

The Emotional Stages of Divorce
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It's expected for people to handle trauma in stages. Immediately after a devastating event, people are often shocked and unsure of how to move forward. By understanding the typical emotional stages of divorce, you will know what you might expect following such a life-changing event, and you and your spouse can make the best decisions for you and your family.

In the first few weeks after you and your spouse have decided to end your marriage, you will most likely feel confused and lost. You may still have intense feelings of anger, sadness, or regret against your spouse, and the thought of sitting down and making collaborative decisions with them is the last thing you want to do. Attempt to make short-term agreements that will help you and your family settle into your new situation gradually.

The second stage occurs in the first few months after your divorce. Your emotions are starting to calm, but you are most likely still sensitive and resentful against your spouse. Your emotions can be provoked unexpectedly, as they are still fresh and intense. You and your spouse may not be ready to make big decisions at this time and should continue to adjust to your new lifestyle. One year after your divorce, you are hopefully feeling more clear-headed. You and your spouse can sit down and analyze which short-term agreements from the past year worked for you and your family, and which you may need to revise.

After your divorce has been in effect for two years, you and your spouse should have settled into a [stable parenting arrangement](#). You and your spouse will have to continue to make decisions to accommodate the changes in your lives and in the lives of your growing children. Many families plan to formally re-negotiate their parenting agreement at the two-year mark.



Timothy Durkin joined JacksonWhite in 2010, and quickly established himself as a highly effective family law attorney with the perfect balance of assertiveness and compassion. Tim is often complimented for his dedication to professional service, as he works closely with his clients to keep them informed, listen to their needs and involve them in the decision making process.

Tim handles all types of family law, including divorces, paternity actions, child custody, child support, relocation and jurisdiction issues, adoptions, termination of parental rights and parental severance actions, title 8 guardianships, spousal maintenance cases, division of marital property and debts, pre-nuptial agreements, post decree modifications and enforcement of custody and divorce orders, mediation services, grandparent visitation cases, and domestic violence issues. He is licensed to practice law in all Arizona State Courts, as well as the United States District Court, District of Arizona, and serves clients throughout the Phoenix metro area. To read more about what former clients are saying about hiring Tim, or to set up a free consultation, please visit www.jacksonwhitelaw.com/arizona-family-law.

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