

You might feel like you've lost a part of yourself. A lingering question might echo in your mind.

Who am I now?

I was whole, and now I feel empty.

When you said "I do", you believed this person would be by your side for the rest of your life - the one you could rely on, depend on, cherish, and love.

But separation or divorce can feel like an emotional earthquake, shaking the very foundation of everything you built together.

You had a vision. And now, it's gone.

You and your partner had become one, and now, you're single again.

You find yourself asking, *Why is this happening?*

You thought you'd have a partner for life, and now that side of the bed is empty.

Separation or divorce is not a sprint - it's a marathon.

Like many wounds, this one will likely leave a scar. But often, scars make us stronger, more resilient.

As you heal and move forward, you'll gain clarity about what you want, need, and love in a relationship. When you're ready, you'll carry this wisdom into the next chapter of your life.

The emotional intensity of grieving a lost marriage often peaks within the first six months of separation. Researches suggest there are *five stages* in healing process:

1. **Shock and Denial.**

This stage is similar to losing a loved one to death.

You may feel numb, avoidant, or emotionally shut down. Denial acts as a buffer to quiet overwhelming emotions.

2. **Anger.**

This stage brings feelings of betrayal and injustice.

Anger is a necessary outlet for pain and frustration. It's essential not to suppress these emotions, but to find healthy ways to release them.

3. **Analyzing.**

This is when the mind races with what-ifs: *If only.....Should have....Could it have been saved?*

Quilt, fear, and anxiety may come and go.

Overthinking is common here as your mind tries to find meaning or rewrite the past. It's an important stage - it helps you begin to recognize that some things are simply beyond your control.

4. Depression.

This is the stage of deep sadness.

It may show up as hopelessness, low energy, or a loss of interest in the things that once brought joy.

You may also realize your circle of friends has changed - and you'll lose some people along the relationship.

5. Letting Go and Acceptance.

This stage brings clarity.

Feeling whole again doesn't mean being "okay" with the loss - it means knowing you'll be okay in this new reality.

You begin to live as a single person, a single parent. Slowly, the fog of grief lifts. You may never *fully* accept the end, but you begin to adapt and move forward to a new beginning.

Let go of the struggle. Let go of the worry. Let go of the angst.

You may not know the answer now - but if you *believed* the answer was available to you, your body would relax.

These stages are an emotional roller coaster.

You might swing from anger to grief, fear to shame, or guilt to numbness. All of these feelings are okay. They are *normal responses* to an *abnormal* situation.

Your emotions come in waves - but over time, the calm moments will begin to outweigh the turbulent ones.

To move through all these stages, the most important thing is to take care of yourself.

Prioritize self-care.

Sleep well. Eat nourishing foods. Find a new hobby.

Spend time with your kids, your friends, your pet, or your family.

Go to church. Take a walk with Jesus.

Pour your heart onto paper.

Be grateful for the small things in your life.

Avoid making major life changes if you can. Don't place your children in the middle - they're experiencing this shift in their own way and on their own timeline.

Try not to badmouth your partner. Instead, learn to separate their *behavior* from the person.

And don't rush into a new relationship - you won't truly know what you want or need until you've fully healed.

I suggest a simple but powerful prayer - a Hawaiian healing mantra called Ho'oponopono. It's a sacred practice of acceptance, forgiveness, and cleansing. It helps resolve inner conflict, which often shows up in our outer world.

This prayer is not for your ex - it's for you! Say it to yourself when you feel low.

I'm sorry - cleansing the mind
Please forgive me - self-reflection
Thank you - healing and reconciliation
I love you - pure emotion

From my own heart

I've walked this path myself.

Recently divorced, I know the emotional storm that separation can bring - the sleepless nights, the unanswered questions, the moments you feel like you're unraveling.

But I also know what it feels like to begin rebuilding, to find pieces of yourself you thought were lost, and discover strength you never knew you had.

Healing isn't linear.

And I want you to know - you're not alone. If I made it through, so can you. And I'd be honored to walk beside you on that journey.