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Divorce Recovery

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DIVORCE RECOVERY

Trevor O'Reggio, PhD

SEVEN REASONS FOR DIVORCE

- Infidelity
- Finances
- Lack of communication
- Unresolved arguments
- Unrealistic expectations
- Lack of intimacy
- Abuse

- Victim divorce
 - One mate leaves relationship for another
- Problem divorce
 - Cause by some issue
 - •infidelity, alcoholism, and abuse



- Little boy versus little girl divorce
 - Adults who do dumb or stupid things; immature
- Conned divorce
 - Not the person I married
 - Mask comes off



- Shot-gun divorce
 - Shot-gunned by wellintentioned people
- Menopause divorce
 - •Men and women go through midlife crisis
 - •Idea of trading for a younger model

- No fault divorce
 - Go out with a wimp
- Rat-race divorce
 - Fast lane trying to keep up with

the Jones'

Doing it for spouse



STAGES OF DIVORCE RECOVERY



Shock

- **OParalyzing experience**
 - Emotions near surface out of control
 - •Important in recognizing
 •divorce is death of a relationship

- Five Stages in Dealing with Death
 - oDenial-can't be happening to me
 - oAnger-don't like what is happening
 - **OBargaining-alternative to reality**
 - **Open ession-facing reality**
 - **Acceptance-this is happening to me**





Three Ways to Deal with Shock

- oInternalize-wall themselves-reclusive
- **Externalize** -start running, change

location

Actualize-realistic and positive



- Four Ingredients for Reconciliation in Marriage
 - **oWilling man**
 - **OWilling woman**
 - **Qualified third party**
 - oGod



- Adjustment-Identity Transformation
 - I am worth putting back together again
 - My life is worth something again



-Growth

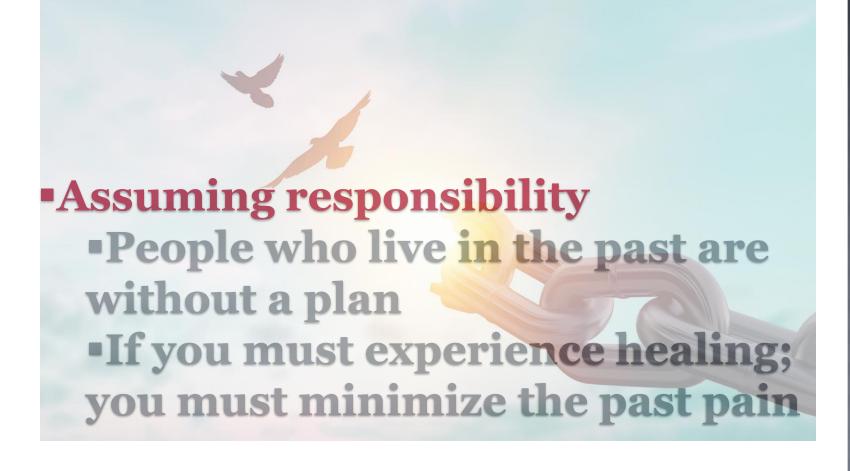
- **You can go through it and grow through it.** Time does not heal all its YOUR CHOICE.
- Divorce will leave a scar for life.
- •How do you manage a relationship that has unraveled yet still exist if you are a parent?
- Ongoing and continuing contact with your ex
- •How you coparent with your ex-spouse?



Assuming Responsibilityif you must recover

- 1. Assume responsibility for your part of the failure of the marriage
- 2. Assume responsibility for your present situation
- 3. Plan your life, put discipline and structure in it

RECOVERY



RECOVERY

Being responsible

- Assume responsibility for my part of the failure
 - Nobody is perfect
- Assume responsibility for present situation
- Don't project your future success on your spouse
- Take responsibility for yourself
- Plan future as if you will never marry again

RESPONSIBILITY: THE ABILITY TO CHOOSE YOUR RESPONSE.

FINDING & EXPLORING FORGIVENESS

- Forgiveness is most important
 - Part of recovery-crucial for healing
 - Helps let go of the past
 - Hate in you has to be expelled
 - •Without forgiveness you become prisoner of your own design



FINDING & EXPLORING FORGIVENESS



Surrendering my right to Hurt Back

FINDING & EXPLORING FORGIVENESS

Why people Don't forgive Controlling, grasping Life of tension Strained relations with others Relationship with God weakened Unrelieved guilt

FORGIVENESS

- Conscious decision, not a feeling
- Showing mercy



FORGIVENESS: A WAY OF LIFE



- Acceptance—people as they are
- Risky—making yourself vulnerable
- Accepting apology
- •A way of living—an attitude of gratitude
- Choosing to love—an act of LOVE

3 TRUTHS ABOUT FORGIVENESS

- God forgives me
- Self forgiveness—I forgive me
- I forgive my ex-spouse

