

STAGES OF

DIVORCE

Dealing with Divorce

Dealing with Divorce

Disbelief


Disbelief is a combination of shock and denial. Most people react to a loss with a feeling of numbness and thinking "this can not be happening". In this stage, you may deny the reality of the divorce to avoid the pain it causes and avoid being overwhelmed. This stage can last for weeks.

Put a checkmark if you have thought any of these:

- This can not be happening!
- My parents are not breaking up.
- I am sure this is temporary.
- They are just having an argument, they will work it out eventually.
- They will get back together.

Heart & Mind TEACHING

STAGES OF DIVORCE



Disbelief
Anxiety
Anger
Sadness
Acceptance

USE WITH GOOGLE SLIDES

STAGES OF DIVORCE

Session Objective:

- *Students will learn about the different stages of dealing with divorce.
- *Students will identify the stage of dealing with divorce that they are in.

Materials:

- *Pencil
- *Over the Rainbow handouts.

Guiding Questions:

- *Why is it important to understand which stage of Divorce we are going through?
- *How can it be beneficial to know which stage we are working towards?

ASCA Standards Alignment:

- *Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M I)
- *Behavior: Self-management skills: Demonstrate ability to assume responsibility (B-SMS I)

SEL Competencies:

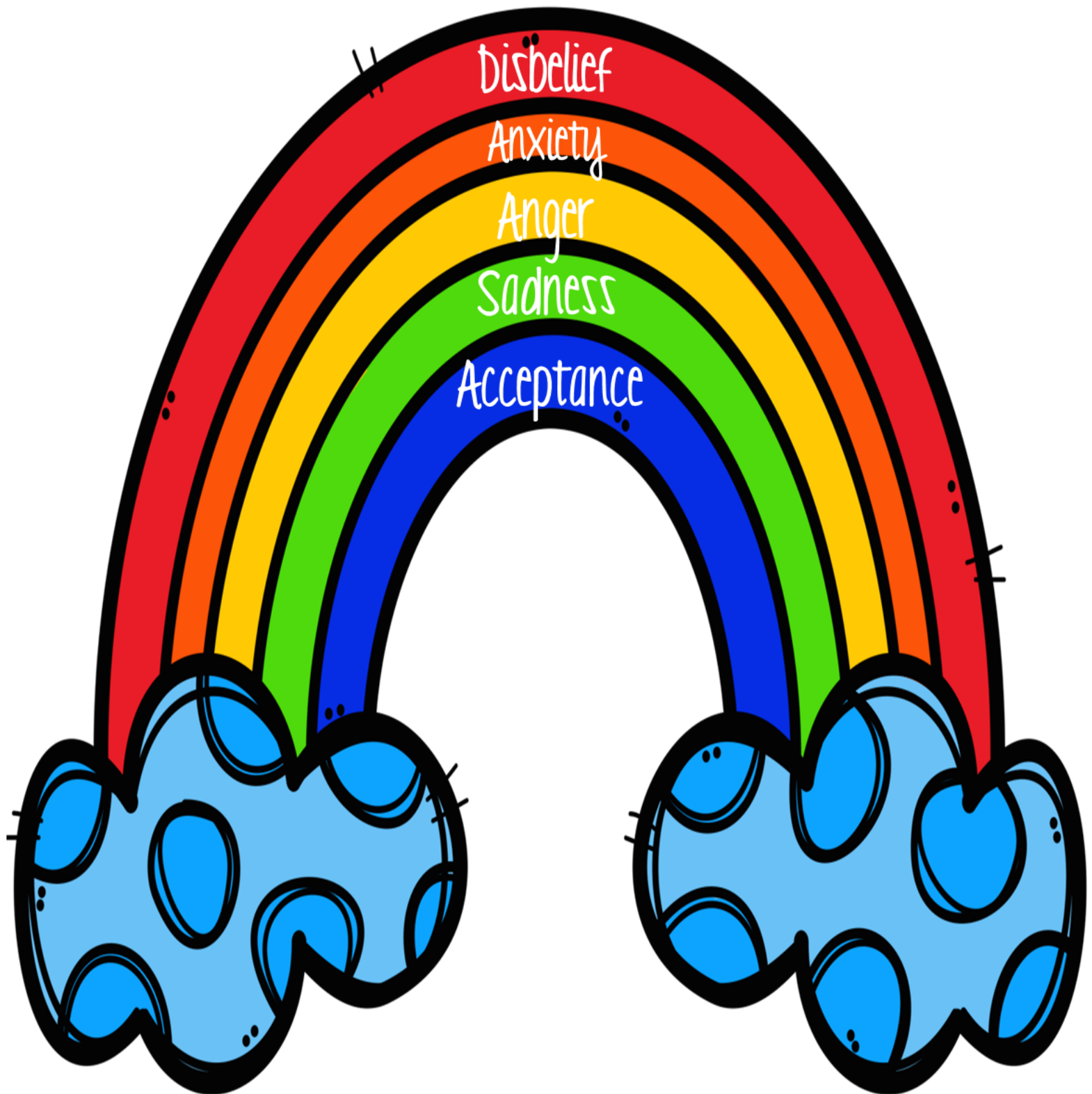
- *Self-awareness: identifying emotions, accurate self-perception.
- *Social-awareness: Respect for others, appreciating diversity.
- *Responsible decision-making: analyzing situations, evaluating, reflecting.

