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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**

KINDS OF DIVORCE

- **Victim divorce**

- One mate leaves relationship for another

- **Problem divorce**

- Cause by some issue

- infidelity, alcoholism, and abuse

KINDS OF DIVORCE



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



KINDS OF DIVORCE

- **Shot-gun divorce**

- Shot-gunned by well-intentioned people

- **Menopause divorce**

- Men and women go through mid-life crisis

- Idea of trading for a younger model



KINDS OF DIVORCE

- **No fault divorce**

- Go out with a wimp

- **Rat-race divorce**

- Fast lane trying to keep up with the Jones'

- Doing it for spouse



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STAGES
OF
DIVORCE
RECOVERY

STAGE 1



▪ Shock

- Paralyzing experience

- Emotions near surface out of control

- Important in recognizing

- divorce is death of a relationship

STAGE 1

- **Five Stages in Dealing with Death**
 - Denial-can't be happening to me
 - Anger-don't like what is happening
 - Bargaining-alternative to reality
 - Depression-facing reality
 - Acceptance-this is happening to me





STAGE 1

▪ **Three Ways to Deal with Shock**

- **Internalize-wall themselves-reclusive**
- **Externalize –start running, change location**
- **Actualize-realistic and positive**



STAGE 1

▪ **Four Ingredients for Reconciliation in Marriage**

- **Willing man**
- **Willing woman**
- **Qualified third party**
- **God**



STAGE 2

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



STAGE 3

▪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?

STAGE 4



Assuming Responsibility- if 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

- 
- **Assuming responsibility**
 - People who live in the past are without a plan
 - If you must experience healing; you must minimize the past pain

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**

