

getting beyond over...

and keeping the children out of it!

You are divorcing. While you may feel as if you are dying and it is the end of the world, it is not. It may be the end of a life you have built with the man you thought you would grow old with, but it is not the end of your life.

As hard as it may be, you need to accept that the marriage has ended. It is not important to determine who is to blame and if so, whether those who are blameworthy need to be punished for their lack of caring, commitment,

communication or all of the above. We don't always end up with the person we married nor are we necessarily the same person we were when we married. Comparing yourself to the new paramour or wondering why you weren't good enough or what you did or didn't do will not change the circumstances. You did not fail. Your marriage failed. Children, in particular, do not need to know the alleged reasons why their parents' marriage is ending. Children should not be placed in a position where they are the venting receiver or the shoulder for the now single

parent to cry on as they try to maneuver themselves in this new imposed life. Far too often, parents use children as sources of information or as a strategically placed messenger. Children should not be put in the middle of the marital change and turmoil. Children must be allowed to remain children and encouraged to maintain a relationship with both the parents. If you don't see the importance in this, the court most certainly will at your expense. The spouse that you married is and will remain, the parent of your children well after the divorce is finalized. Children that are alienated from their parents will continue to suffer even after your pain from the divorce has subsided. The most important thing for the children to know is that they are loved by both parents. Regardless of the reason for the divorce, extracting sympathy from your children, at the expense of their relationship with the other parent is not only unfair, but many times will come back to you in the form of resentment.

Take time to grieve. With any significant loss, there are moments of grief. Grieving over the end of the marriage is not only permissible, but necessary. However, the children should not be subjected to the pain and heartbreak of their parents. They have enough to deal with

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on their own. While it is okay to talk to the children about the process and what you are going through, the children should not have to watch their parent in the midst of an emotional breakdown. This can be extremely traumatizing to the children who may then blame the other parent, which in turn can hinder the relationship with the other parent. When the healing process starts, there will be bad days and then good days, until there are more good days than bad. Our friends and family are often the best support. Share what you should not expose your children to with your best friend, co-worker or sibling. There is always someone who is going through or has gone through what you are and will want to help you through it.

Find your best inner self. It's not too late to be who you once wanted to be. When we enter into a marriage, we may have lost who we were or who we wanted to be. Now is the time to find that person or revive that lost soul. All too often, parents put the needs of the children or the spouse above their own to the extent they have no identity beyond that of wife and mother. There are many women who have successfully pursued college degrees and careers only after their marriage ended. Now it's your turn.



Meet the Lawyer

Amanda Salcido is an attorney practicing in family, juvenile, dependency, military and criminal law. She takes a personal, hands-on approach in the representation of her clients. Call for a free consultation or to find out more information on this issue or any other legal matter visit her at her website.

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