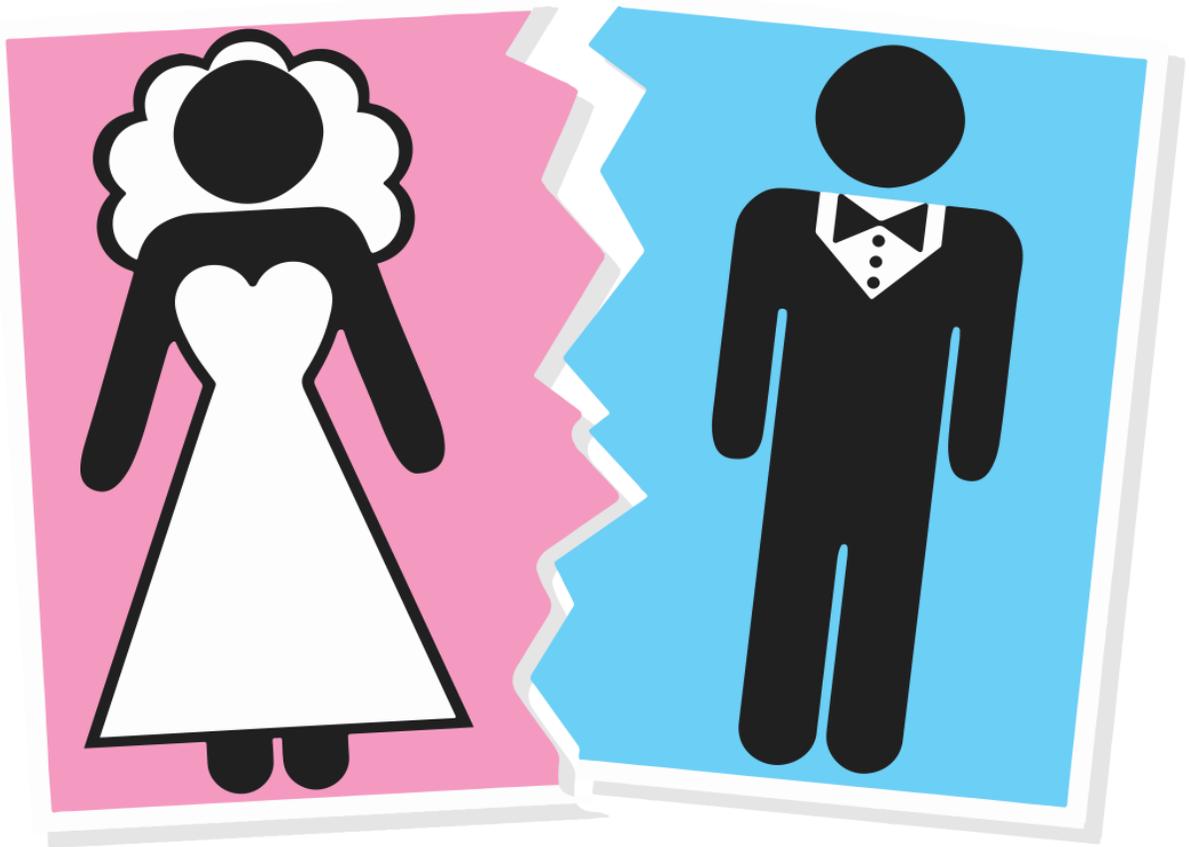


# DIVORCE DYNAMICS

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**TIPS ON DECIDING IF IT'S TIME TO LET GO**

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# Foreword

Divorce is not something that should be contemplated lightly as there are usually a lot of major adjustments to be made both for the two people directly involved in the process and for all the other connective elements within the framework of the marriage such as children and assets. Get all the info you need here.

# **Divorce Dynamics**

Tips On Deciding If It's Time To Let Go

# **Chapter 1:**

## **Divorce Basics**

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### **Synopsis**

Before contemplating a divorce option, both parties should ideally exhaust all other options to ensure the relationship is not longer salvageable, and only then should the idea of divorce entertained. Even then divorce is not something that can be initiated easily as there are quite a few requirements that should be adhered to before such proceeding can take place.

## **The Basics**

The following are some of the elements that would have to be considered and understood as the basis of divorce:

Before most divorce proceedings can be initiated, most legal recourses would want the couple to show that they have exhausted all other means of trying to work things out with the intention of keeping the relationship. These would include sessions of counseling, intervention of both legal and friendly sources to help put the marriage back on the positive road and any other help to trying and keep the marriage from actual divorce.

