

## I Am Separated! Now What? Relief - The Final Emotional Stage of Divorce

The storm is behind you and it is new skies ahead of you. It is safe to feel relief as you have closed the door on your marriage. Now what?

You might experience:

- Y **Rebuild:** How do I rebuild old relationships that fell apart while I was unhappy.
- Y **Anew:** How do I start new relationships?
- Y **Lonely:** I feel the absence of companionship and even though I know this is the right thing it is hard.
- Y **Responsibility:** How do I complete the tasks my ex always did? How do I budget on less? How do I co-parent well?
- Y **Future Worries:** Will I be able to have a happy relationship in the future? How do I prevent another divorce?
- Y **Who am I now?** I am not sure I know what I like. What do I want?

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

- Y Remember to implement **Daily Self Care**.
- Y **Old friendships just fade.** Those friends you have lost touch with are waiting for you to call.
- Y There are many people in the **same place as you** waiting to make new connections. You can find them at meetings, events, activities, on the internet, or in classes.
- Y Feeling lonely is normal, give yourself permission to feel it and then find things you love to fill the void. Gradually the loneliness will fade and be filled with fun and new adventures.
- Y It is common to feel overwhelmed or incapable. However there is so much help and support you will figure it out. It starts with believing **“I can”**.
- Y Questioning future happiness is a good thing. You are ready to really examine what you need and want in a relationship. When you are clear about what you want you are **more likely to get it**.
- Y This is a great time to ask, **“What do I like, love, want?”** Write your bucket list.

So you feel the relief that all the stress of separating is over and you feel the excitement as you realize this is a new beginning for you. Family TLC can help make the future awesome.

For immediate strategies and long lasting solutions contact  
Family TLC for your free telephone intake.

**resources@familytlc.ca or call (705) 737-3513**



# Family TLC

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