

Fears related to the divorce process

In this document you will find a list of fears and worries that parents experience. One does not experience them all; but all have been experienced by someone.

1. not being able to do it all
2. not being adequate at doing the things that my ex-spouse did around the house
3. not being able to do well enough with cooking, fixing things, driving, carpooling, arranging for vacation, managing money, paying bills
4. to be taken advantage of
5. to be abandoned
6. to be ignored
7. to be mocked, made fun of
8. to be rejected
9. to lose money that belongs to me
10. to get more debts
11. to accumulate lawyer and legal fees (debts or using too much of your assets or income)
12. inability to repay debts and have enough money left to pay day to day expenses
13. to miss the other parent's love, affection, friendship, presence, help, support, family, etc.
14. to give spousal support to the other parent while that parent enjoys more free time and leisure activity
15. to be unable to earn enough money to live on
16. to lose friends and in-laws
17. to be uncomfortable when we run into each other
18. to watch my ex-spouse be resentful, depressed or angry because i left the marriage
19. to be considered a failure by my family, friends, etc.
20. my friends and family will not understand and will blame me as they saw my spouse as the perfect spouse
21. to never be able to have a successful romantic relationship
22. to not know what to do during the holidays
23. to never recover from the loss and grief (five stages of normal grief that were first proposed by Elisabeth Kübler-Ross in her 1969 book "*On Death and Dying*": denial, anger, bargaining, depression, acceptance)
24. etc.