

	<b>Stage</b>	<b>Length of Stage</b>	<b>What to Expect</b>	<b>Survival Strategies</b>	<b>A Win Looks Like...</b>	<b>Question to Answer</b>
<b>1</b>	<b>Shock</b>	1-4 wks	Numbness, Rage, Anxiety, Panic, Guilt. Emptiness, Detachment from reality. Suicidal Thoughts Emotional fluctuation Lost appetite and struggle to sleep Relief (perhaps)	Bear through by reaching out for help to God and two or three wise friends, a counselor and a pastor.	We acknowledge the pain and are still alive to deal with it. We take our heartache to God and allow him to love us through it.	What just happened?
<b>2</b>	<b>Raw Pain</b>	1-4 wks	Hurt, pain, anguish, sorrow, sadness. Fear of how you will do life now, what you will tell others, how you will make it financially. Regret at things said or done or not said or not done. Trouble catching your breath. Sighing, crying.	Ride it out.. Don't do anything violent or permanent. Don't believe what you are telling yourself about you. Believe what God says about you.	Survive intact without damaging yourself or others. Experiencing God's comforting presence.	Why me?
<b>3</b>	<b>Anger &amp; Bargaining</b>	1-6 mths	Fury at what has been lost balanced with trying to get her back. Strong emotional fluctuations between anger and hope, hope and despair. If you're the perp, guilt.	Don't believe everything you are telling yourself. Get a counselor to walk you through emotions and decisions.	Either reconciling with your ex (unlikely) or accepting the loss.	Why did she reject me? or Why was I so stupid?
<b>4</b>	<b>Isolation Loneliness Depression</b>	6-12 mths	Crushing isolation and the feeling that no one cares. Hopelessness. Self-pity, low energy. Negative thoughts dominate. Don't care about anything. Desire to isolate, be alone. The thought of starting anything new will be met with a sigh and desire to take a nap.	Stay connected to God and others. Say 'yes' when you really don't want to. Push through.	You will know you are getting through depression when you wake up one day realizing that you have had more good days than bad days and when you begin to want to do things.	Who am I?
<b>5</b>	<b>Turning the Corner</b>	Pivot	Moments when life doesn't seem so hard and traumatic. Your energy will slowly return. Your sleep will improve and you will begin to think more clearly. Moments of intense pain but these moments will be less frequent and less intense.	Continuing to stay connected to God, your counselor and wise friends.	The gray and stormy clouds of pain, depression and loneliness lift a bit. Glimmers of hope that you will make it. Twinges of self-confidence. Decreased anger in frequency and intensity.	What could be in my future?
<b>6</b>	<b>Reconstruction</b>	6-12 mths	Fluctuating emotions, trying on various 'identities.' Swinging between confidence/initiative and fear/withdrawal.	Make sure the new things you try are healthy, not self-destructive. Bounce ideas off trusted friends. Build in habits that are life-giving. Ask God who he wants you to be and what he wants you to do.	A lifestyle of God's design, pursuing his mission for your life.	Who is God and what does he desire from me and for me?
<b>7</b>	<b>Acceptance &amp; Hope</b>	Pivot	Acceptance of the end of your marriage, recognizing both its strengths and shortcomings over the years, and acknowledging the role you played in its demise. Letting go of the sadness, anger, and resentments. Feeling indifference, concern, or tenderness for your former partner rather than anger, hatred, resentment, regret, sorrow, longing, love, or dependency. Forgiveness of her and yourself and others involved in the divorce. Optimistic about the future.	Move God from the spare tire into the driver's seat.	Passionately pursuing God's purpose for your life.  Experiencing God's restoration of all aspects of your life.	How far will God take me?

