

15

Divorce Recovery Clinical Practice Workbook

A clinically branded, function-preserving edition retaining the original exercises, psychoeducation, checklists, logs, planning tools, and response space.

DSM-5-TR · ICD-11 CLINICAL ALIGNMENT

1 · How Is Divorce Affecting You?

2 · Recognizing Emotional Triggers

3 · Releasing Anger

4 · Practicing Self-Compassion

5 · Overcoming Loneliness

6 · Building a Support Network

7 · Processing Grief and Loss

8 · Grudge Inventory

9 · Embracing Forgiveness

10 · Achieving Acceptance

11 · Finding Your Identity

12 · Establishing a New Routine

13 · Developing a Parenting Plan

14 · Post-Divorce Financial Planning

15 · Starting to Date Again

How to use this workbook

- Use this workbook selectively and collaboratively; it is educational and does not replace individualized assessment, diagnosis, treatment, medical care, or crisis services.
- Skip, pause, or modify any activity that increases distress, danger, shame, or loss of functioning. Adapt language for culture, disability, neurodivergence, health, resources, and lived context.
- Ratings in this workbook are reflection tools unless a named, validated measure and interpretation are explicitly provided.

Contents

How Is Divorce Affecting You?	4
Recognizing Emotional Triggers	8
Releasing Anger	11
Practicing Self-Compassion	15
Overcoming Loneliness	19
Building a Support Network.....	22
Processing Grief and Loss	25
Grudge Inventory	30
Embracing Forgiveness	33
Achieving Acceptance	38
Finding Your Identity	41
Establishing a New Routine	45
Developing a Parenting Plan	48
Post-Divorce Financial Planning.....	52
Starting to Date Again.....	57

How Is Divorce Affecting You?

1. Divorce can trigger a wide range of emotional, psychological, and physical symptoms. The following are common signs you might be struggling to cope with your divorce. Check off the ones that apply or add more to the list:

Emotional Symptoms:

- ☐ Persistent feelings of sadness, hopelessness, or worthlessness.
- ☐ Constant worry, fear about the future, or feelings of panic.
- ☐ Frequent anger outbursts, irritability, or frustration.
- ☐ Feeling responsible for the divorce or ashamed of the situation.
- ☐ Feeling isolated or disconnected from others.
- ☐ _____
- ☐ _____

Psychological Symptoms:

- ☐ Difficulty concentrating or constant overthinking.
- ☐ Trouble remembering details or events.
- ☐ Finding it hard to make decisions or feeling overwhelmed by choices.
- ☐ Negative self-perception or self-doubt.
- ☐ _____
- ☐ _____

Physical Symptoms:

- ☐ Constant tiredness or lack of energy.
- ☐ Insomnia, restless sleep, or oversleeping.
- ☐ Loss of appetite or overeating.
- ☐ Frequent or severe headaches.

- ☐ Tightness or pain in muscles, often due to stress.

☐ _____

☐ _____

Behavioral Symptoms:

- ☐ Avoiding social interactions or isolating oneself.
- ☐ Neglecting personal care, work, or daily responsibilities.
- ☐ Increased use of alcohol, drugs, or other substances.
- ☐ Engaging in risky or impulsive behaviors.

☐ _____

☐ _____

☐ _____

Cognitive Symptoms:

- ☐ Persistent negative thinking or catastrophizing.
- ☐ Difficulty focusing on tasks or activities.
- ☐ Struggling to make decisions or feeling paralyzed by choices.

☐ _____

☐ _____

☐ _____

Social Symptoms:

- ☐ Difficulty maintaining or forming relationships.
- ☐ Trouble expressing oneself or being understood by others.
- ☐ Avoiding social gatherings or activities.

☐ _____

☐ _____

☐ _____

2. What emotions have been most prominent since the divorce?

3. How do you usually cope with these emotions?

4. Are there particular times of day or situations that intensify your emotions?

5. How has your physical health been affected since the divorce? Are there specific physical symptoms you've noticed?

6. What thoughts or beliefs have been most challenging for you?

7. How has your social life changed since the divorce?

8. Are there specific people or groups you miss interacting with?

9. How have your daily responsibilities changed since the divorce?

Recognizing Emotional Triggers

1. Describe a recent situation where you felt a strong emotional reaction.

- What happened?

- How did you feel?

- What thoughts went through your mind?

Repeat this log for at least three different situations.

2. Review your emotional trigger logs. What patterns do you notice?

- Are there common themes or situations that trigger strong emotions?

- Are there specific people or places that consistently trigger emotional responses?

