

The Stages of the Divorce Process

The stages of the divorce process are often compared to Dr. Elizabeth Kübler-Ross' stages of death and dying. However, Dr. Kübler-Ross made it clear that not all of the stages occur in every situation. Also, the stages do not always appear in the same order, and some reappear. Here they are as adapted to the divorce process:

- **Denial:** It's not happening to me! (It's a just a river in Egypt!)
- **Anger:** OK, it's happening to me, and I'm really pissed off about it! I mean really angry!!!
- **Bargaining:** Maybe it doesn't have to happen to me! Perhaps I can talk my way out of it!
- **Depression:** It really did happen to me and I can't do a damn thing about it! I really feel terrible!
- **Acceptance:** It did happen to me, but I have to get on with my life! I think I can do it! I'll stay in touch with my sources of strength!

For another look at the stages of divorce, based upon Elizabeth Kübler-Ross, see the next page for a model by collaborative attorney Joryn Jenkins.

Here is a creative and original adaptation of Kübler-Ross to the stages of the divorce process. It was developed by Joryn Jenkins of Open Palm Law. She has a very professional and informative website – www.OpenPalmLaw.com. Joryn is a collaborative attorney in Tampa, Florida.

The Kübler-Ross change curve

