

The Ten Stages from Divorce Recovery through to Remarriage

DIVORCE / SEPARATION

- 1.) **Divorce**
- 2.) **Post-Divorce or Divorce Recovery** (6-12 months or longer; as long as it takes to Heal, Learn about how you contributed to the breakdown of your previous relationship and begin to determine how you want your new life to look and what you are looking for in your next serious relationship.)

CONSCIOUS DATING PERIOD

- 3.) **Casual Dating** – Decision that one is ready to date again; telling the children that you will be making new friends and dating
- 4.) **Committed or Serious Dating** to find a life partner
- 5.) **Exclusive Dating - one person**; waiting for some time before telling or introducing the children (3-6 months)

PRE-COMMITMENT STAGE OF A NEW RELATIONSHIP (6-12 months)

- 6.) **Involving the Children**: Telling the Children and introducing your new partner
- 7.) **Testing Compatibility** before making a full-commitment

COMMITMENT STAGE OF A NEW RELATIONSHIP

- 8.) **Making a Decision to commit** to a permanent relationship (ie.) engagement or announcement (perhaps another 6-12 months)
- 9.) **Marriage or Permanent Commitment**
- 10.) **Live Happily Ever After**

Timeframes involved

POST DIVORCE OR RECOVERY - 6-12 months or longer

EXCLUSIVE DATING - 3-6 months

PRE-COMMITMENT STAGE - Continuing to Date and test the relationship 6 -12 months (on average) before making a full commitment

COMMITMENT STAGE - Making a Decision to commit to a Permanent Relationship
(engagement or announcement); perhaps a 6-12 month engagement period

- Engagement
- Marriage or Permanent Commitment

*** Using these stages as outlined above, the time frame from dating someone exclusively and telling the children to remarriage or a permanent union, would be somewhere around 2 – 2.5 years.**

**** These are recommended guidelines only and by no means take into consideration the unique circumstances couples experience in their own situation.**