

Kaslow, F. (1981) Divorce and divorce therapy. In A.S. Gurman & D.P. Kniskern (Eds.) *Handbook of family therapy*. New York: Brunner/Mazel

TABLE I
Dialectic Model of Stages in the Divorce Process

<i>Divorce Stage</i>	<i>Feelings</i>	<i>Requisite Actions and Tasks</i>
Pre-divorce Deliberation Period	I Disillusionment Dissatisfaction Alienation	Confronting partner Quarreling Seeking therapy Denial
	II Dread Anguish Ambivalence Shock Emptiness Chaos Inadequacy Low self esteem	Withdrawal (physical and emotional) Pretending all is okay Attempting to win back affection
During-divorce: Litigation Period	III Depressed Detached Angry Hopelessness Self pity	Bargaining Screaming Threatening Attempting suicide Mourning
	IV Confusion Fury Sadness Loneliness Relief	Separating physically Filing for legal divorce Considering economic arrangements Considering custody arrangements Grieving and mourning Telling relatives and friends
Post-divorce: Re-equilibration.	V Optimism Resignation Excitement Curiosity Regret	Finalizing divorce Begin reaching out to new friends Undertaking new activities Stabilizing new life style and daily routine for children
	VI Acceptance Self confidence Energetic Self worth Wholeness Exhilaration Independence Autonomy	Resynthesis of identity Completing psychic divorce Seeking new love object and making a commitment to some permanency Becoming comfortable with new life-style and friends Helping children accept finality of parents' divorce and their continuing relationship with both parents