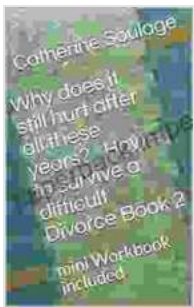


# Why Does It Still Hurt After All These Years: How to Survive a Difficult Divorce

If you're struggling to cope with the pain of a difficult divorce, you're not alone. Millions of people go through divorce each year, and it can be one of the most challenging experiences in life.



## Why does it still hurt after all these years ? How to survive a difficult Divorce Book 2: mini Workbook included

★★★★★ 5 out of 5

Language	: English
File size	: 2912 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 35 pages
Lending	: Enabled



You may be wondering why you're still hurting after all these years. Even if your divorce was amicable, it's still a major life change that can take time to adjust to. You may be grieving the loss of your relationship, your family, your home, and your sense of identity.

It's important to remember that grief is a process, and there is no right or wrong way to do it. You may experience a range of emotions, including

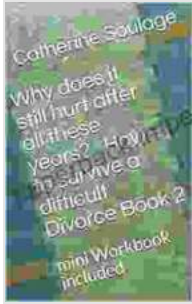
sadness, anger, guilt, and confusion. It's important to allow yourself to feel these emotions and to not judge yourself for feeling them.

There are a number of things you can do to help yourself heal from a difficult divorce. Here are a few tips:

- **Allow yourself to grieve.** Don't try to bottle up your emotions or pretend that you're over your divorce. Allow yourself to feel the pain and to cry as much as you need to.
- **Talk to someone.** Talking to a friend, family member, therapist, or support group can help you to process your emotions and to feel less alone.
- **Take care of yourself.** Make sure you're eating healthy, getting enough sleep, and exercising regularly. These things will help you to feel better both physically and emotionally.
- **Set realistic goals.** Don't try to do too much too soon. Set small, achievable goals for yourself and celebrate your progress as you go.
- **Be patient.** Healing from a divorce takes time. Don't get discouraged if you don't feel better right away. Just keep taking one day at a time and eventually you will heal.

If you're struggling to cope with the pain of a difficult divorce, it's important to seek professional help. A therapist can help you to understand your emotions, develop coping mechanisms, and move on with your life.

Remember, you are not alone. Millions of people have survived difficult divorces and gone on to live happy and fulfilling lives. With time, patience, and support, you can too.



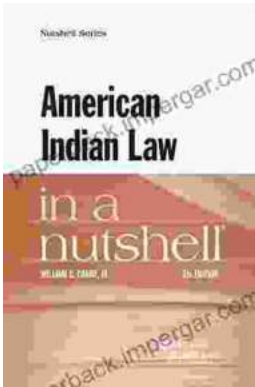
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