

Free printable divorce worksheets

STAGE 1 shock and disbelief

This is the first stage of divorce where you don't really believe that marriage is actually over. you are going through shock and disbelief because all that time you thought that your marriage will work and your efforts will pay off but finally it's all over. No matter how much time you took for this decision, it's impossible to believe that the person to whom you were married will no longer be with you. You think your life is frozen or you just think it's just a phase of life and your partner will come back and you both will be together again.

STAGE 2 initial adjustment

You know that your marriage is over and you are no longer related to the other person. You are trying to adjust to the new situation in your life. You are numb, you can't say whether you will be happy in this new life or not but you have this belief that you are trying to adjust to this new feeling.

STAGE 3 Active re-organization

Now, this is where you have to realize that you are alone and you need to organize your life according to it. Maybe you are thinking of moving somewhere or you are trying to figure out your other relationships. You must think about what you want in your life and what you don't want.

STAGE 4 Life reformation

Now, this is where you have left the worst behind you and now you are considering and making changes in your new life. You start to build relationships and you are trying hard to grow in this new life.