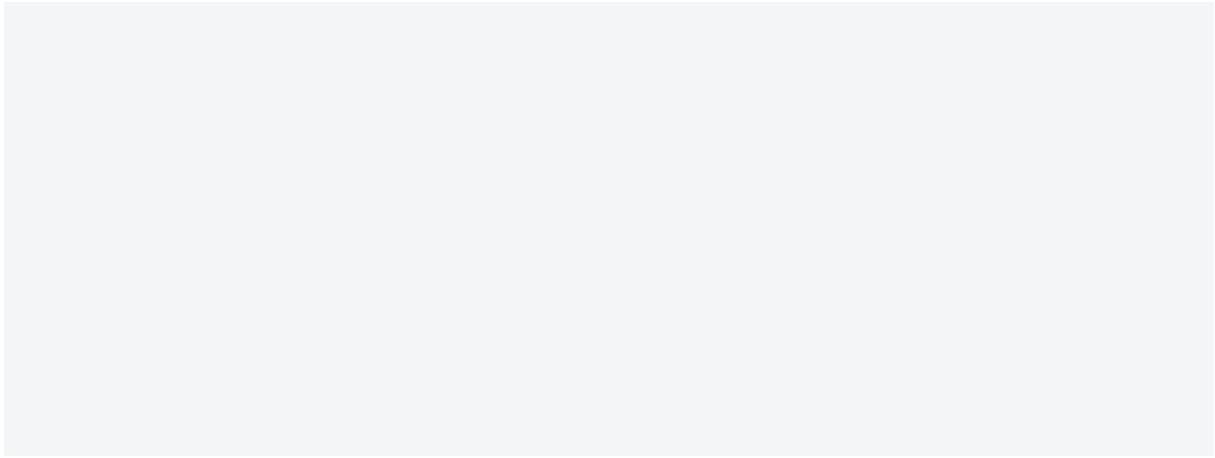
Answer the following questions to recognize the grief associated with your marriage or partnership coming to an end:

Describe what you are losing (for example, a friendship, intimacy, safety, etc.)

Name your emotions (sadness, anger, relief). Describe each one.

How could you change your life? What can you do to start again and move forward?

What learnings could you take forward with you?



Like all forms of grief, healing can take time – committing to therapy will help.

Dr. Jeremy Sutton