



THINGS THAT YOU SHOULD KNOW

DIVORCE

WITH DIGNITY



Oppermans Inc. 

ATTORNEYS • MEDIATORS

Lawyers. Just different.

EUGENE OPPERMAN

Family law attorney • Mediator • Economic abuse specialist

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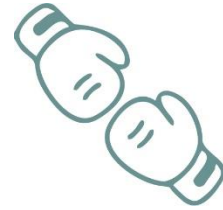
Eugene



Introduction

“Asking the legal system to resolve divorce is like asking a boxing coach to be our marriage counsellor.”

~ Warren Farrell, *Make Any Divorce Better*



What does "divorce with dignity" entail?

Dignity (*noun*) – state or quality of being worthy of honour or respect.

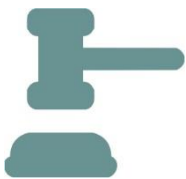
Divorcing with your dignity intact means that you try to navigate your way throughout your divorce with as little drama as possible while maintaining your dignity and honour. In few circumstances will your divorce affect only yourself and by aiming to keep your divorce dignified you can save a lot of self-respect for yourself, your soon to be ex-spouse and your immediate family.



A divorce with dignity is one that is completed amicably and without the need of legal proceedings. You can save literally thousands of rands (and your own sanity) by doing this while **maintaining your personal dignity and assisting your family** in adjusting to their new lifestyle.

By truly speaking with your spouse and utilizing as many resources as you require to get through this process calmly, you can get a divorce with dignity. It implies that you won't be undertaking the task by yourself. However, you must ensure that anyone you add to your "divorce" team fully supports and believes in your decision to complete this process without resorting to litigation.

How come I would want a divorce with dignity?



Well, first of all, ask yourself why you wouldn't want to end your marriage in dignity. Would you prefer to argue your case in court? Who benefits from doing that? Of course, you cannot obtain a divorce with dignity if you decide for some reason that you want a legal battle. But if you simply want to get divorced and move on while still maintaining your self-respect, dignity, and thousands of cash, then this is the best course of action for you.

It is still possible to keep your divorce dignified by means of aids such as **negotiation and mediation**. You might not get exactly what you want, but it is possible to make a reasonable compromise with your spouse.

Benefits of a dignified divorce

Need more justifications to get a divorce with respect? An amiable divorce has several benefits, both during and after the divorce process. Let's examine a few of these:



- You are in control and take charge of your situation



Instead of the courts and divorce attorneys, you and your spouse choose the schedule, choose the topics to be covered (and in what order), and **decide how things will turn out**. Instead of letting someone else decide how things will be done, the two of you will create decisions you can both live with.

- More equitable

You may negotiate a divorce settlement that is equitable to both parties **rather than taking the chance** that it will be impacted by how aggressively one counsel is compared to the other or the judge's or magistrate's disposition.

- Flexible

There is no clear-cut recipe for a dignified divorce. Having said this, you can alter the terms of your divorce within the framework of the law to enable you to reach the **best possible solution** for yourself and your spouse.

- Less stressful

By navigating the conditions and terms of your divorce (your settlement agreement) you **eliminate a lot of stress** not only for yourself but for all your immediate family that will be affected by the divorce. If all affected family members know what to expect out of the divorce there will be little to no room for painful ongoing litigation. You can also eliminate a great deal of your stress if you can keep your divorce litigation to a minimum.



- Highlights the positive

Rather than putting each other down in order to "win," the objective is to come up with a **fair and practical solution**.

- Privacy



If you litigated your divorce in court, the specifics of the case and your private financial data would become public record and open to public inspection. By choosing mediation, if you are not in agreement with your spouse with regards to the terms of your divorce you can act with more dignity as sensitive information will be left out of litigation. Or, if the terms of the settlement are acceptable to both of you, all you might need is assistance with the paperwork. You keep your anonymity in these non-litigation matters, which puts everyone at ease.

