

DIVORCE THERAPY WORKSHEETS FOR ADULTS: VERSION 2

Write down the reason behind your divorce

Strategies for coping with divorce using divorce therapy

<i>Meditation</i>	<i>Talking to someone you trust</i>	<i>Develop a new perspective</i>	<i>Self care</i>
<p>The traumatic event of divorce can make you anxious about the present moment, you might feel stuck in the past and worry about the future. At that time practice meditation to focus on the present and stay calm.</p>	<p>Talking about your feelings will make you accept your feelings, you will have more room for new feelings and the influence of feelings will be reduced if you talk about them.</p>	<p>Why did the divorce happen? Think about if it didn't happen what would your life be? Develop a sense of positive perspective. Think about it as a new chapter of life.</p>	<p>The most important factor after an unexpected event is self care. You need to increase and be more mindful of yourself. Go for a walk, exercise, and care for your health.</p>