

EXPLORING BEYOND DIVORCE

Coaching Guide • Journey 01 of 12

The 3 Life Transitions of Divorce and Relationship Endings

Some endings happen long before the paperwork.

About This Journey

Divorce is not a single event — it is a journey through multiple emotional seasons. This Journey explores three Life Transitions that can help you understand your experience after a divorce or significant relationship ending: Endings, the Neutral Zone, and New Beginnings.

Understanding these Life Transitions — and recognizing what you need as you move through them — can bring relief, clarity, and a sense of direction when everything feels uncertain.

Moving at Your Own Pace

There is no fixed timetable for moving through a divorce or significant relationship ending. These three Life Transitions can overlap, and you may revisit feelings you thought you had already worked through. Give yourself room to move at your own pace.

Overview: The Three Life Transitions

Below is a brief orientation to each Life Transition. The sections that follow explore each one in more detail.

Life Transition 1: Endings

Healing Emotional Wounds

- A Life Transition that can feel especially difficult
- Can feel emotionally exhausting — an emotional rollercoaster
- May include deep sadness, anger, hurt, and feeling out of control
- Unexpected ups and sudden downs are normal

Life Transition 2: The Neutral Zone

Peaceful Acceptance

- Life may begin to feel quieter in relation to your divorce
- Moments of calm may coexist with uncertainty
- A time of self-reflection and personal discovery
- Honest exploration of who you are right now, without judgment

Life Transition 3: New Beginnings

Discoveries and Awakenings

- Space to explore who you are becoming and what you want in your life
- Discovering the "New You"
- Learning to fill your life with Peace, Joy, and Love
- A time of authentic growth and positive possibility

Life Transition 1: Endings — Healing Emotional Wounds

This first Life Transition can feel like an emotional rollercoaster — with unexpected ups and sudden downs that may leave you feeling out of control or overwhelmed by sadness, anger, and hurt.

Endings can feel especially difficult, and this Life Transition may take longer than you expect. Needing time does not mean something is wrong with you. Give yourself room to acknowledge what the relationship and its ending mean to you.

Key Focus Areas During Endings

- Dealing with practical matters (legal, financial, housing)
- Continuing to grieve your losses
- Finding a divorce support group
- Beginning the practice of saying "Good-Bye"

The Role of Support

Friends and family can provide meaningful comfort and practical help. A divorce recovery support group can offer another kind of support: connection with people navigating similar experiences. Different kinds of support can complement one another.

What Makes a Healthy Divorce Recovery Support Group?

A group of individuals with the common, difficult, and challenging concerns of divorce or relationship endings, who provide emotional and moral support for one another. Usually led by a volunteer or professional facilitator. You may also want to seek support from a divorce psychologist or divorce coach.

Life Transition 2: The Neutral Zone — Peaceful Acceptance

During this Life Transition, life may begin to feel quieter and steadier in relation to your divorce. Moments of calm can coexist with uncertainty, and you may still revisit feelings connected to Endings.

This is a time of self-reflection and personal discovery. It is not about having answers — it is about honestly exploring who you are right now, without judgment.

Essential Areas of Neutral Zone Focus

- A time of self-reflection and personal discovery
 - Handling practical matters with greater steadiness
 - Clarifying and understanding your grieving
 - Continuing to get divorce recovery support
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Life Transition 3: New Beginnings — Discoveries and Awakenings

New Beginnings offers space to explore who you are becoming and what you want in your life. You may begin to notice renewed interest, connection, and possibility, even while some grief remains.

Key Focus Areas in New Beginnings

- Saying "Hello" to the New You
 - Refining how you take care of practical matters
 - Reduced need and frequency of deep grieving
 - Finding new support for your journey of personal growth
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Reflection Questions

Take your time with these. There are no right or wrong answers. The invitation is simply to be honest with yourself.

1. What are the losses you have experienced — and how does each one make you feel?

2. What is your current support system, and how well is it working for you?

3. How are you handling practical matters right now (legal, financial, housing, daily life)?

4. Which of the three Life Transitions feels most familiar right now? Do you recognize yourself in more than one?

5. What would "Peaceful Acceptance" feel like for you right now? What would need to shift?

A Closing Thought

You are not behind. You are not broken. You are on a journey that takes as long as it takes — and every step forward, however small, is real progress.

"Healing happens one conversation, one insight, and one step at a time."

— Ronnie K

Additional Support Available

1-on-1 Clarity Sessions • Weekly Zoom Support Groups • exploringbeyonddivorce.org