

Divorce Support Group

COMMON CONVERSATIONS

GROUP THERAPY CONVERSATION CHECKLIST: WHAT WE MAY EXPLORE TOGETHER

- SHARING THE EMOTIONAL WEIGHT OF SEPARATION AND NAMING WHAT'S BEEN LOST
- UNDERSTANDING THE GRIEF PROCESS AND HONORING THE ROLES, ROUTINES, OR DREAMS THAT ARE SHIFTING
- NOTICING HOW SADNESS, ANXIETY, ANGER, OR LONELINESS SHOW UP AND LEARNING WAYS TO SELF-SOOTHE
- EXPLORING STORIES WE'VE TOLD OURSELVES ABOUT LOVE, FAILURE, IDENTITY, OR NOT BEING "ENOUGH"
- LETTING GO OF SELF-BLAME AND BUILDING A MORE COMPASSIONATE INNER VOICE
- NAMING AND VALIDATING ANGER WITHOUT GUILT—AND EXPLORING FORGIVENESS (IF AND WHEN YOU'RE READY)
- REDISCOVERING YOUR VOICE, WORTH, AND IDENTITY OUTSIDE OF THE RELATIONSHIP
- DEFINING PERSONAL BOUNDARIES AND PRACTICING HOW TO HOLD THEM WITH CARE AND CLARITY
- NAVIGATING COMPLEX DYNAMICS LIKE CO-PARENTING, MUTUAL FRIENDS, OR SHARED SPACES

- IMAGINING WHAT COMES NEXT—NEW HOPES, NEW VALUES, AND A RENEWED SENSE OF SELF
- LEARNING EMOTIONAL REGULATION STRATEGIES FOR HOLIDAYS, ANNIVERSARIES, OR TRIGGERING MOMENTS
- CELEBRATING GROWTH AND HOLDING SPACE FOR OTHERS' JOURNEYS AS WELL AS YOUR OWN