- Faster

Our courts are full to capacity and the truth is that your divorce matter will just be a number on their system. Court personnel are often overworked while dealing with backlogs. If you can keep the terms of your divorce simple and uncomplicated there will not be much room for delays due to the workload of the court personnel.

- The emotional toll of litigation is great

Due to the nature of the legal process, one may experience antagonism, self-doubt, anger, and resentment. Who needs that? **Working together with your spouse for the benefit of the kids and yourself gives you a sense of competence, integrity, and doing the right thing.** One strategy to prepare for a happy life after the divorce is to work toward a peaceful divorce. Non-litigated divorced couples are significantly more likely to go on to have cooperative relationships in the future. And you remain dignified.



Factors to consider before your divorce

Finances



A dissolution of a marriage is more often than not **an expensive affair**. If money is already tight it will not help your finances to suddenly start budgeting for a second or alternative household without an increase in your disposable income.

Your best and only option is to prepare a budget for yourself post-divorce and your spouse will have to do the same so that you can both navigate your way financially post-divorce.

Child and/or spousal maintenance



While maintenance can technically be included in your finances it is important to **determine if maintenance is applicable**, to what extent it is applicable, what expenses will be covered for by one spouse to the benefit of the other spouse and what expenses will be specifically excluded from any maintenance obligations towards one another post-divorce.

Factors such as the duration of the maintenance, annual increases, medical aid contributions and co-payments, extracurricular activities of children and tax deductions is just a few of the considerations when you need to negotiate the terms of any maintenance payments with your spouse.

Movable and immovable property

While it is not always feasible and practical to **transfer moveable and immovable assets on date of divorce** due to certain cost implication it is advisable to set the terms of such transfers out in your settlement agreement regardless of when the actual transfers will occur.

By doing this you each spouse can still receive his or her share of the shared property, albeit not necessarily immediately, but in a dignified manner. Transfer fees on immovable properties can be quite costly and nothing stops you from entering a clause in your settlement agreement that transfer only have to occur after a certain set future event.

How can I begin to get ready and prepare myself for divorce?



As mentioned above, **an acrimonious divorce can be mentally draining** and very complex if the matter ends up in a litigated or contested trial court. Undoubtedly you have been pondering divorce for quite some time as these decisions are not usually made in a hurry, so in order to prepare you for what is about to happen.

Make sure the marriage cannot be saved before deciding that you are truly prepared to go through this. Get into counseling or do all you can to rescue the marriage if there is still any chance of doing so, as it will be very difficult or embarrassing to turn back once this process has begun. Spend some time alone reflecting on how you feel. You'll be able to tell if you feel better, more liberated, or more at peace, or if you miss your spouse and wish you could be with them. Consider the issues and decide if you can solve them or if you have exhausted all options and are ready to move on.

You have the right to your sentiments and to do what you believe is best for YOU. Alternatively, you might just wish to move on. This is a decision only you can make; don't let anyone else tell you what to do. However, you must begin planning your course of action if you are certain that this is the best course of action.

Tips when communicating to your spouse that you want a divorce

1. Make sure that you are certain

If you have any doubts in your head or heart that you may regret starting the divorce, now is **not the time to make such a major decision**. Instead, you may have a real chat with your spouse about where your relationship is heading and what isn't working for you. Consider couples counseling to help you get out of a possibly challenging phase. If you make this move before finalizing your marriage and it doesn't work, at least you'll know you've done everything you can to rescue and reorient your marriage.



2. Don't surprise your spouse

Even if your spouse is aware of your dissatisfaction, there is no guarantee he or she isn't planning a divorce. If your spouse has no idea you are intending to divorce them, they will be surprised when you inform them. Inform your spouse that you need to talk about something important and set up an appointment.

3. Pick a private place

Inform your spouse that you need to speak with him about anything and schedule a time and date. Go somewhere private where you can spend some time conversing together.

Turn off your cell phones, get a babysitter, or do whatever you need to do to remain both undistracted and uninterrupted while speaking. Maybe you should talk to your spouse about divorce at home, in a park, or anywhere else private.

