

## Information Sheet - Institute of Welfare

### **Divorce and Separation**

Separation and Divorce can be seen as a time of endings and beginnings.

The decision to separate is not often a mutual one. It can be a difficult time for all concerned, in particular, any children that are affected. All of the parties that are affected by divorce may experience a number of emotions, which could include a sense of loss, grief, pain, anger, jealousy and failure. This whole process takes some time, and should be acknowledged, so that the feelings can be dealt with.

The person, who decided to leave their partner, is going to experience everything in a totally different way, as to the person who is being left. Likewise with men and women, they also experience things in different ways.

A few examples of these feelings are:

- The partner, who decides to leave, may experience much more guilt than the person, who is left.
- The person, who is left, can feel rejected.
- Around the finance situation, women seem to feel fear, where as men, can feel more helpless and lonely.
- Anger and resentment can be side effects of all of these negative emotions, but this should be dealt with constructively.
- Some people can feel a sense of relief.

During this troubled time, it is important that you take care of yourself. You need to be well and able so that you can deal with or handle the situation, and you also need to be there for your children. They will need the both of you, now more than ever.

Children react differently to situations of change at different stages of their life and development. It doesn't matter how old the children are the divorce/separation, will emotionally affect them. You have to reassure them, that you are aware of their feeling and emotions, and that you are there for them - both of you.

When a divorce/separation occurs, you are not alone. Your friends and family can provide a strong support network for you. Your friends and family are there to help and aid you through this difficult and troubled time, however they are not your only form of support, which is why it is important to establish boundaries, when you are discussing your divorce/separation.

Sometimes, the decision to divorce/separate comes from both parties. Both parties make the decision that the relationship has ended, and they both move on. However, this doesn't happen very often.

If both parties are having difficulties dealing with the divorce/separation there is other help available. There is nothing wrong with asking for help. There are lots of organizations out there that can help you through this difficult time, and also with how to cope afterwards. These organizations help with the various stages of divorce/separation and also provide tips and support with help to move onto their new life.

[www.familylives.org.uk](http://www.familylives.org.uk)