

# **Emerging from the Darkness: Coping and Surviving a Divorce**

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Divorce is an excruciating process that can leave us feeling lost, alone, and overwhelmed. It's a time of high-stress levels, and the bombardment of confusing feelings creates a challenge in surviving and coping. Identity is challenged and distorted by feelings and attempts to make sense of those feelings. Self-esteem is compromised and may take some time to recover. People may feel isolated and alone. They may feel shame, guilt, grief, hurt, overwhelmed, and many other feelings. While under the most emotional stress of any time, you are called upon to be the stabilizing influence and tower of support for your children and sometimes even other family members. Non-custodial parents often fear that they will ultimately lose their children to the other parent and engage in counter-therapeutic conflict behavior over the children. This fear often manifests the stress and uncertainty they are feeling. It can cause them to make rash and hasty decisions that can ultimately harm their children's emotional well-being. Regardless of the pain you feel, your experiences are within the range of "normal" divorce reactions. Knowing this can assist you in processing stress, crazy-making thoughts, and painful feelings. You can reduce some of your pain by extending kindness and patience to yourself.

Resources are available to assist you in successfully adjusting to divorce and regaining a happy life. Many marriage and family therapists specialize in divorce recovery and can help you work through a divorce's emotional turmoil and stress. Community churches also offer divorce recovery support groups that can provide you with the emotional support and guidance you need during this difficult time.

Many self-help books on divorce are available. One of the best self-help resources for working through the adjustment process is the classic self-help divorce recovery manual "Rebuilding: When Your Relationship Ends" by Bruce Fischer. This little book provides the information that you need

to be able to identify and accept your feelings and to be able to determine what is adaptive and maladaptive response behavior. It assists with providing perspective on grieving the loss of the actual relationship and the fantasy relationship and aids in moving toward healthy detachment. You don't have to go through a divorce alone. You probably have people in your support system that have already been through a divorce. Talking to them about their experiences and how they coped can be helpful. Getting involved in support groups and individual therapy can give you the emotional support and guidance you need to heal and move forward during a divorce.

It's essential to focus on self-care to reduce your distress. Self-care could include exercise, meditation, reading, or spending time with friends and family. Self-care is essential for your emotional and physical well-being and can help you to maintain a positive attitude and outlook during this difficult time.

A divorce is not the end of the world. While it may be a painful and challenging process, it's also an opportunity for growth, self-discovery, and a new beginning. Your life may take a new path, which can be good. With time and patience, you can construct a new life and move forward with confidence and hope.

Divorce is a complex and painful process leaving us feeling lost, alone, and overwhelmed. However, it's important to remember that what you are experiencing is normal and that resources are available to help you cope and heal. The many resources available can give you the emotional support and guidance you need to move forward and create a new life. Focus on self-care, making thoughtful decisions, and take the time to do things that bring you joy and peace. Remember that with time and being kind to yourself, you can heal and move forward with confidence and hope.

#### Reading Recommendations:

[Rebuilding: When Your Relationship Ends - Bruce Fisher](#)

[The Rebuilding Workbook: Step-by-Step Guidance for Healing When Your Relationship Ends - Bruce Fisher](#)