3. What physical sensations do you experience when you are emotionally triggered?

Examples: rapid heartbeat, sweating, shaking, stomach ache.

4. What recurring thoughts accompany your emotional triggers?

Examples: "I am not good enough," "I will never be happy again."

5. How do you typically react when you are triggered?

Examples: withdrawing, lashing out, crying, overeating.

6. List healthy coping strategies you can use when you are triggered. The following are some suggestions. Check off the ones that may be helpful or add more to the list:

- ☐ Go for a run, walk, or engage in any physical activity.
- ☐ Practice deep breathing exercises.
- ☐ Spend time in nature and tend to plants.
- ☐ Engage in cleaning or organizing your space.
- ☐ Enjoy a warm, relaxing bath.

- ☐ Journal your thoughts and feelings.
- ☐ Call or meet up with a trusted friend.
- ☐ Connect with others who understand your experiences.
- ☐ Offer your time to help others in need.
- ☐ Spend time with a pet or visit an animal shelter.
- ☐ Escape into a good book or read something inspirational.
- ☐ Watch a favorite movie or a funny show.
- ☐ Immerse yourself in a favorite hobby.
- ☐ Hold a comforting object like a stress ball or a smooth stone.
- ☐ _____
- ☐ _____
- ☐ _____

7. Identify any unhealthy coping mechanisms you are using and think of alternatives.

8. Choose one of your common triggers and create an action plan for managing it.

Releasing Anger

1. What events or actions related to the divorce make you feel angry?

2. Who are you most angry with (e.g., your ex-spouse, yourself, others involved)?

3. Where do you feel anger in your body? What physical sensations do you experience when you are angry (e.g., increased heart rate, muscle tension)?

4. Besides anger, what other emotions do you feel (e.g., hurt, betrayal, sadness)?

5. How long does your anger typically last?

6. How does your anger affect your relationships with others?

7. How does your anger impact your daily life and well-being?

8. How have you managed anger in the past? Were these methods effective or harmful?

9. List healthy ways you can cope with and release anger. The following are some suggestions. Check off the ones that may be helpful or add more to the list:

- ☐ Deep breathing exercises.
- ☐ Physical exercise like running, walking, or cycling.
- ☐ Journaling your thoughts and feelings.
- ☐ Listening to calming music.
- ☐ Talking to a trusted friend or therapist.
- ☐ Taking a break from the situation to cool down.
- ☐ Writing a letter expressing your feelings (you don't have to send it).
- ☐ Taking a warm bath or shower.
- ☐ Spending time in nature.
- ☐ Using a stress ball or fidget toy.
- ☐ Doing a puzzle or other mental activity to distract yourself.
- ☐ Engaging in laughter or watching something funny.
- ☐ Drinking a glass of water or having a healthy snack.

- ☐ Practicing deep, slow counting to ten.
 - ☐ _____
 - ☐ _____
 - ☐ _____
 - ☐ _____

- ☐ _____
 - ☐ _____
 - ☐ _____
 - ☐ _____

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

12. How does writing the letter make you feel?

13. Identify situations where setting boundaries can help reduce anger.

Practicing Self-Compassion

Self-compassion is the practice of treating oneself with the same kindness, understanding, and support as one would offer to a good friend, especially during times of suffering or failure.

1. On a scale from 1 to 10, how self-compassionate do you feel you are?



1 2 3 4 5 6 7 8 9 10

2. What obstacles do you face in practicing self-compassion?

3. List common self-critical thoughts you have experienced since the divorce.

4. How do these thoughts make you feel?

5. What situations or events trigger your self-critical thoughts?

6. For each self-critical thought, list evidence that supports it and evidence that contradicts it.

Self-Critical Thought	Evidence for	Evidence against

7. Choose one self-critical thought from your list. How can you reframe it into a self-compassionate thought?

8. Repeat this process for other self-critical thoughts.

9. Write down three kind statements you can say to yourself when you are feeling down.

10. How do these statements make you feel when you say them out loud?

11. Keep a daily journal where you write down acts of kindness you did for yourself. Reflect on how these acts of kindness affect your mood and well-being.

