

redefining divorce

Hello Emotional Turmoil, Why Are You Still Here?

I wish they taught a class in school called "How to manage emotions." Managing "life" is hard enough without the added emotional catastrophe that results from a divorce or a separation. Add kids into the equation and there are multiple people struggling with no direction, or guidance on how to manage their state of heart, and state of mind. Soon, life becomes unbearable and we as a society suffer from depression, anxiety, guilt, shame and sadness because our people are suffering.

As a result of this reality, Redefining Divorce was born. At Redefining Divorce we focus on addressing the emotional needs of individuals in the divorce process. Research has shown that people who address their emotional needs immediately have a higher success rate in future relationships, no matter who it is with. In my experience, I have seen people spare their

children a lot of unnecessary heartache by dealing with their issues with trained professionals instead of at home around their kids.

At Redefining Divorce, we provide our clients with on-site counseling. In addition to handling the legal aspects of the divorce we handle the emotional aspects, which I believe, are much more difficult. Our clients have the opportunity, while in our care, to address their emotional needs. Our therapists teach our clients coping skills, emotional management, and self efficacy. This is not only beneficial for the clients but also for the children involved.

I have seen the impact on a child when a parent fails to address his/her emotional needs immediately. The child's future is greatly affected, and sometimes the parents' cycle is repeated by the child in his/her adult life. Our goal at Redefining Divorce is to stop the cycle and help people recover with minimal damage

to self, friends, family, and society.

Truth be told, facing our demons and working through them is extremely difficult, but necessary. After all, the demons don't go away until we become strong enough to make our minds and hearts uninhabitable for them..

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