



How do I Come to Accept the End and Move On? Acceptance – The Third Stage of Divorce

When a relationship ends we grieve. In order to end the grieving we need to let go and come to acceptance.

You might experience:

- ✚ **Loss:** Not only has the relationship died but, “**My Whole Life Has Been Disrupted**”. My routines and responsibilities are different, my relationships with friends and family have changed, and even my identity is altered
- ✚ **Uncertainty:** “What will life be like without my partner?” “Will I find someone else?” “Will I end up alone?”
- ✚ **Overwhelmed:** “This almost feels worse than the unhappy relationship.” “Am I every going to be able to pick up the pieces and move on?”
- ✚ **Stuck:** I feel caught between thinking about the past and focusing on the future.

Those are all common thoughts and there are strategies to help:

- ✚ In every emotional stage of divorce it is important to implement **daily simple self care**.
- ✚ Look for **success stories** of friends, co-workers or others who survived the separation and are happy now.
- ✚ **Be honest with yourself:** that “it’s over” this will really help you move on.
- ✚ **Set healthy boundaries** with your ex spouse. Give up responsibility for your spouse and your spouse’s responsibility for you. Be clear about what is appropriate to talk about.
- ✚ Reflect on your mistakes and **Focus on what you learned** and the changes you can make to have a better future
- ✚ **Rewrite the story** of your relationship highlighting the positive things you have learned and received from the union.
- ✚ Find a private process to **forgive** yourself and your Ex.
- ✚ **Define the new you** by creating a visions board or a bucket list. Think about what you really like about yourself and what you would love to do.
- ✚ Take note of your **ex’s Positive Attributes**

Talking to a Professional about what you have been through and what is ahead for you can help you with your new beginning. You will survive!

**To find your strength again contact Family TLC
to arrange a free intake consultation.
resources@familytlc.ca or 705-737-3513**