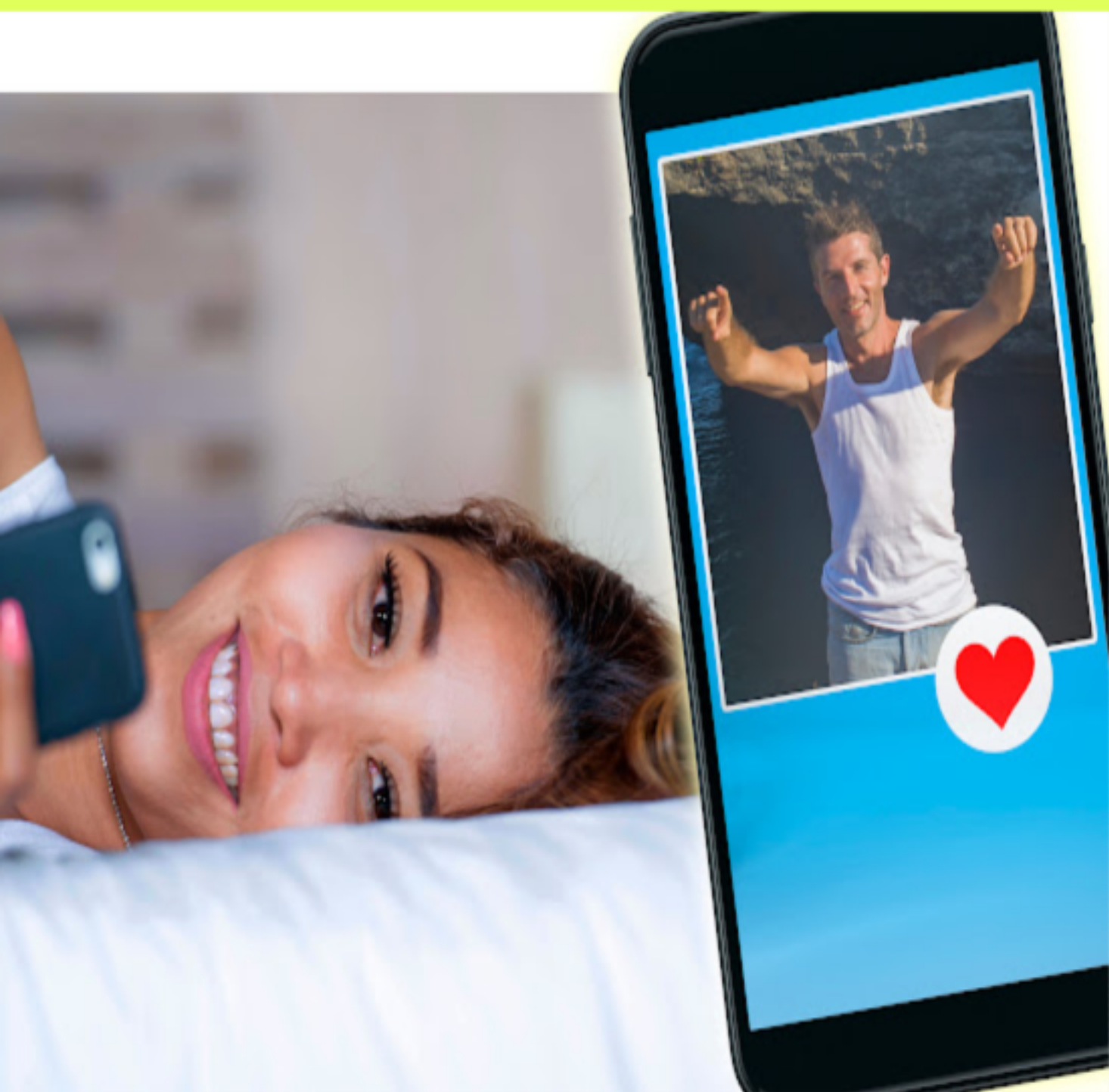


Divorce Tip Sheet: Moving Forward After Divorce

Letting go of a relationship can be challenging. The thought of removing the relationship from our life can shake our core. It can also be the start of a new chapter.



How can I move forward?

Make the decision to choose you. By creating a life that honors your own individual choices.

Clarify your responsibility in the divorce. This includes realizing that it takes two to tango (it's not your fault the relationship failed).

Seek patience and peace in your life by taking time for yourself with activities you once enjoyed.

Practice living in the present. YOU DESERVE the happiness of living in the now (instead of the past).

Find forgiveness. This may include forgiveness with yourself, and also with others.

Dating After A Divorce

-Take your time with jumping back into dating!

-Make dates non-threatening, and stress free. This might include meeting people in low stress settings (i.e. going to dog park, coffee, local event, etc.)

-Lastly, remember it's okay to be single, and enjoy it!

Additional Resources

BOSS (on base activities for single individuals)
(907) 384-9023

Chaplain
(907) 552-5762

Military & Family Life Counselor
(907) 384-1534

Military OneSource
(800) 342-9647

Family Advocacy Program (for parenting class)
907-580-5858

Primary Care Behavioral Health
(907) 580-8303

Mental Health Clinic
(907) 580-2181