4. Be ready to face anger



There's no simple way to tell someone you've loved, married, and lived with for years that you're divorcing them. Be prepared for sobbing, anger, denial, blaming, and fights during this intense discussion.

If you decide to divorce, don't put it off because it will be more difficult to accomplish later. Bring in a counselor, a trusted friend, or discuss in a public area if you need help.

5. Prepare your response

Consider how you want to express yourself and be precise about your message. Begin with a brief overview of your dissatisfaction, ensure that he/she realizes the gravity of the situation, and then explain unequivocally that you no longer want to be married to him/her. Stop now and let your partner respond, but don't give them false hope.

6. Don't point the finger

You won't be able to agree on what happened if you criticize your spouse or quarrel about the past. Use "I" statements, use neutral language, express your sentiments, and be sensitive to his/her feelings. "I know it's terrible to hear, but our marriage is over, and I want a divorce." "I don't think marital counseling will help our marriage, but we could benefit from consulting individual therapists."

7. Calm down

When you inform your partner that you want a divorce, it's likely that they may become unhappy. They might get angry, wish to argue, or even threaten you. **Avoid getting upset in return or engaging in conflict.**

As you take in their reasons, calmly reply that you recognize how painful and unpleasant it must be to hear them, but that you must accept that this is how you truly feel and that you have no control over it. Tell him/her that there is no chance we can save our marriage.



8. Abstain from a trial separation

Tell your partner that you want a divorce, not a separation, and that your decision has already been taken if your spouse tries to negotiate a trial separation rather than a divorce. If not, you will only be delaying the issue.



9. Keep your boundaries

You can feel guilty after giving your spouse the bad news and want to make them feel better by showing them attention. That is incorrect. You don't want to send your estranged spouse conflicting messages, so uphold your personal boundaries and preserve your distance. Make sure they understand your seriousness.

10. Tell your spouse of your intention to go through the divorce with dignity



It is important to tell your spouse that you **do not want to enter into an acrimonious legal divorce battle and that you intend to be part of the process of settling the divorce amicably without going to court.** You might want to suggest that you take some time apart and later meet with a divorce mediator in order to discuss the way forward. In this regard it is advisable to consult with a mediator that is also a family law practitioner to offer guidance to stay within the scope of the law when it comes to having your divorce being settled and to draft the necessary paperwork to give effect to a practical, fair and equitable division of assets, parenting plan (if there are minor children) and general settlements.

After the first discussion about divorce....

If your partner agrees that divorce is the best option and you two can go through the process calmly, you should start discussing the following:

Living Conditions:

- How long and under what conditions will you cohabit?
- When and who will eventually leave?

Children:

- How will you approach this topic with the kids?
- What kind of parenting strategy do you believe will be successful? Then, when you're ready to begin the actual process, whoever you employ to assist you with the documents can help you understand how to write the parenting plan for the court forms. Figure out what works for both of you and the children.
- Where will they call home?
- What type of visitation will be effective?
- Who will participate in their "legal" decision-making? (Decisions on health, education, and welfare).



Finances:

When it comes to money, you should each create a budget so you can plan how you'll eventually live independently.

Child maintenance:

- Familiarize yourself with the topic of child- and spousal maintenance. Download our ebook on everything that you should know about maintenance here.
 - How will you handle paying for school expenses, if any?
- How will you manage the costs of extracurricular activities?

How will the cost of childcare be covered?

- Deductions for taxes: Who will deduct the children?
- Medical aid: Who will be responsible for the kids' coverage, and how will you manage the costs of uninsured medical expenses?
- Are there any other financial queries pertaining to the kids?

Support for a spouse (spousal maintenance):

- Is this relevant? Will one side require the other's financial assistance?
- What amount?
- How much time?

Property:

- How will you divide your debts and assets?
- Do either of you own something that should be kept separate from your "joint" holdings?
- Are you a home owner? What will happen to the home?

