

**One Day at a Time**  
**Day 9**  
**Energy Distribution**

Ideally, the amount of energy you expend each day is equally balanced across the physical, emotional, mental, and spiritual aspects of your life. But during and after a separation or divorce, your energy distribution is much different. As much as 85 percent of your energy can be diverted to dealing with the emotional upheaval, leaving only 15 percent to deal with all your physical, mental, and spiritual demands.

“Emotionally you’re spinning,” says Dr. Jim A. Talley. “You are going round and round. It’s like you are running your engine wide open, but you’re in neutral and not going anywhere, yet you can’t shut the motor off. Eighty-five percent of your energy is being consumed in the whole emotional area. That leaves you 5 percent mental, 5 percent spiritual, and 5 percent physical. Mental difficulties include the inability to make decisions. Physically, you are totally exhausted. Spiritually, you have a loss of faith; you are not sure God exists, and you’re not sure if you even care if He exists.”

The emotional turmoil, the mental fog, the total loss of energy, and the questioning of God are to be expected. You don’t desire any of it, but you have it, and your feeling and thoughts are natural:

*“I am worn out from groaning; all night long I flood my bed with weeping and drench my couch with tears. My eyes grow weak with sorrow; they fail because of all my foes. Away from me, all you who do evil, for the LORD has heard my weeping. The LORD has heard my cry for mercy; the LORD accepts my prayer.” (Psalm 6:6-9)*

God, I’m wiped out. Help me to acknowledge that my feelings are completely normal, and give me the energy to turn to You for help. Amen.