



## PHOENIX DIVORCE RECOVERY

What previous participants  
have said about the Phoenix  
programme...

*I would like to take this opportunity to thank you for all the help which you have given me throughout the last fifteen weeks. The course has helped me to focus on issues which I previously felt powerless to change. I now feel that I can move forward with more confidence and not keep looking back with regrets. I feel that the course has given me a greater insight into myself and my situation. I came to the course very depressed and disheartened and very confused. I now feel that I have a better understanding of myself and where I want to go in the future. I was worried that the course might try to brainwash me into a particular way of thinking and behaving - but it didn't which I'm grateful for. The sessions were relaxed and I felt able to contribute freely. I found the work on anger very helpful and now feel that I have dealt with my feelings of anger. I would have no hesitation in recommending this course. Thanks again.*

**J. H. - (Twickenham)**

*I thoroughly enjoyed the whole course...It has provided a springboard for me to consider my life for the future. I am most grateful to you for facilitating such an experience. I hope it will have a life improving affect for my future.*

**M. W. - (Sutton)**

*I enjoyed it enormously - every session and it helped at the time. I thank you both sincerely - it was a great experience and I valued your skills and empathy.*

**J. G. - (Sheen)**

*I believe that during the last 15 weeks I have become a much stronger and wiser person. The course has helped me considerably - I am much more aware of my part in the marriage breakdown and the fact that maybe it was neither partner's 'fault' and that we had both moved on and developed at different rates.*

**G. B. - (Surbiton)**

*Thanks for putting on this course and arranging it so well which has been most helpful to me.*

**P. R. - (Chelmsford)**

*I now know what I've come through so far and where I'm going for the future. My special thanks for your support. I've learnt a great deal about myself. I thoroughly enjoyed the whole course. It helped me to identify a lot about myself i.e. who I am and what I am and where I have come from and what I will look for in a future relationship.*

**B. R. - (Twickenham)**

*I have especially liked the support system which for me is essential. I feel the course has been of great benefit to me.*

**C. S. (Hampton)**

*I have gone a long way to discovering the patterns of human behaviour that have influenced my own life inside and outside my former marriage. I have also learnt more about the issues of children in divorce.*

**H. J. (Surbiton)**

*I learnt a number of things about divorce and the commonality of experiences of both males and females in the divorce dynamic and got an understanding that divorce is a process - I didn't view it as that before, it was something hugely personal that was happening to ME !*

**A. M. (Isleworth)**

*The course was fantastic and really helped me move forward very rapidly - so many thanks; you helped me move away from feeling sad to a long forgotten feeling of freedom. I've passed details of the course to a guy at work who is in the early stages of separation and will recommend it to any others I meet who need help.*

**G. S. (St. Margarets)**

*Firstly, thank you...this course has, to a great extent, saved my life... I dread to think where I would be today had it not been for Phoenix. I really did not anticipate the level of support; support that would be genuine and caring both from those that ran the course, and the participants. The value, in terms of what the course has done to lay the foundations for the re-building of my life, is inestimable..*

**D. B. - (Richmond)**

*Lots of Fun ! The group support is excellent.*

**A. J. (Teddington)**

*I feel I know myself better.*

**D. W. - (Kingston)**

*I was angry without knowing quite why. I was unapproachable about certain things which I avoided. I have now faced my anger...and am able to forgive and move on. I am now less touchy and can have a disagreement without losing my temper and can usually resolve differences which formerly I would leave unresolved.*

**K. T. - (Kingston)**

*I would like to take this opportunity to thank you for all the help which you have given me throughout the course. I feel I've learnt a great deal about myself in the last fifteen weeks. When I first started the course I was at a very low point in my life, very depressed and confused and now feel I can look to the future with confidence.*

**J. E. (Feltham)**

*I have thoroughly enjoyed the course. I am so glad it was available...I had expected positive results in myself and I can happily say that I have climbed out of the pit I was in when I first started the course. I began to understand that I was afraid and how to deal with it. I still have to grow and the course has helped guide me. I have met some wonderful people and I hope to continue to see them all. Though often worn down by the daily grind, I remind myself I am that Phoenix rising up from the flames.*

**D. A. - (Richmond)**