However is divorce is inevitable, then other elements such as the marital property and debts would have to be sorted out and agreed upon to avoid any possible hiccups during the process of the divorce proceedings. Depending on the individual couple's circumstances, these proceedings can be very easy or very difficult to facilitate.

If there are children in the equation, their well-being and other connective issues such as relocation, mental and physical changes to adapt to, would also need consideration and where the relevant adjustments would have to be seriously contemplated.

## **Chapter 2:**

# **Abuse Should Never Be Allowed**

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### **Synopsis**

In some cases divorce becomes the only recourse to seek and one of the main contributing factors that would call for such drastic measure would be taken would be the existence of abuse within the framework of the marriage. When there is any sign of abuse having to be endured and this is supported with relevant and indisputable evidence, then the divorce proceeding should and could be contemplated without much problems.

## **No Way**

However it should be noted that in almost all cases the onus would have to be on the individual in question to prove without any doubt, that there is some level of abuse currently having to be endured within the framework of the existing marriage circumstances.

This abuse does not necessarily only have to be of the physical kind, as mental abuse is also considered to be just as destructive and its consequences difficult to live down or adjust too.

Physical abuse is easier to identify and support with very clear and proper evidence, however in comparison, mental abuse can be much harder to detect let alone substantiate with the relevant evidence needed for cycle of court proceedings to be engaged.

It is an argumentative point of contention as to where and how this abuse element can be tagged or defined unless the abuse takes on and shows very clear visible negative results. however if there are no clear visible evidence of the said abuse taking place, it is often and uphill battle to prove the existence of abuse within the relationship especially and both parties are unable to agree on the basis that constitute abuse.

This then leads to other issues such as how long and how far has the presence of the abuse impacted the framework of the marriage.

# **Chapter 3: Has Counseling Been Tried**

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## **Synopsis**

Counseling is another requirement that should be explored and exhausted before any court proceedings will be allowed to be proceeded upon in terms of filing for divorce. In most cases there are a lot of avenues that would have to be explored before any court would be willing to hear a case that is requesting for the action of divorce to be initiated.

## **One Way**

Ideally and commonly categorized as a tool to help save a marriage and stopping it from heading to the divorce courts, marriage counseling can also be used to facilitate a more peaceful and speedy way of going through the divorce proceedings while attempting to limit the impact of negativity on both parties and any other connecting elements that would require significant adjustments because of the divorce.

Strange as it may seem, sometimes these counseling session will help the couple who are really focused on divorce, to work out issues in a calm and less defensive manner, thus facilitating a higher level of calmness and civility within the divorce process.

However the prime reason for seeking some form of counseling is still the main way to try and save the marriage and get back some of the original “spark” into the relationship.

The counselor can come in the form of professional individual who are specifically trained in this area, people who are experienced volunteers who form support groups, religious help and any other legalized help that would contribute positively to salvaging the marriage and bringing back to a more acceptable level of existence.

The sessions are usually designed to allow both parties of vocalize their feeling and thoughts in a protective and conducive environment while having the expertise of the counselor present to help them through this process. Having an outsider who has no particular hidden agenda and

who is trained to stay neutral does help in the rather confusing and trying circumstances.

# **Chapter 4:**

## **Are You Staying Just For The Children**

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### **Synopsis**

There are a lot of people that stay in a bad marriage for the sake of the children. This has its own advantages and disadvantages, but if not handled well the negative impact that is usually caused by this disharmonious feelings within the marriage framework, will end up causing more damage that good to all those involved.

## **The Kids?**

Staying in a bad marriage, for the sake of the kids can be worse than actually going ahead and filing for divorce. The first style keeps everyone together but in a rather stressful environment of coexistence, while the latter contemplates the possibility of a clean and complete break between the couple with efforts to limit the negative impact this break will make on the children.

Sometimes staying in a bad marriage can have a lot of negative consequences that would be rather hard to live with, as these would eventually add to the already dire mental and physical situation the marriage is in and in most cases would not be very healthy for the children and the adults involved.

This is made even worse when both parties are agreeable that there is no chance of saving the marriage and both parties are willing to acknowledge that the marriage per se is now completely and thoroughly over.

