

6. **HANDLING OLD RELATIONSHIPS:**

Relationships with old friends, relatives and former in-laws change after divorce. Married friends may see the divorced person as a threat or they may feel uneasy around him or her.

Some Solutions:

- Maintain old relationships if they are comfortable - do not assume they ended with the divorce.
- Don't force relationships - concentrate on those that are good for you.
- Talk things over with your friends, explain the situation and your feelings.

SO—

DIVORCE IS A DIFFICULT PROCESS

It can be less painful if you:

UNDERSTAND

that strong emotions and feelings are common.

BE HONEST

with your children and give them your love.

CALL ON OTHERS

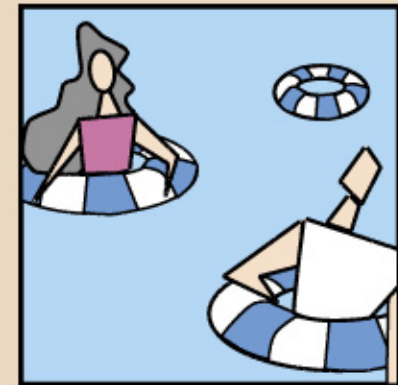
for support - friends, family, professionals.

TAKE RESPONSIBILITY

for your own life.

Divorce is not only an end - it can also be a **HOPEFUL BEGINNING!**

The Family Court



**DIVORCE
AND HOW TO
SURVIVE**

Family Court
Family and Juvenile Justice Centre
3 Havelock Square Singapore 059725
Tel: 6435 5110 Fax: 6435 5116
Website: <http://www.subcourts.gov.sg/family>

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Divorce is one of the most **DRASTIC CHANGES** in life.

It changes people from being **PARTNERS** in marriage to being **SINGLE INDIVIDUALS** again. It can mean the **LOSS** of:

- **LOVE** and **AFFECTION**
- **FAMILY** and **HOME**
- **EMOTIONAL SUPPORT**
- **FINANCIAL STABILITY**

WHY DO PEOPLE DIVORCE?

- Growing Apart - as interest and goals change, communication is lost
- Arguments - over money, sex, in-laws
- Alcohol, Drug Abuse or Gambling
- Physical Abuse
- Adultery

Whatever the reasons, divorce means that everyone involved must adjust to a **NEW WAY OF LIVING**.

It is important to understand **WHAT TO EXPECT AND HOW TO COPE** with divorce.

DIVORCE IS A PROCESS - Just as with death in the family, a divorced person experiences a period of shock and grief, followed by period of adjustment. Knowing that feelings will change, and that acceptance, growth and new happiness are possible, can make the adjustment easier.

THE MORE INFORMED YOU ARE ABOUT DIVORCE the better able you will be able to cope with the changes it can bring.

THE EMOTIONAL STAGES OF DIVORCE

Shock, Denial, Anger, Depression and Despair, Acceptance of Loss, Gradual Moving Forward, Relief, Making a New Life.

Remember the process is different for every individual, but gradually, a **NEW LIFE CAN EVOLVE**.

CHALLENGES AND SOLUTIONS

1. **LEARNING TO LIVE ALONE:** Being on one's own can be demanding after years of marriage. Activities may seem boring and there may be too much work for one person. It is easy to feel isolated.

Some Solutions:

- Keep in touch with family and friends. Go out and plan activities with them.
- Use your time to pursue interests - hobbies, groups, education, voluntary work. Stay involved with life.

2. **BRINGING UP CHILDREN:** Being on your own often leaves less time for children, just when they need more attention and affection. Adjustments in family life are needed.

Some Solutions:

- Take time out to relax and enjoy your children.
- Set aside time for the family, and keep in touch with your children and their activities.

3. **MANAGING THE HOME:** Household responsibilities can be a burden for a single parent. You may need to lower your expectations and find alternatives to regular routines. Some jobs may not be essential and others may be done less often.

Some Solutions:

- Have children help with jobs and care for their own possessions.
- Ensure you have reliable family members or friends whom you can call on for assistance or advice.

4. **MAKING ENDS MEET:** Finances can be a problem after a divorce. Careful planning and budgeting can help you make ends meet.

Some Solutions:

- Plan a budget and stick to it. Look for inexpensive or free activities and entertainment.
- Prepare for employment that will help you meet your financial goals.
- Help the children to understand the changes in your finances and to change their expectations.

5. **MANAGING A SOCIAL LIFE:** Sooner or later, most divorced persons want to socialise and meet new people. This may cause conflicts with children and other responsibilities. But moderate socialising makes life more bearable and meaningful.

Some Solutions:

- Set aside time regularly to do something you enjoy with someone you like.
- Ask for support and help from friends and relatives.