

Navigating Your Remarriage
Nancy Hoffmann, M.A., L.P.C.
The Center for Marriage and Family Studies
John Brown University

I. History of Remarriage:

In the Chesapeake colonies of the 17th century, 2/3 of all children lost a parent due to death by the time they were 18; remarriages have been common in the U.S. since its beginnings. Until this century, almost all remarriages occurred following widowhood.

1974 was a critical year—for the first time in our nation's history, more marriages were ended by divorce than by the death of a spouse.

Effects of Divorce:

Seven-Stage Model of Blended Family Development:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

II. CYCLE 1 = Hope and Expectations (the turbulent first two years):

(By James Bray)

Implications for Remarriage:

Four Tools for Remarriage:

- 1.
- 2.
- 3.
- 4.

Becoming an Emotionally-Intelligent Spouse:

Anger to Intimacy:

III. CYCLE 2 = Waking from the Dream (2nd year to the 5th year):

Implications for Remarriage:

Connect With One Another:

4 Effective Ways to Destroy an Intimate Connection:

- 1.
- 2.
- 3.
- 4.

IV. CYCLE 3 = Sing in the Rain (5th year to 9th year):

Implications for Remarriage:

Conflict:

V. What Kids Need After a Parent's Divorce

Five factors contributing to children's struggle with divorce:

- 1.
- 2.
- 3.
- 4.
- 5.

Co-parenting:

The Principle of Proactive Kindness -- Keeping the Covenant:

VI. Signs of Success:

1. Don't expect instant love
2. Losses can be and are allowed to be mourned
3. A strong couples' relationship
4. Establish satisfying rituals and have separate but cooperative households that involve ex-spouses/biological parents