This of course is a rather sad situation that is made worse if the couple decide to cohabit for the sake of the children.

As either party will not have the freedom to move on with their lives and this could eventually cause even more problems and resentments for the couple in question and would definitely negatively impact the children in such a scenario.

However there have been instances, where couples have been able to work out their lives in such a way that they are able to live together with some level of sanity and comfortability, until the decision to divorce becomes the final solution to seek.

# **Chapter 5:**

## **How Are Your Actions Contributing To The Problems**

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### **Synopsis**

Divorce is usually an already such a negative situation to contemplate without the added ingredient of one party making it as difficult as possible. When this occurs, the actual process of the divorce can be long and painful and the consequences almost always hard to recover from mentally and physically.

## **Do You Need To Change**

Therefore each person should be aware of their own actions that could be negatively contributing to the enhancing an already difficult situation.

If there is clear evidence of such behavioral patterns, then the party concerned should be encouraged to seek other form of releasing the anger and disappointment such as counseling session or therapy.

Ideally both parties should be encouraged to work together towards a more amicable ending of the relationship; however this is almost always easier said than done.

When feelings are hurt and betrayal is the main element evident, the party that feels wronged will usually seek ways to create even further problems with the main goal of extending the same negativity towards the initial party, which brought the marriage to such a poor and sad condition in the first place.

If the couple involved in such as situation are lucky enough to be put back on the right path but concerned onlookers, than a lot of eventual heartache and negativity can be avoided.

Good counseling session can help couple identify problems and work out solutions that would not further add to the strife already existing within the relationship.

Actions such as malice, the seeking of vengeance, creating mayhem and any other opportunity to cause problems for the other party should be discouraged and the party that is feeling hurt should be given other

recourses that are more productive and less destructive in nature when it comes to venting their frustrations.

# **Chapter 6: Are There Emotional Wounds That Won't Heal**

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## **Synopsis**

Any sane person would not want to contemplate divorce, especially if there is a possibility of saving the marriage. However for some the idea of divorce is inevitable and thus requires the individual to be prepared both mentally and physically for the almost always traumatic and upsetting time ahead.

## **Healing**

For those who experience profound pain during this period, it may be rather hard to get over this pain for quite some time and this leaves the “injured” party feeling lost and certainly alone.

There is a percentage of people who never recover from the trauma of divorce and this can sometimes lead to bitterness and anger. However with all the various support groups and therapist services available today, the individual going through such an unpleasant experience can now seek the necessary help to make this transition period more manageable and acceptable.

The wounds that would most likely cause a significant percentage of pain that would most likely not heal or in the best of circumstances take a longer time to heal would be the infidelity issue surrounding the basis of the divorce being initiated.

This sense of betrayal is often very hard to accept and process thus causing deep wounds that are having lasting and long reaching effects. Another possible cause of the emotional wound being unable to heal would be the existence of abuse within the marriage perimeter.

The abusive partner can cause long-term damage that is not only traumatizing for the receiving partner but also leaves the parent completely and permanently scared both mentally and physically. This kind of trauma is often hard to forget or forgive.

Divorce resulting from a change in one partner's sexual orientation is also another rather traumatic experience that usually leaves the individual devastated and unable to comprehend the change.

## Wrapping Up

For most people going through a divorce, coming to terms with the trauma experienced is often one of the hardest things to contemplate. However if there is a need to do so, the individual should learn to grieve properly and thoroughly to ensure the healing process takes its course and helps the individual move on.

The following are some ways to approach the grieving process in a manner that will help the person through this very difficult time:

Having a good support system in place is one very good and effective way to start the grieving process with the adequate assistance available. This support system will allow the individual the necessary platforms to lean on should the experience become too much to bear alone.

Seeking professional help is another option for the injured individual to look into as these types of assistance is usually given with the best possible advice based on the counselor's knowledge and experience. This kind of help will often provide the individual with the best recourse to adapt in order to get his or her life back to some level of normality.

Leaning on the religious beliefs of the individual to help get through this difficult time is also another option to explore. However this is only advised if the said individual is very strongly grounded in his or her religious beliefs and has the faith that this choice will see them through this difficult and lonely time.

Indulging in a phase of grieving where the individual is encouraged to cry and voice their in a controlled environment is also encouraged. This can be very useful in getting the person to exhaust all feeling connected to the divorce before learning how to move on.

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