

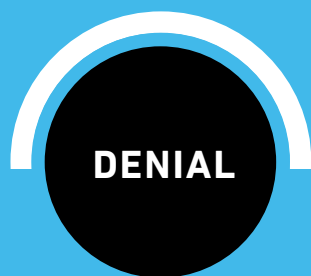
Divorce: A grief process

DEVELOPED BY TIM DANSIE, TIM DANSIE PSYCHOLOGY.

Grief is like a very bad cut, it hurts a lot at first but slowly heals leaving a scar that lasts forever.



- How has this happened?
- Walkout



- It will all be ok
- Not really happening
- Had this before



Anger, Blame, Questions

- Poor sleep / diet
- Withdraw
- Concern



- Exercise
- Socialise
- Learn from mistakes
- Establish new routines