Day	Acts of Kindness	Reflection

12. Write about how your experiences of divorce are similar to those of others.

13. How does recognizing similar experiences help you feel less isolated?

14. Think of a friend or loved one who has gone through a divorce. How would you support and comfort them?

15. How can you apply the same compassion to yourself?

Overcoming Loneliness

1. On a scale from 1 to 10, how lonely do you feel on a daily basis?



1 2 3 4 5 6 7 8 9 10

2. What events or situations trigger your feelings of loneliness (e.g., weekends, holidays, seeing couples)?

3. How do these triggers affect your emotions?

4. How does loneliness affect your self-esteem and self-worth?

5. Do you notice any physical symptoms associated with loneliness (e.g., fatigue, headaches, changes in appetite)?

6. What behaviors do you engage in to cope with loneliness (e.g., withdrawing from social activities, overeating, drinking)?

7. Write a letter to yourself expressing kindness and understanding about your feelings of loneliness.

8. What new activities or hobbies would you like to try?

9. Identify healthy lifestyle choices that support your overall well-being (e.g., balanced diet, regular exercise).

10. Who are the people in your life you can rely on for support (e.g., family, friends, colleagues)?

11. What steps can you take to expand your social network (e.g., joining clubs, attending events, volunteering)?

Building a Support Network

1. Who is currently part of your support system (e.g., family, friends, professionals)? How have these individuals supported you so far?

Person	How have they supported you so far?

2. List family members who can provide support during your divorce recovery. How can each family member help you (e.g., emotional support, childcare, financial advice)?

3. List friends who can offer support during this time. How can each friend contribute to your support network (e.g., listening ear, social activities, practical help)?

4. Identify professionals who can assist you (e.g., therapist, lawyer, financial advisor). What specific services or support can each professional provide?

5. Research community resources that may be available to you (e.g., support groups, counseling centers, workshops). How can these resources help you in your recovery process?

6. How can you improve communication with your current support network? What steps can you take to express your needs and feelings more effectively?

7. How can you show appreciation to those who support you? List ways to express gratitude and maintain positive relationships.

8. How can you build or rebuild trust with family and friends? What actions can you take to demonstrate reliability and openness?

9. What activities or groups can you join to meet new people (e.g., hobby clubs, volunteer organizations, classes)?

10. Research online communities and forums related to divorce recovery.

Processing Grief and Loss

1. List the emotions you are experiencing related to your divorce (e.g., sadness, anger, confusion, relief).

2. What specific aspects of your relationship or marriage do you miss the most? What dreams or plans have been altered or lost due to the divorce?

3. How has the divorce affected your sense of self?

4. In what ways has your life changed since the divorce?

5. What has been the most challenging part of the grieving process for you?

6. How have your feelings evolved since the divorce?

7. What strengths have you discovered in yourself during this time?

8. Write a letter to your ex-spouse expressing your feelings about the divorce. You don't have to send it—this is just for you.

9. Write a journal entry about a particularly difficult day you've had recently and how you felt.

10. List healthy ways you have coped with difficult emotions in the past. Which of these can you apply to your current situation?

11. Identify any unhealthy coping mechanisms you might be using (e.g., excessive drinking, isolation). What are some alternatives?

12 Create a memory box where you can place items that remind you of your past relationship. Once it's filled, consider having a symbolic ceremony to say goodbye to this chapter of your life.

13. Create a timeline of your relationship, marking significant events. Reflect on both the positive and negative aspects. What have you learned from these experiences?



Lessons I've learned:



[illegible]

Grudge Inventory

1. What specific grudges are you holding onto related to your divorce? Who are these grudges directed towards (e.g., ex-spouse, in-laws, friends, yourself)? Rate the intensity of your anger on a scale from 1 (minimal) to 10 (extreme).

Person	Grudge	Intensity (1-10)

2. How do these grudges make you feel now (e.g., angry, sad, bitter)?

3. How do these grudges affect your behavior (e.g., avoidance, lashing out, withdrawal)?

4. Do you notice any physical symptoms related to holding these grudges (e.g., tension, headaches, fatigue)?

5. Why do you think you are holding onto these grudges? What unmet needs or unresolved issues do these grudges represent?

6. What perceived benefits do you gain from holding onto these grudges?

7. What are the negative consequences of holding onto these grudges?

8. How might the other person(s) involved in these situations view the events differently? What factors might have influenced their behavior?

9. Choose one grudge and write down a more balanced or compassionate perspective on the situation.

Repeat this process for each grudge on your list.

Embracing Forgiveness

Forgiveness means letting go of resentment and anger towards someone who has wronged you, but it doesn't mean condoning or excusing their behavior.

1. On a scale from 1 to 10, how ready do you feel to forgive your ex-spouse?



1 2 3 4 5 6 7 8 9 10

2. What are your biggest fears or concerns about forgiveness?

3. Who do you need to forgive in relation to your divorce (e.g., ex-spouse, yourself, in-laws)? What specific actions or events do you need to forgive?

