

When Your Children Divorce

When a parent hears the dreaded words, “we are divorcing”, we go into mommy mode and try to fix things for them. We try to make things right and mend fences to prevent the upcoming divorce. There are some things we should consider as choices.

1. Don't immediately jump on the bandwagon and start blaming your child's spouse, especially in front of your grandchildren. Your anger may be justified, but carelessly expressed anger can wound deeply. Be quick to listen and slow to speak.
2. Don't continue to let your mind spin in downward circles, asking yourself, “What did he do?” or “What did she do?” or “Why didn't they.....?”
3. Don't take over and try to straighten things out. Let these adult children live their own lives. Wait for them to ask for your advice.
4. Don't try to explain one spouse's behavior to the other one when you don't really know the whole story. Use anger as an ally to propel you to accomplish something constructive. This energy can become a creative expression.
5. Exercise.....it allows you to let off steam physically. It defuses stress and helps you to relax. It will get your heart and lungs in better shape.
6. Write about your feelings. Journaling may help you become aware of what you are feeling and thinking.

At some point we as parents must accept the divorce as a reality and realize that we cannot change our adult children or fix them. We have to support them and love them in good times and bad.

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