

Chaotic Separation (Old Model)

- Length of time is “open-ended”
- No guidelines
- Someone feels “left”
- No time spent on relationship repair
- Decisions become legal
- Focus on “getting away” from each other
- Emotionally messy and filled with drama
- Often contemptuous, antagonistic, and argumentative
- High degree of stress and uncertainty
- Minimal contact –come together for business only
- “You vs. Me” attitude prevails
- Partners are confused and mates are insecure
- Closure with remorse/regret

This model has been generously influenced by Meg Haycraft of Twogether®, Inc. from Skokie, Illinois. www.twogether.org

Controlled Separation (New Model)

- Agreement structured with specific time limits
- Well-defined guidelines
- Both partners share in decision making and terms
- Roadmap and criteria created for relationship repair
- No legal action taken at this time
- Social time together is built into plan
- Individuals held accountable for behavior and actions showing greater respect and empathy
- Fewer surprises and contract is consciously done together
- Solicit professional help and no “legal” action is taken
- Change “status quo” and upset the “on the cusp” ambivalence
- Shared purpose
- Partners focused and confident
- Closure with relief