Session Details (about 30 minutes)

*Over the Rainbow Activity: Show students the rainbow with the stages listed on them. Say "Divorce can sometimes feel like a storm in our lives. Oftentimes after a storm, a rainbow shows in the sky, but you have to wait for the storm to pass to be able to see the beautiful rainbow. Just like dealing with divorce, you have to go through some difficult feelings and stages to eventually feel okay with the divorce. The first stage many people go through is Disbelief." Go through the disbelief page together, have students put a checkmark on the statements they have felt. Once you have gone through each of the five stages, complete the summary page about what stage they think they are in. Explain that people do not always go through these stages in a specific order, or time frame. Some people take more time in one stage, or even go back and forth between stages. Discuss what stage they would like to be in in six months.

Google slides link on page 18.

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DISBELIEF

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PUT A CHECKMARK IF YOU HAVE THOUGHT ANY OF THESE:

- THIS CAN NOT BE HAPPENING!
- MY PARENTS ARE NOT BREAKING UP.
- I AM SURE THIS IS TEMPORARY.
- THEY ARE JUST HAVING AN ARGUMENT, THEY WILL WORK IT OUT EVENTUALLY.
- THEY WILL GET BACK TOGETHER.

STAGES OF DIVORCE



ANXIETY

Anxiety involves questioning and confusion about what will happen to you and your family due to the divorce. During this stage, you may try to bargain to get your parents back together. For example, "If I get better grades, maybe my parents will get back together".

PUT A CHECKMARK IF YOU HAVE THOUGHT ANY OF THESE:

THE DIVORCE IS MY FAULT.

MAYBE IF I WAS BETTER BEHAVED MY PARENTS WOULD NOT BREAK UP.

WHERE WILL I LIVE?

WHICH HOUSE WILL MY PET LIVE AT?

WHAT IF MY PARENTS FALL OUT OF LOVE WITH ME?

STAGES OF DIVORCE



ANGER

Anger is caused by frustration, disappointment, and built-up emotions. This can lead to lashing out and blaming one or both parents for the loss. You may also compare your family to other families and feel resentment. In this stage, you may be thinking "why me?"

PUT A CHECKMARK IF YOU HAVE THOUGHT ANY OF THESE:

THIS IS NOT FAIR!

I KNOW IT'S MY MOM'S/DAD'S FAULT.

THEY ARE RUINING OUR LIVES!

WHY ARE THEY DOING THIS TO ME?

WHY CAN'T WE HAVE A NORMAL FAMILY LIKE EVERYONE ELSE!