Divorce's emotional stages

Divorce involves more than simply a legal formality; there are **also emotional stages that must be navigated**. There are predictable feelings that need to be acknowledged and processed even though not everyone experiences them to the same extent. Divorce falls in one of the top categories of stressors. The five most stressful life events include, but is not limited to the following circumstances:



- **Death of a loved one**
- **Divorce**
- **Moving**
- **Serious Illness &**
- **Unemployment/job loss.**

We don't all deal with stress in the same way. Some people are better equipped to deal with such stressful events than others. Our support structures vary as well.

A constant factor is the stages of grief we go through during stressful or traumatising times such as a divorce.

The stages of grief include the following and occurs mostly in the following order, however a few variations of the order are possible:

- Denial
- Anger
- Bargaining
- Depression and
- Acceptance.



Denial

Denial is a **coping mechanism to deal with emotional pain**. It is a period of adjustment and often it is easier for an individual to pretend the stressor never happened than to deal with the sheer loss.

Denial may slow down your progress to acceptance, but in the process, it will assist you to keep some much-needed dignity as you will simply not have the capacity to act out on your feelings.

Anger



During this phase you allow yourself to **give expression to your often cropped up feelings**. You speak your mind and others know how you feel about your spouse or ex-spouse. You need to be careful not to alienate your support structure with unintentional misdirected anger as you may lose more than your spouse during this period if people feel that they are at the receiving end of your anger. **During this stage it is easy to lose sight of keeping your divorce a dignified affair as you will feel the need to get back at your spouse or ex-spouse.**

Bargaining

This might be your **most vulnerable state** as you will be willing to negotiate any terms just in turn to free yourself from some of the pain you are experiencing. You will investigate and address your personal faults and your contribution to the dissolution of your marriage; however, your negotiation and bargaining will not be directed towards your spouse or ex-spouse, but rather towards a higher power.

It is **quite normal to try and retain something familiar you have lost**, even though this lost will be better and healthier for you over the long term. The fact that your bargaining will not be directed towards your spouse or ex-spouse will indirectly assist you in keeping your divorce more dignified as your spouse or ex-spouse will be unaware of the extent of your turmoil.

Depression

During this phase you will **gradually accept that you cannot change your circumstances**, regardless of how hard you try. You start to face your new reality head on and the intense feeling of loss can trigger a degree of depression. This varies from person to person and from scenario to scenario.



It is quite normal to stop fighting your circumstances and to withdraw in the process as you realize you cannot change it. Although this is a normal part of the healing process you need to address your degree of depression in order to walk away from your marriage with your dignity intact. Keep in mind you don't have to get over your depression overnight. It is perfectly normal to feel what you are feeling. The key is to find healthy resources to move on from this phase.

Acceptance

This is **the last step in your “grieving” process**. While you still experience the pain of your divorce, you no longer try to change the circumstances around your divorce. You accept your situation, deal with it as best as you can and you will notice that your feelings are calmer and more reserved as well.

During this phase you will also start planning on your new future as a single person. When you reach this stage of acceptance it will be easier to handle your divorce with dignity and even to wish your ex well on his/her journey ahead.

- **Denial:** "This is not happening to me. It's all a misunderstanding. It's just a midlife crisis. We can work it out."
- **Anger and resentment:** "How can he [she] do this to me? What did I ever do to deserve this? This is not fair!"
- **Bargaining:** "If you'll stay, I'll change" or "If I agree to do it [money, child-rearing, sex, whatever] your way, can we get back together?"
- **Depression:** "This is really happening, I can't do anything about it, and I don't think I can bear it."
- **Acceptance:** "Okay, this is how it is, and I'd rather accept it and move on than wallow in the past."

Create a “divorce team”

Depending on your needs and resources, **your divorce team** should assist you in the following areas so that you can get a divorce with dignity:

Divorce mediator



You can get in touch with a divorce mediator in your area if you need assistance reaching a settlement on a few topics. Once more, look for one with positive reviews or ask friends for recommendations. Make certain they have **knowledge of family law**. Use just a divorce mediator that is wholly experienced in family law matters if you want the best outcomes. If you work with a lawyer who is also a mediator, make sure they specialize in family law mediation and don't handle any litigation as part of their practice.