Person	Actions to forgive

4. How has holding onto grudges affected your emotional well-being and your relationships with others?

5. What are the main barriers preventing you from forgiving?

6. How do these barriers protect you, and how might they be holding you back?

7. What positive changes do you hope to see in your life as a result of forgiving?

8. Reflect on a time when you forgave someone in the past. What was the outcome?

9. How might your ex-spouse view the events that led to the divorce? What factors might have influenced their behavior?

10. Write a letter from your ex-spouse's perspective, expressing their thoughts and feelings.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

11. How does this exercise affect your feelings towards them?

12. Create a list of affirmations to help you cultivate forgiveness (e.g., “I choose to release anger and embrace peace”).

13. Close your eyes and visualize yourself letting go of your anger and resentment. Imagine a peaceful resolution and a future free of grudges.

14. Write a letter to your ex-spouse expressing your feelings and your intention to forgive. You do not have to send this letter.

15. Write a letter to yourself expressing self-forgiveness for any perceived mistakes.

16. Develop a ritual to symbolize letting go of your anger and resentment (e.g., writing your grudges on paper and burning them).

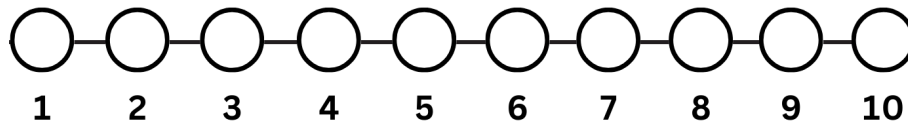
17. How did performing this ritual make you feel?

18. List small acts of kindness or positive actions you can take towards your ex-spouse (if appropriate) or towards yourself.

Achieving Acceptance

Acceptance means acknowledging the reality of the situation and embracing the present without trying to change or deny it. Acceptance is different from resignation or giving up because it involves a proactive and conscious choice to move forward and find peace, rather than feeling defeated or hopeless.

1. On a scale from 1 to 10, how close do you feel to accepting your divorce?



1 2 3 4 5 6 7 8 9 10

2. What are the main obstacles preventing you from reaching acceptance?

3. What were the main reasons for the divorce? List them objectively.

4. How do you feel about these reasons now?

5. What lessons have you learned from your marriage and divorce?

6. How can these lessons help you in future relationships?

7. What aspects of your marriage do you miss the most?

8. Allow yourself to grieve these losses. How does acknowledging this grief make you feel?

9. Create a list of affirmations to help you cultivate acceptance (e.g., “I accept my past and look forward to the future”).

10. Visualize a future where you have fully accepted your divorce. What does it look like?

11. How do you feel in this future scenario? What steps can you take to move towards it?

12. Develop a personal ritual to symbolize letting go of the past (e.g., writing down past hurts and then burning the paper).

13. List activities that help you stay grounded in the present moment. Schedule time each day to engage in these activities.

Finding Your Identity

1. How did you define yourself during your marriage?

2. What roles (e.g., spouse, parent, professional) were most important to you? How did these roles influence your sense of identity?

3. How has your identity changed since the divorce? What aspects of your identity do you feel have been lost or altered?

4. List your top 5 core values (e.g., honesty, compassion, independence). Why are these values important to you?

5. How can you incorporate these values into your life moving forward?

6. List your personal strengths (e.g., resilience, creativity, empathy).

7. Provide examples of times when you demonstrated these strengths.

8. What skills and talents do you possess?

9. How can you use these skills and talents in new ways post-divorce?

10. What hobbies and interests did you enjoy before and during your marriage?

11. How have these interests changed or evolved?

12. What new activities or hobbies would you like to explore?

13. List three short-term goals for personal growth and self-discovery.
Outline the steps needed to achieve these goals.

14. List three long-term goals that reflect your core values and interests.
Develop a plan to work towards these goals over the next year.

15. Describe your ideal self one year from now. What qualities and characteristics do you want to develop?

16. Identify people in your life who support and uplift you.

17. How can you nurture these positive relationships?

Establishing a New Routine

1. What does your current daily routine look like from morning to night?

2. Which parts of your routine do you find helpful and which are less effective?

3. Are there any gaps or areas where you feel your routine is lacking (e.g., exercise, social activities, self-care)?

4. What parts of your day tend to be the most chaotic or unstructured?

5. What are your top priorities each day (e.g., work, children, personal health, hobbies)? How much time do you want to allocate to each priority?