STAGES OF DIVORCE



SADNESS

Sadness can last for a long period of time. It usually starts when you begin to realize the divorce is happening and the extent of how your life is permanently changed. You may feel hurt, a sense of loss, and a focus on memories of the past or how it used to be. You might try to keep to yourself during this stage.

PUT A CHECKMARK IF YOU HAVE THOUGHT ANY OF THESE:

- THERE'S NOTHING I CAN DO TO BRING THEM BACK TOGETHER.
- I CAN NOT CONTROL WHAT'S HAPPENING.
- I AM SO LOST AND SAD.
- MY FAMILY WILL NEVER BE THE SAME AGAIN.
- I JUST WANT TO STAY IN MY ROOM AND BE LEFT ALONE.

STAGES OF DIVORCE



ACCEPTANCE

Acceptance is the last stage of dealing with Divorce, when you learn to accept and deal with the reality of the divorce and your new family situation. Acceptance does not necessarily mean happiness, instead it is a feeling of being content with your situation, moving forward, and planning for the future.

PUT A CHECKMARK IF YOU HAVE THOUGHT ANY OF THESE:

- I GUESS THIS IS MY NEW NORMAL.
- I THINK ITS GOING TO BE OKAY.
- THIS WAS PART OF MY LIFE, BUT IN THE BIG PICTURE, I AM DOING ALRIGHT.
- MY PARENTS LOVE ME, THAT WILL NEVER CHANGE, BUT NOW I WILL SEE THEM AT DIFFERENT HOMES.
- THERE ARE SOME POSITIVE THINGS THAT HAPPENED AFTER THE DIVORCE.

STAGES OF DIVORCE

Disbelief
Anxiety



Anger
Sadness

Acceptance

I had the most checkmarks in this stage:

I agree/disagree that I am in this stage because:

I want to be in this stage in 6 months:

Things I can do to move to the stage that I want to be in:

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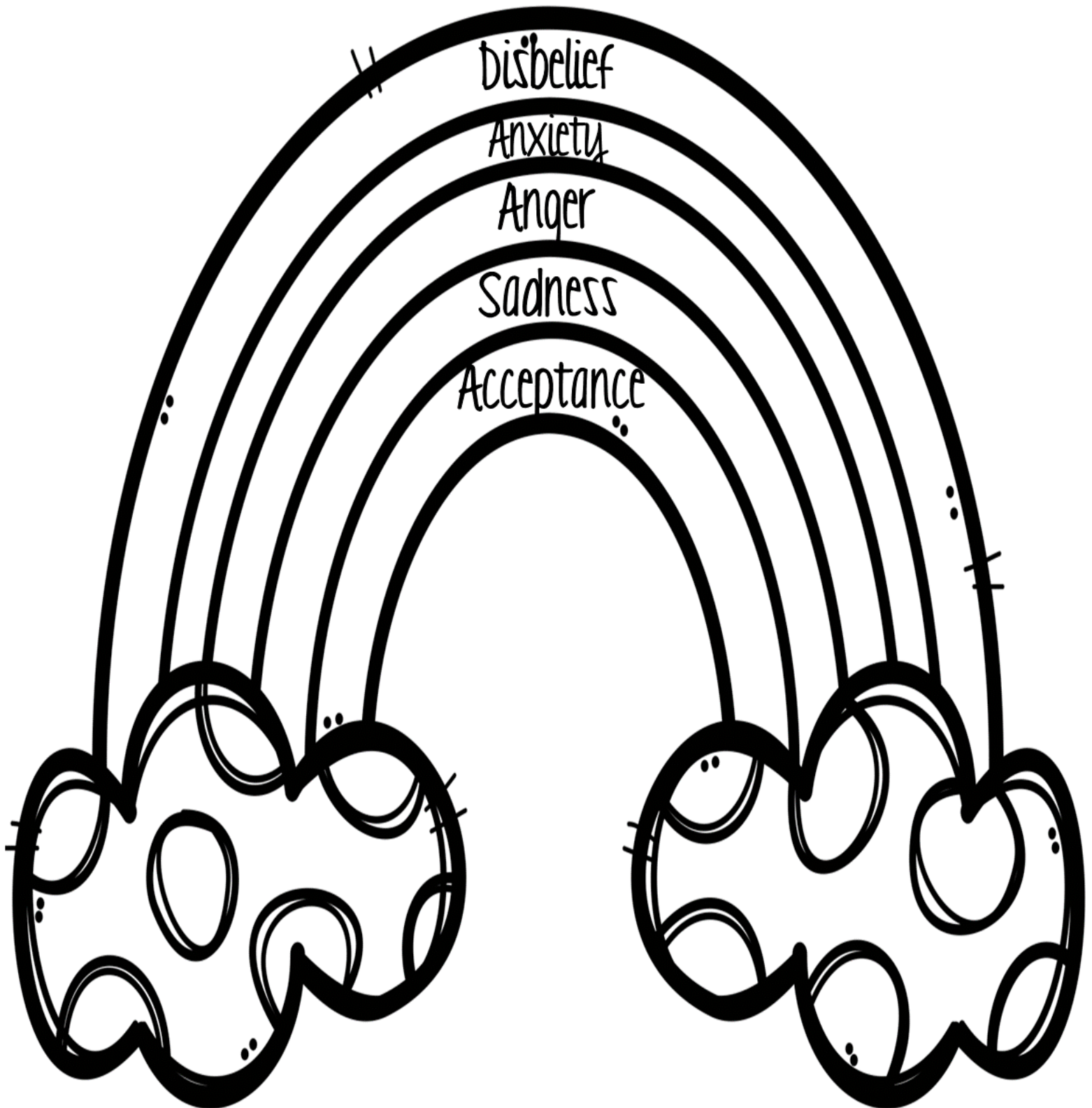
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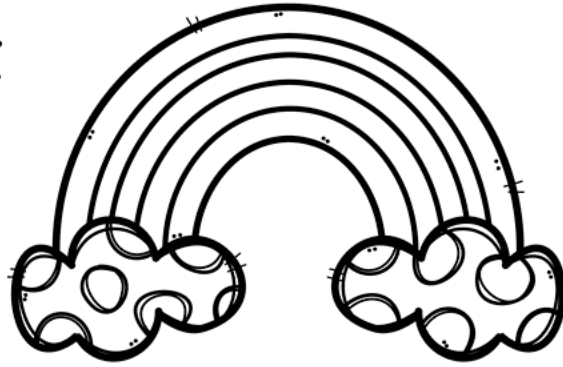
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GOOGLE SLIDES

Your resource comes with a digital version for use in Google Slides via Google Classroom. Follow these steps to upload your resource.

1

Click on the link



[Stages of Divorce](#)

2

You will be prompted to make a copy of the resource. Click on the blue box that says “Make a copy” and the resource will go directly into your Google drive.

Google Drive

Copy document

Would you like to make a copy of Career Interest Inventory?

Make a copy



3

Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

4

Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

5

From here, you should see a grey box that says “Students can view file.” Click the grey box. A dropdown menu should appear. Select, “Make a copy for each student.”

YOU HAVE TO MAKE A COPY FOR EACH STUDENT!

Otherwise they will all be editing the same file.

Click “Assign” in the top right corner if you’re ready to post!

This product is meant to be used in “edit” mode (not “presentation” mode). Edit mode is the only mode that allows drag & drop and writing in text boxes.

[Helpful links for using Google Classroom:](#)

[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)



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Hi there! I'm Ashley- a School Counselor, curriculum developer, blogger, and mama to two young boys. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning.

