**10 Ways that EMDR Can Help in Divorce:**

You will have a different perspective on things

The thing you fear will no longer matter to you anymore

No longer will you continue to have thoughts that bother you and stop reliving traumatic events

The memories that have hurt you or caused you pain, will now just be part of your story

Your thoughts will no longer consume you

You will overcome your problems that confused you

You will learn to accept and work through the damages inside you

You will be brave enough to face your fears and challenges

You will be able to set boundaries for yourself that make you healthier

You will be able to move on from what happened in the past

**10 things we might experience in divorce:**

It is harder to have a “clean slate” or “fresh start” than one would think

Grief is something you will experience along with sadness and pain

You may be empathetic towards your ex

Some of your friendships may be lost

Sadness may arise when the kids aren’t around

New things that you are shopping for may cause you to feel troublesome

Dating may cause intense emotions

You may begin to see positive or negative areas developing

Your health may be in trouble

You may feel confused and upset

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