6. What activities or goals do you want to prioritize on a weekly basis (e.g., attending a support group, meal prepping, weekend activities)? How can you incorporate these into your routine?

7. What do you want to achieve in your morning routine (e.g., a calm start, exercise, healthy breakfast)? How much time can you realistically dedicate to your morning routine?

8. List activities you would like to include in your morning routine (e.g., meditation, reading, stretching).

9. What are your work or productivity goals each day?

10. How often do you take breaks during the day?

11. What activities can you do during breaks to recharge (e.g., short walk, quick meditation)?

12. What do you want to achieve in your evening routine (e.g., relaxation, family time, preparation for the next day)? How much time can you realistically dedicate to your evening routine?

13. List activities you would like to include in your evening routine (e.g., dinner with family, reading, journaling).

14. What personal growth activities do you want to focus on (e.g., learning a new skill, therapy, reading)? How can you make time for these activities each week?

Developing a Parenting Plan

1. What legal requirements must be included in your parenting plan (e.g., custody agreements, visitation schedules)?

2. Where will the children primarily live?

3. How will living arrangements change during holidays, vacations, and special occasions?

4. What steps can you take to make transitions smooth and stress-free for your children?

5. How can you create a fair and balanced schedule that considers both parents' and children's needs?

6. How will you and your ex-spouse communicate about parenting issues (e.g., phone, email, co-parenting apps)?

7. How often will you communicate to discuss your children's needs and updates?

8. How will major decisions regarding your children's education, health, and extracurricular activities be made?

9. What are the agreed-upon procedures for emergencies? How will you ensure that both parents are informed and involved in emergency situations?

10. How will child support payments be managed and tracked?

11. How will additional expenses be shared (e.g., medical bills, extracurricular activities, school supplies)?

12. How will you support your children's emotional well-being during this transition?

13. What strategies can you use to help your children cope with the changes?

14. What are your goals for co-parenting with your ex-spouse? How can you work together to achieve these goals?

15. How can you prevent conflicts from affecting your children?

16. Develop a co-parenting agreement that outlines expectations and responsibilities.

17. How will you ensure both parents adhere to this agreement?

Post-Divorce Financial Planning

1. What is your monthly income (e.g., salary, alimony, child support)?

2. What are your fixed monthly expenses (e.g., rent/mortgage, utilities, insurance)?

3. What are your variable monthly expenses (e.g., groceries, entertainment, dining out)?

4. List all your current debts (e.g., credit cards, loans, mortgage). What are the interest rates and minimum payments for each debt?

5. List all your assets (e.g., savings accounts, investments, property). What is the current value of each asset?

6. Create a detailed monthly budget including all sources of income and all expenses.

Income	
Expenses:	
Fixed expenses:	
Variable expenses:	

7. Are you able to cover all your expenses with your current income? If not, where can you make adjustments?

10. Set three short-term financial goals (e.g., "Save \$500 in an emergency fund," "Pay off credit card debt"). Outline the steps needed to achieve these goals.

11. Set three long-term financial goals (e.g., "Save for a down payment on a house," "Build a retirement fund"). Develop a plan to work towards these goals.

12. Prioritize your debts by interest rate and balance. Develop a plan to pay off your debts, starting with the highest interest rate debt first.

13. What investment options are you interested in (e.g., stocks, bonds, mutual funds, real estate)?

14. How can these investments help you achieve your long-term financial goals?

15. What are your retirement goals (e.g., retirement age, lifestyle, location)? How much money do you need to save to achieve these goals?

16. Review your current retirement accounts (e.g., 401(k), IRA). Are you contributing enough to meet your retirement goals? If not, what adjustments can you make?

Starting to Date Again

1. Why do you want to start dating again?

2. What are you hoping to find or achieve through dating?

3. On a scale of 1 to 10, how emotionally ready do you feel to start dating?

☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
1	2	3	4	5	6	7	8	9	10

4. What emotions or fears do you have about dating again?

5. What lessons have you learned from your previous relationship?

6. How can these lessons help you in future relationships?

7. List your core values and how they influence your dating goals.

8. How can you ensure that your dating choices align with these values?

9. What qualities are you looking for in a potential partner? How important are these traits to you in a relationship?

10. List activities that boost your self-esteem and confidence (e.g., exercise, hobbies, self-care). How can you incorporate these activities into your routine?

11. How can you take care of your appearance to feel confident while dating?

12. What are the key elements you want to include in your dating profile (e.g., hobbies, interests, values)?

13. Ask a trusted friend or family member to review your dating profile. What feedback do they provide, and how can you incorporate it?