Access my Freebie Library



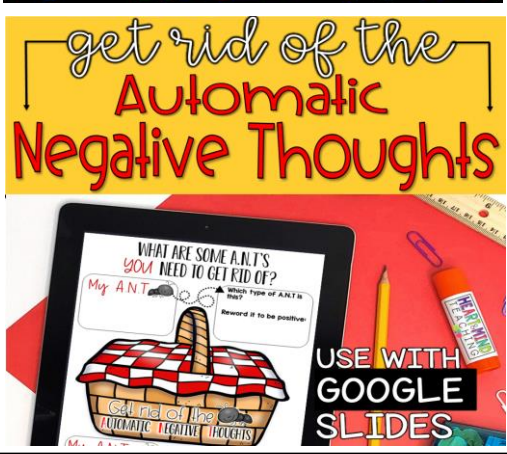
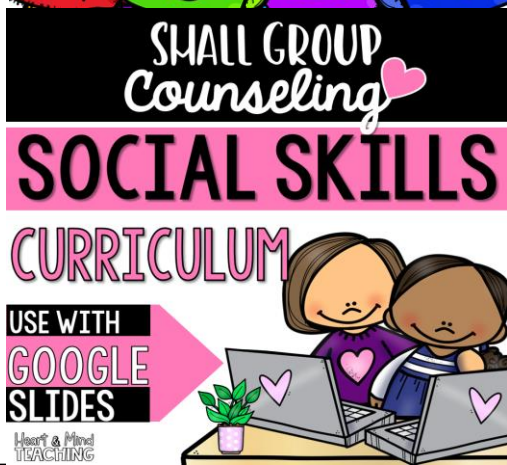
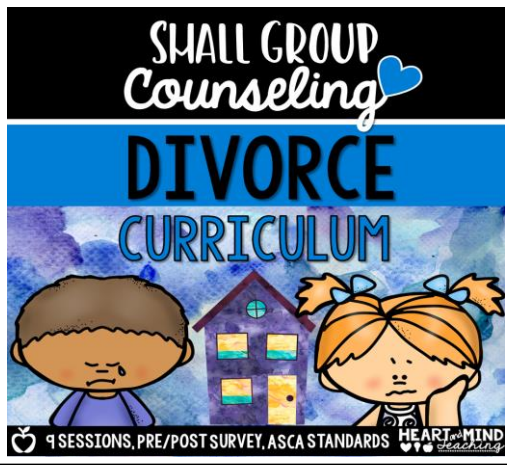
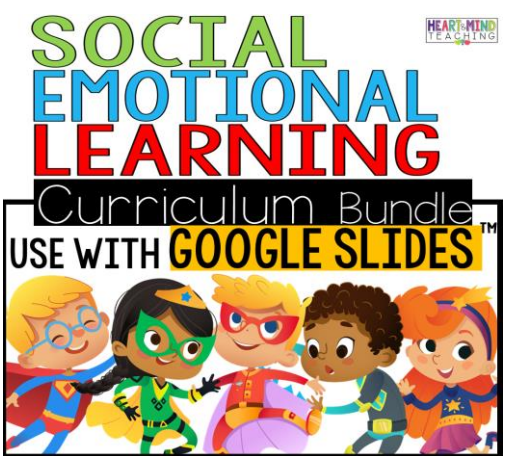
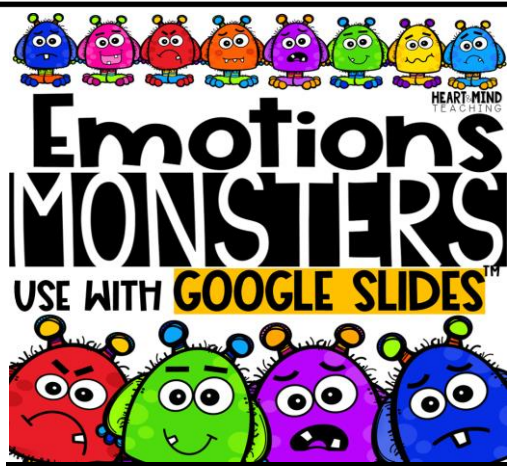
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C H E C K T H I S O U T

This resource and 8 others are included in this Curriculum



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