

Before You Divorce - Read this! Will Divorce Make you Happy?

By Peggy L. Ferguson, Ph.D.

Before considering divorce, take a moment to reflect. Sometimes, newfound clarity about personal unhappiness quickly leads to divorce as the only solution. Some people may have felt stuck in strained relationships to preserve appearances or, due to financial constraints, finally recognizing their ongoing unhappiness and deciding that it is time to leave the relationship. However, divorcing solely out of personal unhappiness may not address the underlying issues within yourself or within the marriage.

It's improbable that your marriage is solely responsible for your unhappiness. While it may feel stagnant or unfulfilling, attributing all dissatisfaction to the relationship oversimplifies the complexities of personal contentment. External factors, such as feeling inadequate, insignificant, undervalued by others, or unfulfilled in other aspects of life, can also contribute to this discontent.

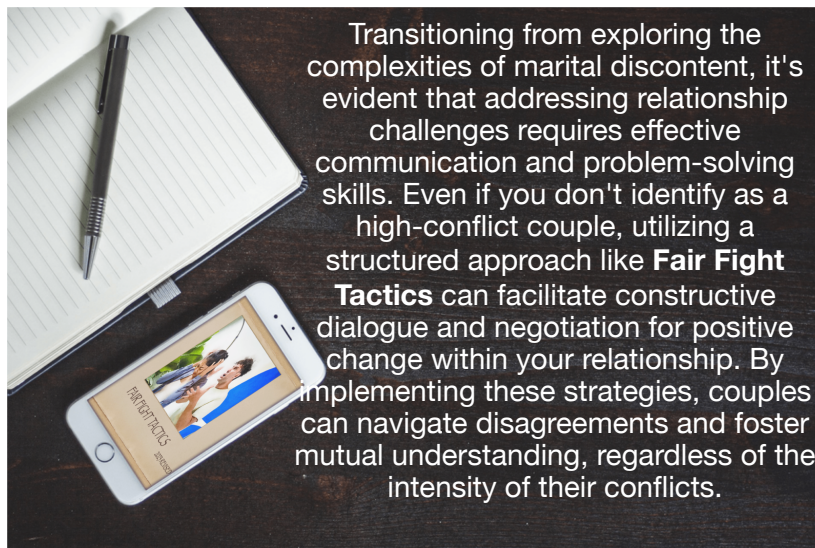
Identifying the root cause of your unhappiness and the solution to the problem requires introspection. You might realize you've neglected self-care or failed to communicate your needs within the relationship effectively. Self-care is a personal responsibility that does not require permission or encouragement from others. Boundaries are a component of self-care and are seldom encouraged by those you are having issues with.

Yet, communicating your wants and needs in a relationship is also an individual responsibility. Expecting your spouse to fulfill your emotional needs without expressing them can lead to further disconnection and dissatisfaction. Sometimes, partners may feel they've tried everything to communicate their desires, needs, and emotions to their spouse, yet they see no tangible results.

Reconnecting with yourself and negotiating with your partner for change is a potential solution short of divorce. Your partner may not fully grasp the level of your discontent or the fact that you are seriously considering divorce. Frank conversations about feelings, desires, and goals can foster emotional intimacy and mutual understanding. Rather than viewing self-improvement and marital revitalization as conflicting pursuits, consider them complementary efforts toward greater happiness.

Communication is key in navigating marital challenges. Effectively discussing concerns can resolve misunderstandings and bridge the gap between partners. Acknowledging the interdependence of individual happiness and the relationship's well-being emphasizes the significance of mutual effort and understanding.

Ultimately, divorce does not guarantee happiness. Before making such a significant decision, explore avenues for personal growth and communicate for reconnection within your marriage. Prioritize self-care, communication, and mutual support as you work towards a fulfilling relationship and personal fulfillment.



Fair Fight Tactics
A Brief Lesson
By Peggy L. Ferguson, Ph.D.

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Note: This article has been revised and edited from its original version, which was previously published in 2010 on this site. The content has been updated for contemporary language, clarity and accuracy."