

BENEFITS OF BEING A DIVORCED WOMAN

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There are some less than obvious but definite benefits of being a divorced woman. Those benefits exist, provided a woman chooses to focus her attention on her own life and the well being of her children, rather than on the past and what she cannot change. This mental and emotional discipline separates those who thrive after divorce from those who merely get by or drown in bitterness and disappointment. Focus is key.

Strength. A divorced woman often grows stronger and more courageous than her married friends. She learns to balance new responsibilities along with the old ones and becomes more aware of her children's needs. She sees that she can solve unfamiliar problems and that she can get it done, even when feeling lower than low. This expanded strength will serve her well in many ways as she moves forward in her life.

Compassion. Those who have been through the painful, sorrowful and gut-wrenching experience of divorce develop more empathy and compassion toward others. This pain opens her heart even more to others who are suffering. She becomes more relatable.

Creativity. For every problem, there is a solution and divorced women find those solutions. Human beings don't grow as much when things go smoothly. We stretch ourselves and expand our capabilities during times of crises and change. Divorce offers many opportunities to become creative problem-solvers and consequently expand our skills.

Self-discipline. Women who have been through divorce learn the value of measuring words. To protect her children she exercises self-control and uses discretion when they are present. She learns patience when the divorce process doesn't go well or quickly enough. She learns to monitor spending as financial circumstances change. A divorced woman gives her children more love and attention as their lives shift, even when she is dog-tired or stressed to the max.

Reevaluation. While some doors close, divorce opens others. Divorced women have the opportunity to heal. They reevaluate themselves and their circumstances—who am I now? Who and what do I want in my life? What's standing in the way and how can I clear those obstacles?

Exploration. Divorced women have the opportunity, in small and large ways, to explore possibilities. Even with limited time, she can look at course catalogs, take a class online, try a new sport, read about something that interests her, and emulate successful people.

When a woman is conscious about how she goes through and recovers from divorce, keeping the focus on herself and on what's best for her children, the possibilities are endless.