14. What are some red flags to watch out for while dating online?

15. How will you handle situations where you encounter these red flags?

16. List activities or places you would enjoy for a first date.

17. What topics do you enjoy discussing on a date? Prepare a few conversation starters to help break the ice.

18. What personal boundaries are important to you in a relationship? How will you communicate and enforce these boundaries with potential partners?

19. What traits do you believe are essential for a healthy relationship (e.g., trust, respect, communication)? How can you foster these traits in your dating experiences?

20. What steps will you take to ensure your safety on dates (e.g., meeting in public places, sharing your location with a friend)?

21. How will you handle situations where you feel uncomfortable?

23. How will you handle feelings of rejection or disappointment? What positive coping strategies can you use (e.g., talking to a friend, engaging in a hobby)?

After each date, take some time to reflect on how it went. What did you enjoy about the date? What could have been better?

2026 Clinical Alignment

DSM-5-TR (including Sept. 2025 update) · ICD-11 CDDR / 2026 MMS

Classification status

- DSM-5-TR: No standalone DSM-5-TR diagnosis under the workbook title · educational/contextual topic unless a separately assessed disorder applies
- ICD-11 CDDR: No dedicated ICD-11 CDDR mental-disorder code under the workbook title · educational/contextual topic unless another coded condition is established
- This workbook is non-diagnostic. A title, checklist, or completed activity never establishes a diagnosis.

Pages requiring the updated interpretation

- The audit identified source pages 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61. The statements below supersede incompatible diagnostic, scoring, safety, or resource wording on those pages.

Diagnostic and differential limits

- Use Divorce Recovery material to support assessment or intervention planning, not to assign a diagnosis. Evaluate duration, severity, clinically significant distress or impairment, developmental and cultural context, medical/substance causes, exclusions, and relevant differentials.

Document-specific corrections

- Keep Divorce Recovery explicitly non-diagnostic; its exercises organize experience and goals but do not establish a mental disorder or causal explanation.
- Supersede diagnostic-sounding scoring on pages [1, 2, 3, 15, 19, 30, 33, 38, 57]: disclose whether each tool is validated or author-created, remove unsupported thresholds, and separate symptom monitoring from diagnosis.
- Clinically review medical or treatment statements on pages [31]; remove prescriptive medication advice, clarify coordination with licensed medical care, and update contraindications or urgent warning signs for the specific topic.
- Replace crisis wording on pages [2, 49, 55] with the current U.S. 988 call/text/chat pathway, 911 or nearest emergency department for immediate danger/medical emergency, and a direction to use verified local services outside the United States.

Measures, scoring, and permissions

- Pages [1, 2, 3, 15, 19, 30, 33, 38, 57] contain named, implied, or author-created screening/rating content; extracted candidate names include: Grudge Inventory . These scores are not diagnostic unless the exact instrument, version, validation population, administration, and interpretation are established. Identify provenance for every item set and scoring rule. Obtain publisher permission/license when required; otherwise remove cutoffs and label it as a nonvalidated reflection checklist, or replace it with a properly licensed measure without altering its wording/scoring.

Intervention scope and contraindications

- Use Divorce Recovery activities as psychoeducation and structured reflection, not diagnosis or a stand-alone treatment plan. Adapt or stop any exercise that worsens distress, functioning, conflict, pain, or dissociation, and escalate care according to the actual presentation.

Crisis and current resources

- For Divorce Recovery, use: · If there is immediate danger or a medical emergency, call 911 or go to the nearest emergency department. In the U.S., call or text 988 or use 988lifeline.org for 24/7 crisis support. Outside the U.S., use verified local emergency and crisis services. · Verify all topic-specific agencies and links at publication.

Authoritative references

- <https://www.psychiatry.org/psychiatrists/practice/dsm/updates-to-dsm/updates-to-dsm-5-tr-criteria-text>
- <https://www.psychiatry.org/getmedia/b68a5776-f88c-45c7-9535-fd219d7aa5cb/APA-DSM5TR-Update-September-2025.pdf>
- <https://icd.who.int/browse/2026-01/mms/en>
- <https://www.who.int/publications/i/item/9789240077263>

2026 Clinical Alignment

DSM-5-TR (including Sept. 2025 update) · ICD-11 CDDR / 2026 MMS

- <https://www.samhsa.gov/mental-health/988>
- <https://www.samhsa.gov/mental-health/national-behavioral-health-crisis-care>
- <https://988lifeline.org/>