

redefining divorce

the Emotional Divorce

The emotional struggles people face when deciding to divorce are much greater than the legal or financial struggles.

When parties hire attorneys for the dissolution (divorce) process, chances are they don't address their emotional needs. This translates into the individuals getting stuck emotionally, struggling to find adequate partners in the future, and in some cases, challenges in co-parenting. A person's refusal or inability to face the emotional trauma of ending a marriage may account for the high remarriage rate. These remarriages usually occur within one to two years after the first marriage ends. Avoiding these emotions likely contributes to the even higher divorce rate of second and third marriages. If a person has not faced their emotional turmoil during the initial divorce process, they are more prone to transfer these emotions onto the next partner, in turn sabotaging the success of the subsequent marriage.

At *Redefining Divorce*, we urge the couple to face the emotional aspects of their divorce. This is done by providing therapy either individually or as a couple. Should the parties agree, the mediator and the therapist discuss the clients' concerns expressed in the mediation and/or therapy sessions to streamline negotiations. The open communication between the therapist and the mediator also allows the mediator to better understand any emotional attachments individuals may have to property so that appropriate settlements can be reached. After all, it's the emotional issues that prolong the legal divorce and create irrational financial demands.

The idea behind this therapeutic approach is to establish comprehensive support for the couple. Even after the divorce is final, the therapists, mediator, and any other team members from *Redefining Divorce* remain accessible to either party. We want to make sure the couple gets through not only the



legal divorce, but the emotional divorce. In mediation, the legal divorce generally takes a few months if cooperation and compromise exist. However, the emotional divorce takes longer. Successfully navigating the emotional divorce helps each person better prepare for the next relationship and more effectively co-parent their youngsters. For further information about *Redefining Divorce*, *The Amicable Way*, please visit our website or call us. **IN**

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