

# THE CONSEQUENCES OF DIVORCE\*



Consequence	Father	Mother	Children
<b>Physical</b>	<ul style="list-style-type: none"> <li>• Experience many physiological symptoms leading to illnesses due to distress.</li> <li>• Weight loss/gain</li> <li>• Upset stomach</li> <li>• Body aches</li> <li>• Fatigue</li> <li>• Appetite loss</li> <li>• Headaches</li> <li>• Sleep Problems</li> </ul>	<ul style="list-style-type: none"> <li>• Experience many physiological symptoms leading to illnesses due to distress.</li> <li>• Weight loss/gain</li> <li>• Upset stomach</li> <li>• Body aches</li> <li>• Fatigue</li> <li>• Appetite loss</li> <li>• Headaches</li> <li>• Sleep Problems</li> </ul>	<ul style="list-style-type: none"> <li>• Stressed out</li> <li>• Tense</li> </ul>
<b>Spiritual</b>	<ul style="list-style-type: none"> <li>• Father may or may not have attended church at one time.</li> <li>• If the father attended church, they most likely abandoned their faith after divorce.</li> </ul>	<ul style="list-style-type: none"> <li>• Mother may or may not have attended church at one time.</li> <li>• If the mother attended church, they most likely abandoned their faith after divorce.</li> </ul>	<ul style="list-style-type: none"> <li>• No moral compass</li> <li>• Conflicting values &amp; beliefs</li> <li>• Associate God with behaviors of parents</li> <li>• Dishonor parents</li> </ul>
<b>Emotional</b>	<ul style="list-style-type: none"> <li>• Anger</li> <li>• Hurt</li> <li>• Humiliation</li> <li>• Jealousy</li> <li>• Mood swings</li> </ul>	<ul style="list-style-type: none"> <li>• Anger</li> <li>• Hurt</li> <li>• Humiliation</li> <li>• Jealousy</li> <li>• Fatigue</li> <li>• Anxiety</li> <li>• Irritability</li> <li>• Mood swings</li> </ul>	<ul style="list-style-type: none"> <li>• Unable to express their feelings.</li> <li>• Anger</li> <li>• Resentment</li> <li>• Unforgiveness</li> <li>• Insecure</li> <li>• Fear of failure &amp; rejection</li> <li>• Guilt</li> </ul>

\* Elizabeth Marquardt. *Between Two Worlds: The Inner Lives of Children of Divorce*. Crown Publishers. New York, N.Y. 2005. Judith S. Wallerstein, Julia M. Lewis, & Sandra Blakeslee. *The Unexpected Legacy of Divorce: A 25 Year Landmark Study*. Hyperion Press. New York, N.Y. 2000. Allison Clark-Stuart, & Cornelia Brentano. *Divorce: Causes & Consequences*. Yale University Press. New Haven, CT. 2006.

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<p><b>Mental</b></p>	<ul style="list-style-type: none"> <li>• Men usually turn to drugs &amp; alcohol to kill the pain of the past</li> <li>• Low self-esteem</li> <li>• Depression</li> <li>• Guilt</li> <li>• Shame</li> </ul>	<ul style="list-style-type: none"> <li>• Low self-esteem.</li> <li>• Depression</li> <li>• Guilt</li> <li>• Shame</li> <li>• Drink excessively &amp; prone to many other addictive, compulsive, &amp; dysfunctional behaviors.</li> <li>• Crying spells</li> <li>• Worthlessness &amp; hopelessness</li> <li>• Feel trapped</li> <li>• Blame themselves</li> </ul>	<ul style="list-style-type: none"> <li>• Attention Deficit Disorder (ADD).</li> <li>• Depression</li> <li>• Anxiety</li> <li>• Struggle with addictive, compulsive, &amp; dysfunctional behaviors</li> <li>• Secrets epidemic</li> <li>• Inconsistent personality</li> <li>• Low self-esteem</li> <li>• Learning problems</li> <li>• Difficulty growing into adulthood</li> <li>• Difficulty dealing with change</li> </ul>
<p><b>Financial</b></p>	<ul style="list-style-type: none"> <li>• Support of 2 households pulls father away from his children.</li> <li>• Men usually fare better financially than women.</li> </ul>	<ul style="list-style-type: none"> <li>• Support of 2 households pulls mother away from her children.</li> <li>• Women &amp; children suffer financially &amp; are among the poorest of people in the nation.</li> <li>• Women &amp; children lack financial resources to change their economic status &amp; remain poor throughout life</li> <li>• Struggle with debt</li> </ul>	<ul style="list-style-type: none"> <li>• A parents absence often leads a child to raise themselves on their own.</li> </ul>
<p><b>Moral</b></p>	<ul style="list-style-type: none"> <li>• Due to the sexual promiscuity of the father (listed below) – it appears as if the sense of morality has deadened.</li> </ul>	<ul style="list-style-type: none"> <li>• Due to the sexual promiscuity of the mother (listed below) – it appears as if the sense of morality has deadened.</li> </ul>	<ul style="list-style-type: none"> <li>• No moral compass</li> <li>• Invent their own morality &amp; values</li> <li>• Stressed by their parents' lack of morals</li> <li>• Struggle with respect</li> </ul>

