

Divorce

The divorce rate in the United States is the highest in the world. Over 50% of marriages end in divorce. Those who are divorced, or going through a divorce are more likely to suffer from depression as they experience the loss of a partner, the loss of hopes and dreams, and the end of a lifestyle. The financial reality of divorce can also be devastating.

Ending a marriage can be traumatic and result in lots of conflicting emotions. You may experience the feeling of fear, relief, shock, betrayal, resentment, anger, guilt, and/or insecurity. All of these feelings are normal and are typical responses that come with the ending of a relationship.

It might be helpful to understand that a marriage does not breakdown overnight, or as the result of a single incident; nor is the breakup entirely the fault of one party. An important part of the healing process for each party is to claim responsibility for their own actions (both now and during the marriage). Healing includes acceptance, planning for the future, and acting with integrity.

CHILDREN & DIVORCE

Conflict in the home can lead to depression, conflict, and conduct problems in children. The level of conflict is the single most determining factor in children's adjustment to their parent's divorce. Children that succeed well after divorce have parents who can set aside their differences to communicate effectively and work together as parents.

Boys and girls differ in their response to divorce. Boys are more likely to get into trouble in school and/or fight more with peers and parents, as they act out their anger, frustration, and hurt. Girls tend to internalize their distress and

may become depressed or suffer from stomach aches or headaches. Girls are more likely to change their eating and sleeping patterns as they try to cope with their emotions.

The childrens' continued interaction with both parents is important in fostering a better balance in future relationships with others. Feeling secure in parental relationships is likely to result in better intimate relationships in adulthood.

If you would like to speak with someone about your situation, we would love to have an opportunity to talk with you. Please email us at care@fairfax.cc. We have resources that could be helpful.