

What is Divorce “recovery” anyway?

The group-based recovery experience is...

...**a group encounter** that offers support through the presence of others who are at relatively the same place you are on your journey. You are not alone in your pain.

...**about discovering the power** of telling your story, and doing so in an appropriate context. This is crucial for your recovery, since so much of your world is spent in circles where frankly, it is not appropriate for this to be a constant topic for conversation. You'll quickly wear out your surrounding world, and distance friends, co-workers as well as family members. Hearing your own words carries currency for life!

...**not a therapy experience**. It is a support atmosphere. This means that no one will challenge or push you unduly here, nor chastise you if a particular question or topic causes you to answer with “pass.”

...**a learning opportunity**. Discover a language of processing your story. Learn through the self-awareness you'll build in the readings, videos and discussion. Live speakers also bring awareness of life lessons and will help you to apply what you learn moving forward.

“Recovery” experiences in divorce move you further ahead by...

...giving you a chance to commit to being part of something beyond yourself. For each other, you'll be “**wounded healers**” (Henri Nouen)

...helping you to **process** aloud, and within, this crisis that has come your way.

...**re-connecting** you to the relationships around you with a healthier perspective on yourself and others. You may permit yourself to dream that you could love again one day.

...reminding you that **quality relationships** of every kind demand **work and investment** if they are to make it.

...calling you to **re-discover yourself** outside a relationship with a significant other. Most credible professionals will encourage you to pledge to a minimal period without dating if you haven't already, and certainly without involving yourself in a serious relationship. And, no—you probably aren't the exception you think you are.

By coming through the door, you've taken a step you should be proud of!