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<b>Family</b>	<ul style="list-style-type: none"> <li>• Father's usually lose all contact with their children after divorce due to financial reasons or otherwise.</li> </ul>	<ul style="list-style-type: none"> <li>• Unable to spend quality time with children due to financial responsibilities.</li> </ul>	<ul style="list-style-type: none"> <li>• No sense of belonging</li> <li>• Often compared to an ex-spouse</li> <li>• No sense of structure or routine</li> </ul>
<b>Personal Identity</b>	<ul style="list-style-type: none"> <li>• Loss of common friendships.</li> <li>• Loss of purpose &amp; family.</li> <li>• No longer a husband.</li> </ul>	<ul style="list-style-type: none"> <li>• Loss of common friendships.</li> <li>• Loss of purpose &amp; family.</li> <li>• No longer a wife.</li> </ul>	<ul style="list-style-type: none"> <li>• Loss of childhood</li> <li>• No understanding of themselves</li> <li>• Inconsistent character</li> </ul>
<b>Views of Marriage</b>	<ul style="list-style-type: none"> <li>• Struggle with issues of trust with the opposite sex.</li> <li>• Most likely to remarry or cohabitate.</li> <li>• Second marriage most likely to end in divorce.</li> </ul>	<ul style="list-style-type: none"> <li>• Struggle with issues of trust with the opposite sex.</li> <li>• Most likely to remarry or cohabitate.</li> <li>• Second marriage most likely to end in divorce.</li> </ul>	<ul style="list-style-type: none"> <li>• Fearful of marriage: trapped between wish for love &amp; fear of loss</li> <li>• Most likely to divorce</li> <li>• Avoid marriage</li> <li>• Engage in cohabitation</li> </ul>
<b>Conflict Resolution</b>	<ul style="list-style-type: none"> <li>• Unable to resolve conflict due to anger, resentment &amp; unforgiveness towards ex-spouse.</li> </ul>	<ul style="list-style-type: none"> <li>• Unable to resolve conflict due to anger, resentment &amp; unforgiveness towards ex-spouse.</li> </ul>	<ul style="list-style-type: none"> <li>• Poor communication skills</li> <li>• No model for healthy conflict resolution</li> <li>• Unable to understand themselves; therefore, unable to understand spouse</li> </ul>
<b>Sexual Promiscuity</b>	<ul style="list-style-type: none"> <li>• Casual sex with multiple partners.</li> </ul>	<ul style="list-style-type: none"> <li>• Women usually become sexually promiscuous to kill the pain of the past.</li> </ul>	<ul style="list-style-type: none"> <li>• High risk of teenage pregnancy</li> <li>• Multiple sex partners</li> <li>• Confused sexual identity</li> <li>• Abortion</li> <li>• Sexually transmitted diseases (STDs)</li> </ul>

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<p><b>Relationships</b></p>	<ul style="list-style-type: none"> <li>• Relationships with former in-laws deteriorates.</li> <li>• Friendships developed during the marriage deteriorate because couples do not know how to incorporate their single friends into couple activities.</li> <li>• Problems trusting adults</li> <li>• Unable to develop healthy relationships</li> </ul>	<ul style="list-style-type: none"> <li>• Relationships with former in-laws deteriorates.</li> <li>• Friendships developed during the marriage deteriorate because couples do not know how to incorporate their single friends into couple activities.</li> <li>• Problems trusting adults</li> <li>• Unable to develop healthy relationships</li> </ul>	<ul style="list-style-type: none"> <li>• Difficult time developing close, personal, &amp; intimate relationships.</li> <li>• Do not trust people.</li> </ul>
<p><b>Social</b></p>	<ul style="list-style-type: none"> <li>• Less likely to have a close friend to talk over feelings &amp; frustrations</li> <li>• Poor support network</li> </ul>	<ul style="list-style-type: none"> <li>• More likely to have close friends to talk over feelings &amp; frustrations</li> <li>• More likely to have good support network.</li> </ul>	<ul style="list-style-type: none"> <li>• Court systems do not take feelings of children into consideration</li> <li>• Children have no say in custodial arrangements</li> <li>• Struggle socially (unable to develop trusting &amp; meaningful relationships)</li> </ul>