

Text

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Review #1-7, pg. 385



Divorce

Journal

You have probably known someone who has gone through a divorce.

What were the positive outcomes of this?

What were the difficulties they had to go through?

Do you think they could have worked it out?

Would it have been better if they did?

“I'd Just As Soon Go”

By: George Strait

You say you want to talk it over
Want to try again
But there's no way of workin' out
This love that we're not in

We could talk and talk and accomplish nothin'
We've tried it all before
It's time somebody did some walkin'
And I can see the door

So I'd just as soon go
I'd just as soon say goodbye
There's no reason to prolong
What we should just let die

And I'd just as soon stop
I'd just as soon end the madness
Knowin' what I know
I'd just as soon go

It's not an easy thing to do
Leavin' seldom ever is
But stayin' just to see us through
Just ain't no way to live

It's hard for you to understand
But we're better off this way
I can't fake it one more night
Or take it one more day

So I'd just as soon go
I'd just as soon say goodbye
There's no reason to prolong
What we should just let die

And I'd just as soon stop
I'd just as soon end the madness
Knowin' what I know
I'd just as soon go

Knowin' what I know
I'd just as soon go

Factors Leading to Divorce

- The most common cause of divorce is selfishness.
- It could be selfishness with time, money, work, caring and communication.
- Other factors of divorce may be changing value system, physical and emotional abuse, religious differences or alcohol/substance abuse.

Divorce Case Studies

- Divide into 4 groups.
- Read the case study and then:
 - Identify the problems.
 - Devise solutions on how to resolve them.

Each group present their findings.

Personal Problems Associated With Divorce.

- No one ever escapes from a divorce unscathed.
- Hopes and dreams are replaced with feelings of rejection, security, and a loss of self-esteem.
- The 4 major arguments against divorce are:
 - Divorce hurts you.
 - Divorce hurts those around you.
 - Single life is not what it is cracked up to be.
 - Staying married is better for you.

More Personal Problems Associated With Divorce.

- Divorce people have more illness, more premature deaths, higher suicide rates and more accidents than those who are married.
- When we divorce we learn to doubt that any relationship can be permanent.
- Children fear that they caused the divorce and they feel rejected and alone.

Coping With Divorce

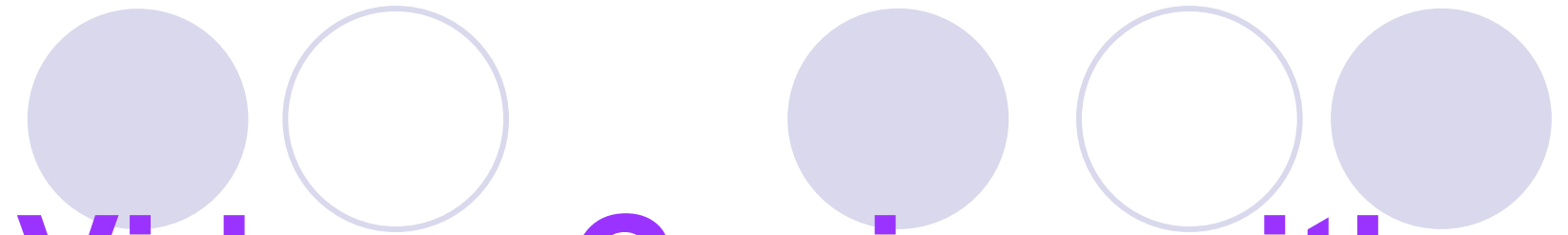
- Dealing with divorce is similar to coping with a death.
- A person goes through three stages.
 - Shock and numbness – one blocks out reality, denial.
 - Reality – deep sadness and great sense of loss, depression and anxiety.
 - Recovery – they give up their hopes and plans they had with the other person.

Adjusting to Divorce

- The impact of divorce on children can affect their self-concept, school performance, peer relationships and needs.
- Parents can help children adjust to divorce by decreasing conflict, relationship with parents, economic stability, and consistent visitation.

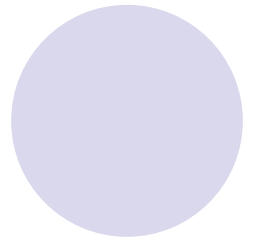
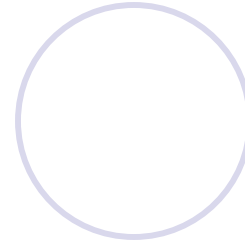
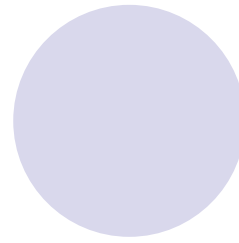
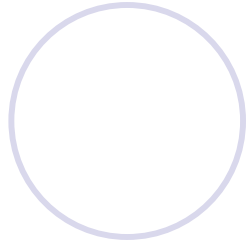
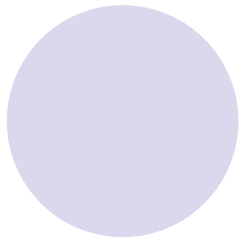
Effects of Divorce by Age

Age	Theme	Symptoms	What to do
2-5	Abandonment	Sleep disturbances	Explain custodial parent will return.
5-9	Displaced, Grief	School difficulties	Discuss fears, Contact with non-custodial parent.
9-12	Acting out	Spying, fight with parents.	Patience, love
13+	Relationship failure	Independence, promiscuous	Communication, encourage relationships.



Video: Coping with Family Crisis

**Video clip: “Step Mom”
scene 3**



Internet:

Divorce Quiz