Your mediator should be entirely impartial and skilled in the mediation process. The mediator will only type up the forms and agreement for you if the two of you are in complete agreement. Your expenses in this situation should be extremely low, albeit they most likely will exceed those of a service that prepares legal documents.

Attorney

You can engage an attorney to do all of your paperwork only. Ensure that they come highly recommended or that you have read the reviews. If you and your spouse are in complete agreement on all issues, it should

be quite simple to set fees up front so that you are informed on the precise cost of the process (not an estimate).

You can handle everything yourself, but this is **not advised** because it's crucial that you utilize this time to sort out the problems and proceed as smoothly as possible. Getting help with the paperwork can be quite frustrating, so do it if you can.

Emotional assistance

Get some emotional support if you can to get you through this. The various forms of **emotional support** are plentiful. To find out if your health insurance covers any forms of counseling, check with your provider. Even with very little money, you can always get help from:



Family members: Although they might not support your divorce or believe in it, if you have good ties with them, they are your strongest allies.

Support from friends

This can be challenging as well, particularly if they are close to you both. But close friends should understand you well and offer you the emotional support you require, especially if they have gone through the same thing. Sadly, you can lose some of your friends during the divorce process, particularly some of your couple buddies.

The church is a great place to find the help you require. Nowadays, there are also divorce support groups in several churches. But first, your minister, pastor, practitioner, rabbi, or whatever name you give him or her, would be an excellent person to talk to for assistance.

Therapists

If you decide to start treatment, you could actually require two different therapists: one to assist with your separation from each other, and the other to assist in your emotional healing and support of your kids. Additionally, there are two types of therapy you can choose from: individual counseling and group therapy, in which you are in a group with others who are going through a divorce.

So how do you pick a therapist from the various subcategories? Many people who are considering therapy don't know where to start or what kind of therapist is best for them. Understanding the differences between professional therapists, what they offer, and how they are educated to effectively treat their patients is crucial for achieving the intended outcome. You should likely speak with a counselor or marriage and family therapist (MFT). If you know you want a divorce, make sure the therapist you select has experience working with divorcees and won't try to rescue your marriage.



Support during your divorce

Your marital status is not the only change after your divorce is finalised. Life as you know it is changing rapidly and there is not much what you can do about it apart from accepting and adapting.

Your support structure will change as well. **It is perfectly normal for friends and acquaintances to gradually disappear out of your life for the simple reason that they will no longer know how to treat you.** It is easier to avoid contact than to not knowing what to do or say to you. Some people may even consider you a threat now that you are newly single.

Remember people that are suddenly absent from your life or who gradually disappear over time is no reflection on yourself. It is a direct result of their own insecurities.



time.

The key is to **find and build yourself a support structure** with what little friends you have left and to expand this support structure gradually by meeting new friends and acquaintances. You will have to force yourself to join organisations or clubs with likeminded people, whether it is for hiking or more cultural inclined. As soon as you surround yourself with likeminded people you will form new connections, acquaintances and friendships over

This is most likely the most difficult step post your divorce, but remember this is not a competition with anyone. Do this at your own phase while you keep your head up high with your dignity intact.

What other options do I have if I can't get a divorce with dignity?

You can't agree and you're not making any progress. Do you require legal action, and if so, what steps do you take?

Uncontested divorces

This is the most dignified divorce possible. The reason for this is the fact that you and your **spouse work together to reach an amicable solution** with regards to the dissolution of your marriage. You don't need separate attorneys for an uncontested divorce as your dedicated attorney can act impartial from the very beginning and the need for a trial is eliminated. A further advantage is that only one spouse, the plaintiff, needs to appear in court for a relative short period of time.

