

# redefining divorce

## *Nothing Else Compares...*



**I believe emotional pain is the worst kind of pain someone can endure.**

At least with physical pain you can usually identify the area that hurts and then minimize the pain with whatever method you choose. Emotional pain is invisible. There is no tangible part of it. Trying to manage something you cannot see makes it very difficult to compartmentalize it and attempt to control it. When we can't understand and control something, we become very fearful then frustrated, angry and lethargic. In a separation or dissolution of the marriage, these emotions run rampant and are very hard to leash.

No longer do we want to sleep for fear of hearing the voices in our head tell us how unworthy we are. We don't want to eat because we don't have an appetite. Forget about going into public, smiley

people suck. Answering the phone? For what, so we can pretend like everything is okay? No longer do we know how to raise our children. The last one is the toughest. We blame divorce for our children having a difficult life. But...

I do not think "divorce" alone damages children as most would like to believe. I think what damages kids is when their parents fail to deal with the emotional consequences of feeling abandoned, hurt, violated and alone in a divorce and as a result the children and their needs get pushed aside. Our children see when we don't get up in the morning with a smile, call into work "sick", don't set up play dates, have little patience for anything and stop participating in life. This is why divorce damages kids.

Children don't care if you are married,

divorced, uneducated, or broke...they just want to feel safe, loved and appreciated by their parents. They thrive on their parents' happiness, excitement and involvement with them. They feel and internalize a lot more

than adults give them credit for.

This time will pass but the scars left on our children will remain forever.

**IN**

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