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The Divorce Blame Game

By Christina Rowe

We all begin the divorce process convinced that everything is the other spouse's fault. All of the

pain is a direct result of their bad behavior. Your ex is acting in complete disregard for your feelings. If your ex would only behave the divorce would go more smoothly. That you might have a part in this mess doesn't even occur to you. No, your spouse is to blame. He is one who cheated, lied, and betrayed you. How could you be responsible?

But when the dust settles you may start asking yourself some difficult questions. Was it really all your ex's fault? Was there anything you might have done or not done that could have contributed to this divorce?

This is where it gets tough. No one likes to think that they were responsible in any way for the failure of their marriage. It just has to be your ex's fault. Don't you have that long list of sins?

How could anyone draw a different conclusion?

Chances are that in most ways you are right, and your ex is wrong. Some of his actions might seem unforgivable. So, after all of the stress, heartache, and pain, why bother to accept any blame? If you look inward instead of outward, you will be able to take control. With this power you will emerge from your divorce with greater insight, and valuable lessons for any future relationship.

Only a victim looks at an ex-spouse and says: "Because of you I do not trust anyone. Because of you my life is empty. Because of you I am in pain." In doing that, the victim gives her ex-husband a controlling power over her behavior. You are making your ex responsible for your life. In saying:

"It's not my fault," you are holding yourself back from the hard work of recovery. The longer you harbor this victim mentality, the longer you will deny yourself a chance at the life you deserve to live.

Don't hide from yourself. Dig deep into the memory of your past actions. Look at them, learn from them, and let them go. Forgive yourself. Until you do that you won't find forgiveness for anyone. Once you do it you might be pleasantly surprised that the anger you feel for your spouse is diminishing.

The Divorce Blame Game

The willingness to let go of the past, and truly move on to a better place, is the key to peace and happiness.

Christina Rowe is the author of the new book *Seven Secrets To A Successful Divorce—What Every Woman Needs To Know*. Find out the survival skills that will save you time, money and heartache during your divorce. For your free Secrets of Divorce newsletter go to

<http://www.divorcesurvivalskills.com>

Children And Divorce

By Stephen Kreutzer

A recent statistic shows that almost half of all marriages end in divorce. Divorce is difficult for everyone involved, but maybe the hardest on children. Most often they experience many feelings that they do not understand. They go through a range of emotions and need their parents to understand. If you are going through a divorce getting to understand how your children are dealing with it is important.

When parents divorce they often put their children in the center of arguments and a game of emotional tug of war. To avoid this sort of thing parents need to work together. Even though their marriage is over they are still parents together. The child needs to understand many things about the divorce. Parents need to keep in touch with their children and understand the many feelings they may be having. Older children, especially, can go through periods where they act out as a way to cope with the divorce. Many times children feel the divorce is their fault. They may worry about the future and how to deal with other events, like parent's day at school. Both parents need to show the children that they can work together and not fight. At the same time it is important to let the children know that you are not getting back together. Establishing some sort of family structure is a necessity to help children get back to "normal".

Children will react different depending on their age. The following list explains a little about each age group and how they react to divorce.

Age 3–5: Regression to a more infantile state, problems sleeping, fear of separation

Age 6–8: Fantasies of parents getting back together, open emotions

Age 8–11: Anger, treat one parent as good the other as bad, take a caregiver role

Age 12–18: Depression, violent actions, judgmental of parents, develop anxiety about own relationships

Learning to help your children cope through divorce is possible the most important step in the divorce process. Children have no choice in the matter and may feel completely left out if their feelings are not recognized.

Stephen Kreutzer is a freelance publisher based in Cupertino, California. He publishes articles and

reports in various ezines and provides divorce resources at

<http://www.aboutdivorces.info>



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