

## Plan A = Repair



Couples can work on repairing issues that may have broken down throughout their relationship & gain new tools to communicate effectively where both parties feel heard & respected

## Plan B = Separate Amicably

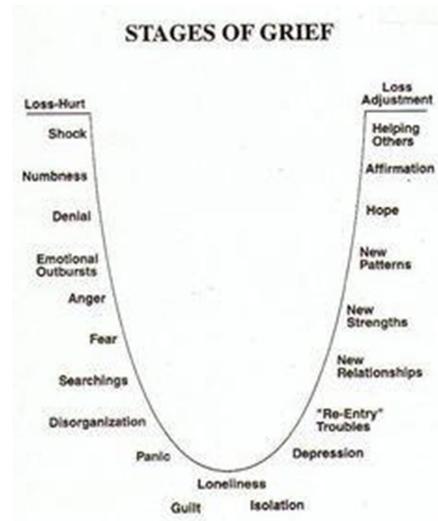


Both parents can sort through decisions, planning and arrangements with:  
Children  
Assets  
Extended Family  
Friends

## Going with C = Fighting over Children and Assets



# Classic Seven Stages of Grief Experienced during Separation and Divorce



As mentioned previously, to come through your separation and be ready to take on the challenges of your new life alone, you'll inevitably experience the following emotions.

## 1. Denial.

Our brains are subconsciously wired to try to prevent suffering and pain; thus, denial that your marriage is ending is one way to soften the emotional blow of a separation. Characterized by shock and the inability to accept the reality of the situation is what denial is all about.

## 2. Pain and Fear.

Once denial wears off and you begin to realize that you and your spouse are indeed separated and on the road to divorce, pain and fear may become familiar companions. Your world has come crashing down and you'll wonder if you will ever find someone else to love and if you will be able to go on alone.

## 3. Anger.

You'll not only experience your own personal anger at the situation of separation, but you may have to deal with the anger of others as well. Many times entire families feel anger during a separation. You'll have angry feelings toward your spouse, your children, parents, in-laws and common friends because blaming someone for your failing marriage is easier than looking at any contribution you might have added to the situation.

## 4. Bargaining.

Many times separation sparks in couples the need to fix the situation. And once the "what ifs" set in, you'll find yourself (especially if you didn't initiate the separation) trying to bargain with your spouse, yourself, and even God to miraculously change the situation and stop the pain.

## 5. Guilt.

This is the stage in the healing process where you'll start to examine ways that your actions may have directly led to the fracture of your marriage. Many times the guilt step is accompanied by a wish to turn back time and do things differently. The guilt stage of grieving is characterized by feelings of regret and self-blame.

## 6. Depression.

With so much emotional tumult present during separation and divorce, depression will eventually catch up with all the people affected by it. Affecting everyone in the family, spouses and children, differently, depression symptoms include fatigue, inability to sleep, loss of appetite, anger, excessive alcohol consumption, increased drug use, concentration difficulties and more. Hopefully lasting for only a brief period of time, depression symptoms that linger should be addressed with your doctor.

## 7. Acceptance.

The final stage of grief during separation, divorce, or any other life-changing event is acceptance. This is the time when you realize that life has changed. Things will never be as they were; and you can move on. Acceptance is a time when you'll look to your future, know you'll be okay, and experience hope.

# Emotional Stages of a Job Loss

## 1. Denial.

You want to believe that it won't happen to you. But too often you are fooling yourself. It is the wise person who recognizes what is coming and begins the process of seeking a new opportunity. According to the Bureau of Labor Statistics, the average tenure for all workers is 4.1 years. Meanwhile, career experts agree that tenure for senior-level executives is considerably less on average. You should always position yourself for new opportunities.

## 2. Disbelief.

When the day comes and you receive your discharge, the first reaction is to think, "I can't believe it. They have made a mistake. They will call me back." But in your heart, you really know they won't call you back. This leads you into the next stage.

## 3. Outward Anger.

The anger may take many different forms. It may be directed toward your boss ("How stupid can she possibly be?") or to the company, the economy or any other convenient outlet for your anger. Sometimes, unfortunately, it is directed toward family members and friends, resulting in high stress and tension for everyone. At this point, you should seek out support. Surround yourself with family and friends who understand your challenge. Perhaps seek professional counseling or guidance from your minister. There are also many community job search support groups available. Seek them out and participate. As your outward anger subsides, you start to move into the next stage.

## 4. Inward Self-Criticism.

This is the most difficult stage. You may begin to blame yourself for what happened ("What did I do wrong?" "How did I fail?" or "I must not be any good"). Typically, this is

when your self-worth and self-confidence begin to wane. When you start to question yourself, you reach the onset of stage five.

## 5. Withdrawal.

All of a sudden you find every excuse to avoid contact with the external world. You experience periods of depression. You stop your usual social activities. Your physical activity declines. You start to gain weight. Ugh. It is at this point that your inner strength and support systems are most important. It is imperative that you move through this stage quickly. Get up. Get out. Get moving. The more active you become, the more quickly you move through stage five. You begin to think through what has happened and stage six begins to unfold.

## 6. Reflection.

Being depressed is no fun and that extra ten pounds doesn't look good either. It is time to do something about it. You begin to take stock of your life and career abilities and ask yourself, "What should I do now?" "Where do my talents best fit?" and "How do I conduct my search?" Now, instead of looking back, you start to look forward and move into the final stage. There is a light at the end of the tunnel, and you begin to see it.

## 7. Acceptance.

"Hey, it's not my fault. My company fell on hard times. I am a great person with exceptional talent, so when I land my new job, my new employer is going to get one dynamic, motivated employee. I'm excited. This is a great opportunity for new experiences, new friends, and a whole new positive outlook on life." You have made it. You have survived the loss of your job. You are now ready to move on to a new opportunity.