

DIVORCE RECOVERY GROUP

One of the most difficult passages a person can experience is the separation and divorce from a loved one. Following such a loss, the painful emotional, relational, spiritual, and physical reactions are called “relationship grief.”

What are the symptoms of unresolved “relationship grief?”

Usually, symptoms of unresolved “relationship grief” would include one or more of the following:

- denial;
- intensified anger, guilt, restlessness, fear, aloneness and/or alienation;
- numbed or absent emotions;
- impaired decision making;
- emotional instability;
- impaired daily functioning;
- sleep disturbances;
- weight fluctuation;
- chronic fatigue;
- chronic depression or anxiety.

Struggling with these symptoms can be difficult. Journeying through this “relationship grief” and making healthy adjustments into a new non-married lifestyle requires patience, energy, and hard work. A healthy passage can take one well past the anniversary of the separation and divorce, and often several years when children are involved. Obstacles, side issues, conflicts surrounding property and/or children, and denial usually prohibit and impede the healing process.

Divorce recovery is a challenging endeavor. What is needed is the opportunity to bear witness to your pain and healing, and to reinvest yourself in energizing and loving relationships that embrace life. Too often, friends cannot tolerate your pain and then become unavailable. Reactions, such as “you should be over it my now,” cause feelings of abandonment, confusion, and isolation.

A Divorce Recovery Group is designed to provide the special context, reserved time, and emotional environment for healthy and productive growth. The group offers professional counseling, confidentiality, and the unique perspective of shared experiences.

Led by a qualified therapist, a community of persons who share similar experiences is frequently what is needed for many to promote and guide a growth process for those struggling with the separation and divorce from a loved one.

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For more information, contact Roy Nash at **BELIEF-FOCUSED CARE & HEALING** at 217-546-9800. For specific information about Chaplain Nash, visit the [roynash.com](http://roynash.com) web site and click on [Roy B. Nash](#).

In addition to the Divorce Recovery Group experience, Chaplain Nash also is available to provide individual as well as parent-child counseling and therapy for persons needing more personalized help in coping and managing their situations due to a permanent separation and/or divorce.