

Reconstruction: Life After Death or Divorce

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Prague, Czech Republic, October 2003

In this session, we will attempt to provide a framework for how to approach, understand, and work through the period of grief and adjustment following the loss of a spouse through death or divorce. We will also look at various needs including managing anger as the major emotional response of ex-spouses, as well as dealing with issues of identity and self-worth.

How to approach the grief process and understand it

- ◆ The average time-line for the basic grief process of two/three years
- ◆ Differences in time-lines and difficulty in normalizing life
- ◆ Sudden death by illness, accident, murder, suicide
- ◆ Death preceded by extended illness
- ◆ Divorce after spouse abuse, substance abuse
- ◆ Separation/divorce time-lines

Learn to say “I” not we

- ◆ God is the source of worth; people communicate worth
- ◆ Realign immediate family, in-law, and friends’ relationships

Manage anger generated by hurt, frustration, and fear

- ◆ Four ways anger is expressed
- ◆ Action steps for resolving anxiety, fear, and anger