If you and your spouse reach a settlement agreement which can be incorporated into your divorce order you are well away to keep your divorce dignified and uncontested. Remember, the settlement agreement addresses factors such as the division of assets, primary residence of children, if applicable, and maintenance payable for your ex-spouse and/or children.

Contested divorces

A Contested divorce **is more time consuming and consist of several processes** that needs to be followed. The process documents include the following:

- Pleadings,

- Set down of trial,
- Discovery of documents,
- Further discovery and particulars,
- Pre-trial conference,
- Trial and
- Judgment.

Pleadings include process documents such as the summons, plea, counterclaim and further pleadings. The purpose of the pleadings is to narrow the dispute at hand and to provide guidance in terms of what evidence needs to be led.



While a divorce is started with a summons, whether it is contested or uncontested, the difference lies in whether parties agreed to a settlement agreement or not. With no settlement agreement present the summons will end in a trial and then subsequent judgment. The trial in a contested divorce is the key factor to the extent that you will be able to keep your divorce relatively dignified or not. During the trial process both parties will lead evidence and it is during this stage where parties can get emotional and start being vindictive. The fact that it will raise the cost of the divorce is the last thing that emotional spouses consider at this stage.

When the defendant gets served with the summons, he/she has 10 days to enter an appearance to defend or 21 days if the parties live in different provinces. After the defendant served his/her notice of intention to defend a plea need to be filed within a further 20 days. The defendant may deliver a counterclaim and even a claim in reconvention after he/she entered an appearance to defend. In response the Plaintiff may deliver a further counterclaim.

When pleadings are closed application may be made for a trial date and during this period where the pleadings are closed and the parties await the trial date, application can be made for discovery of documents where both parties can request documentation with regards to the trial from one another.

The above is an extremely time-consuming process and not conducive to dignified divorce.

During the pre-trial conference, the last step before the actual trial, parties can attempt to regain some of their dignity by clearly defining the issues in dispute vs the issues that was resolved in order to reach a final settlement.

During judgment the court will issue a cost order. Where parties can decide in an uncontested divorce who will be responsible for the costs involved this is not the case with a contested divorce and the party that might least be able to afford it might end up with a cost order against himself/herself.

Divorce: The 5 stages

The five stages of divorce are **spiritual un-bonding, physical separation, emotional separation, and cognitive separation**. Couples may remain be "married" years after the legal divorce because of their physical connection until the emotional divorce is complete. You can learn more about these phases' significance and the reasons behind each one by reading the article that follows.



Separation of the mind or cognitive



The cognitive or mental separation usually occurs much before the actual choice to divorce and is more of a setting of intention than a decision. In general, people make plans or decisions regarding their future, such as changing jobs or moving, before they are psychologically and physically prepared to do so. There is a period of dissatisfaction and misery before the cognitive separation.

Depending on the level of preparation, the coping strategy used and the severity of the crisis experienced after the decision has been expressed will differ. Naturally, it's best if everyone in the family is able to communicate honestly and work through any problems to find solutions. The majority of the time, there is severe dysfunction and open communication has either never existed or has already failed.

When there is no communication, anxiety and rage grow stronger and reactivity increases. **If the decision wasn't mutually made, the departing spouse feels guilty and is less prepared, as well as having more resentment and depression.** Usually, confusion creeps in, leading to a decline in parenting, regulations, and duties.

Physical distancing

Couples may keep getting back together until the emotional divorce is complete, but the physical separation is merely that.

Legal dissolution

The socioeconomic and cultural separation is the legal dissolution. It is immediately clear to me as a mediator and a lawyer that unresolved emotional tensions feed aggressive behavior. The legal divorce can be a protracted, drawn-out battle in which the parties remain wedded out of resentment by breaking their commitments and disobeying court orders, or by adopting positions that reflect their internal conflict and inability to separate while simultaneously trying to hold on and let go.



Spiritual relationship (being a "soul mate")

The spiritual link has no temporal or geographic boundaries. Some claim that once created, it never breaks and endures even after a painful breakup. The absence of strong emotions is replaced with feelings of unwavering love, compassion, and vulnerability toward the other.

