

The two you keep

One: almost all of your pain is either an injury or a loss, and they need opposite things. Act on the injury. Meet the loss. When something knocks you sideways, sort it first, because that tells you which thread to pull.

Two: this is a cycle, not a staircase. You do not climb it once and arrive. You re-enter it, one situation at a time. The question is never just "which stage am I at?" It is "which stage am I at for the thing in front of me right now?"

The six stages, and what each one needs

Stage	What it needs
0 • The Fog	Stop silencing the signal, start listening to it
1 • The Decision	Steady the body first, then one small step
2 • The Negotiation	Stay clean and impeccable, and route around them
3 • The Powerlessness	Be the steady home, the witness, the one who believes them
4 • The Grief	To be met and tended, not won or proven
5 • The Rebuild	Act in parallel with healing, and use your tools before the crisis, not after

When you catch yourself circling: am I meeting this, or am I stuck pulling the wrong thread?

Not sure which stage you are in, or which thread to pull? Run the two-minute check:
yourdivorceally.com/check.html or scan the code.

