

Divorce—The Doorway to a Wonderful Life

Ending a relationship is a painful gut-wrenching process. It is at the top of the stress scale. There is no part of life that is unaffected. Emotional, legal, financial, social, physical, housing, routines ... there is no longer a “normal.” It is the ending of a significant chapter and the death of many aspects of our lives. Anger, resentment, grief, sadness, confusion, guilt, shame, rejection, disappointment, regret, fear, hurt, helplessness, powerlessness, doubts, loneliness, despair—all of these painful emotions are experienced by most people as they navigate the ending process.

However, if we use the process as an impetus for growth and healing it can be a powerful moment used as a doorway to a bright future. Most people default to just surviving the divorce process. The vast majority of people do not seek therapy or counseling. Many jump into new relationships and frequently find the new relationship worse than the previous one. Others try to “numb” their way out of it.

We all go through the process alone. However, if we want to grow, heal and change we cannot do it by ourselves.

We are offering a 10-week online program, internationally, to help people through the rebuilding and recovery process after divorce or the end of a relationship. Using Pathwork principles and materials the program aids people in moving through the most painful aspects. It provides new tools and knowledge that will be the foundation for building a future that would not have been possible without the divorce.

The Curriculum:

Week 1

Learn to avoid the pitfalls of “victim consciousness.” Almost everyone has the sense that they are the “victim” in the divorce process. It is critical to understand that there is an enormous cost to being in victim consciousness. The alternative is what we refer to as “authentic consciousness,” wherein we have the possibility of creating a wonderful life. In the Guide’s words: “We deserve the best life has to offer”.

Week 2

Discover your strengths and the capacities that will enable you to transform. There are behavior patterns, beliefs, images and attitudes that limit the fulfillment of your potential; these need to be brought to the surface so they can be modified or transformed.

Week 3

Dealing with Grief. There are so many experiences of loss in the divorce process. With every loss there is grief. Allowing and expressing the varied layers of grief often requires support.

Week 4

Understanding and expressing anger. Anger is one of the least understood emotions. Coming to a complete understanding of the complexities of anger makes it possible to express the anger that is almost always associated with divorce.

Week 5

Unmasking. In order to lead an authentic life, we have to be able to identify our masks and discard them. Unmasking is an issue the Pathwork Guide speaks about extensively.

Week 6

Build Self-Esteem. The Guide addresses the obstacles to self-esteem and requisite processes for building self-esteem. Without self-esteem, we will not have the ability to make the changes and choices necessary for creating a wonderful life.

Week 7

Love. Learning to love oneself first is not what most of us were taught. We have placed so much emphasis on loving the other that we often lack the capacity to love ourselves. The Guide points out that we cannot give what we do not have. The wonderful life that is waiting for us is premised on our capacity to love. Loving is one of the real needs the Guide spoke of.

Week 8

Forgiveness and Purpose. Most of us have never truly been able to forgive. The process of moving on after a relationship ends requires us to emotionally disentangle from our former partner. Usually, this requires a process of forgiveness. Learning ways to forgive is a key part of our program.

Identifying our purpose, or perhaps our new purpose after divorce is a critical step in creating a wonderful life.

Week 9

Intimacy. Very few people have experienced intimacy. The Guide references the real needs related to closeness, connection, mutuality, growth, development, and intimacy. The teaching and homework will help you understand what intimacy is and how to begin creating it.

Week 10

Authenticity and Freedom. The longing to be free is alive in all of us. We will unpack what creating an authentic life is about. The Guide offers that the capacity for greatness is predicated on our ability to live from our real self.

The program includes the following:

- 10 weeks of online classes in a live interactive format via Zoom—a secure program similar to Skype.

- Classes are recorded so if you have to miss part or all of a class you will be able to keep up.
- A workbook is included which contains most of the homework and additional reading resources.
- There are check-ins between classes for the first several weeks for extra support.
- You will have the option of scheduling a 1-hour coaching session with the Helper/facilitator.
- This program can be translated live for any students not fluent in English.
 - There is a structure to communicate with classmates between classes.
 - Weekly homework is assigned.

The fee is \$495 (\$425 for members of the International Pathwork). A discount is offered if the fee is paid in full before the start of the program. Monthly payments can be arranged if needed.

Helper/Facilitator: Nick Meima

Nick Meima has been connected to Pathwork for more than 25 years. In his Helpership he has worked with hundreds of individuals navigating the relationship-ending process. He also works with couples who are in the process of redefining their relationship. Academic background: B.A. Psychology; M.A. program in Marriage, Family and Child Counseling; M.S. Gerontology.

Nick was married for 20 years and divorced at age 40. He has been married to Tara Welles (also a Pathwork Helper) for the last 20 years. Nick has two daughters and two step-children. Nick's divorce was a doorway for stepping into a new life. The Pathwork was a pivotal part of that process. [Learn more about Nick](#), [email him](#) or call at 720-524-3664.