Mental divorce

The process of emotional separation entails sorrow as well as the detachment of the romantic and dependent parts of the relationship.

At this point, transformation and growth take place. It entails letting go of games, role definitions, and familial expectations as well as comprehending why you chose your partner, why you stayed, and the "dance" you keep repeating over and over again despite the fact that it doesn't work.

Instead of placing blame, change comes from accepting responsibility for the marital issues and finally changing that "dance." It entails being able to see your partner clearly and taking a chance on novel conduct. Since you're changing the dancing moves and refusing to do the previous routine, your companion will definitely object.

The exact definition varies from person to person, but some examples include a passive spouse becoming enraged or a volatile partner cheerfully leaving an argument; requesting what you truly want and need; acting on your own behalf despite your partner's objections; refusing to put up with some of your spouse's unacceptable behaviors that you've been complaining about for years; taking a solo vacation; or refusing to do something you felt obligated to do but have always resented.

People actually change as a result of emotionally unbonding because they are given an option of fresh attitudes and actions. The marital structure gradually deteriorates as the drama abates. Ideally, this will make the physical and legal separation go more smoothly.

The value of emotional un-bonding



The couple's attempts to move on in their separate lives will be hampered if the process of emotionally un-bonding is not completed. Because of this, couples are essentially still "married" years after the legal divorce, even if simply to keep in touch during legal disputes or to ritualistically share holidays ("doing so for the children's sake").

One such long-divorced couple continued to reside on the same property in different homes while maintaining their distance through their adversarial court proceedings. Because he provided transportation for her and she felt the need to save him and get him out of his despair, another divorced couple resided in the same area.

Managing the emotional divorce

Dealing with the emotions of terminating a relationship, such as depression, rage, and worry about the adjustments that will come next, is another component of working through the emotional divorce. It can be frightening to face the unknown.

Divorce involves many changes. It could entail changing jobs, relocating to a new location or school, returning to school, or entering the workforce after years of being a stay-at-home mom. There are also the losses that come along with them, including your home, your financial security, your friendships with former in-laws, and others. Along with dealing with your lifestyle changes, you also have to cope with your loneliness and lingering regrets about the past.

It also means losing one's identity as a wife, a mother, or even a husband. All these losses must be mourned, and the anxieties must be faced, in order to properly go on. It may be easier if these mourning concerns are addressed in advance of the divorce. By letting go of our attachments to the things we value most, we create more internal room and flow, open ourselves up to new possibilities, and give ourselves the chance to connect with previously undiscovered aspects of ourselves.

A therapist can assist you in processing your sorrow and discovering hope for the future if you are having trouble adjusting to all these changes.

Final words

A divorce with dignity has a lot of advantages:

You're in greater control.
The outcomes will be more unbiased.
You're more adaptable.
It's far less stressful
It emphasizes positive aspects
It's a private matter.
It's quicker and a lot less expensive.
Improved compliance is probably

Grief is an extremely personal emotion. There is no fixed timeframe in which you absolutely have to work through each and every single phase of your grief. You can take as long as you need before you move on to another phase of your grief.

People will offer you advice. Some with good intentions and other not so much, however they are not living your life and ultimately you know what is best for you. Thus, you don't have to accept all the advice, whether wanted or unwanted, learn to manage it and accept or decline it gracefully while you stay true to yourself. You will know when you are ready for new experiences as a divorced individual and you can guide this new journey on your own terms.

If you don't feel like leaving your house for a while it is perfectly fine, but make a conscious decision that you will make the best of your new circumstances by not letting temporary emotions or setbacks stand in your way for too long.

Life will pose plenty of challenges as a newly single individual so your divorce is not the absolute final end of all your pain, but it certainly is the first day of the rest of your life. The difference is that you no longer have a spouse to accommodate when making plans with regards to your future. This can be as liberating and dignified as you want it to be. You do have the power to choose.



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