

# DIVORCE IS NOT A BAD THING AFTER ALL

*A weekly guide to improving all of the relationships in your life Divorce isn't the worst thing that can happen to your kids. Enduring a hostile home life is. "After my first wife and mother of my five children left us permanently.*

Here are five steps to help you begin uncovering your beliefs about marriage and divorce so you can develop perceptions that benefit you, and improve your well-being, as you move on from divorce: Make a list of all of your beliefs about marriage and divorce without judgment or editing. I don't. For that kid, the fairy tale is officially over. These days, we've grown so accustomed to people splitting up that this silent pain is often ignored and not acknowledged, but it's still real. We often talk about what goes into making a marriage work, but we don't focus on what happens when it ends. In fact, we had no illusions to break, and that made us tough. He felt that me restricting my eating an anorexic behaviour was too hard for him to watch, and he wrote about my destructive behaviours having a negative impact on him. You know things are bad when you feel nothing anymore. Create one final list of positive beliefs that you can refer to on a daily basis as a reminder of your growth and well-being. Taking care of your child used to be something the two of you shared, coordinating schedules and jobs to cover the responsibilities. Picture: Ella Byworth for Metro. Sure, every couple goes through dry spells, but sometimes it's more than that. When a partner is unwilling to look at themselves in the mirror and realize that marriage is about compromise and working things out, it could be an indicative that they are no longer meant to be in a relationship. We have failed at one of the key jobs of adulthood: to find a suitable mate and make it work. For the first year and a half of our marriage, my husband and I talked about divorce a lot. They don't know what to say, so they stay away. My ex husband moved several times after our divorce in an effort to be closer to his children. Picture: Mmuffin for Metro. For example, if you believe your life is over because you are divorced, you may very well stop living. If couple's do recover from an affair, "there are regrets, apologies, and a promise to put an end to it and seek counseling. You will no longer have the children in your home full-time. Some are in relationships. Neither of us communicated effectively, the reasons for which are complicated. My mom passed away, and my daughter moved away. Divorced people know that usually the smallest trinkets take on the most outsize value during a breakup. When you look at divorce that way, you may not feel so ashamed. When one partner is unwilling to spend any personal time on the two of you, she says, you have a problem.