



Divorce:

How I dealt With it

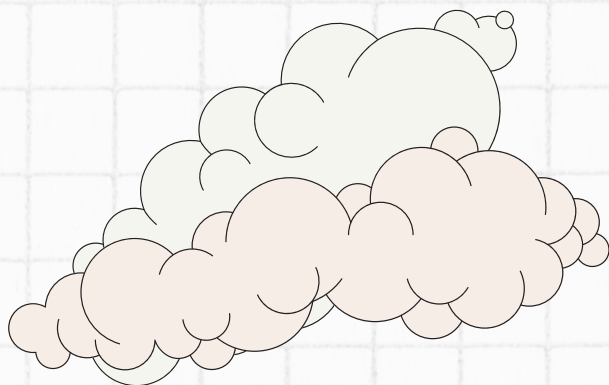
(and hopefully how you can too)



The start

At the start of my parents living separately EVERYTHING was dictated by the court orders. It felt like I couldn't breathe without being reminded of the orders. I wasn't allowed to take clothes between houses and I wasn't allowed to stay an extra night at a parents house. It all felt very final but it is important to remember that people change and plans change. It won't always be like this.

Sticking to the orders can be annoying but it is useful for parents to sort themselves out in their new lives while making sure you and your siblings are taken care of and where you need to be.



Feelings

I didn't know what to feel at the time. I was seven when the whole court thing went down, and I'm still not sure how I feel about it now, eight years later.

I remember feeling angry and not knowing why, just feeling this massive ball of rage. Then the anger would pass and I would just cry, overwhelmed with sadness. This is all NORMAL. You're gonna feel a LOT, and you need to let it out somehow. Some people let it out playing sport or doing art, I swam in my dad's swimming pool for hours while I dealt with what I was feeling. It worked for me, but might not for you. You just have to find the thing that works,



Between Houses

When my parents originally separated, I had no clue what I should and shouldn't take between their houses. Over the 8 years (gosh, I'm old now) I have figured out a short list of my essentials that can all fit into one small backpack, it's next to this text box! (the list here don't include school things like books or my lunchbox)

I have some friends that take nothing between houses, and some that don't take their clothes but do take their blanket. My stepbrothers used to take their old dog between houses. You need to take whatever you feel comfortable with and will use. Nobody has the same needs every week.

- Laptop charger (My school one)
- Any medication I have to take regularly
- Any jumpers or pants I want for that week (This used to be VERY contested by my parents, but they don't really care anymore)
- My kindle/whatever book I am currently reading (I'm a massive reader)
- My dance shoes and leotards (admittedly, doesn't go in the backpack - they have their own bag)
- Headphones (to listen to music)
- My trombone and sheet music

In The End

In the end, I can luckily say that my parent's divorce was for the best.

That doesn't mean that it was easy, or that they don't argue anymore, but it means that my life has gotten much better than it would have been had they stayed together and much better than it was during the court proceeding.

The dust eventually settled and now my family gets along quite well with each other. There's less fighting and they can even go to school events together.

They still argue sometimes but it is nowhere near the level it was a few years ago.

Instead of sticking to a paper plan they are willing to let me spend extra nights at each house and go to sports events with the parent that doesn't have me for that week.

Over the years they have gotten more flexible with each other than I ever imagined they would.

While I still struggle with switching what house I am living in for the week, or forget to bring my laptop charger and school books, my grandparents and parents are always able to help me get the things I need or a replacement.

It's important to remember. It does get better, even when it seems like your world is going to end.

