

Spring Is In the Air

by Heather B. Quick, Esq.



Spring is in the air bringing a sense of hope and renewal, and as we are planting flowers and getting used to beach weather, many of us feel the need to do some "spring cleaning." For women, that often includes cleaning up our personal lives and removing any "dark clouds" in order to achieve a more peaceful and sunny outlook.

As a divorce attorney who represents women, this is a Spring-time trend I have noticed in my many years of practice. Not all distressed marriages are doomed, they just need a tune-up or revitalization. I urge my clients to seek counseling through professionals before making the big decision to divorce. But all too often I hear that women have been in counseling for years and their husband either will not participate or believes he is not the one with the prob-

lem. As women, I think we process these problems over time and our decisions to end a marriage are not made hastily or without thought. Despite years of infidelity, no communication and lack of mutual respect, men tend to be "shocked" that the marriage is over and the wife is seeking a divorce. This is commonly referred to as Sudden Divorce Syndrome. Donna Ferber, a psychotherapist in Ohio, writes about this in her article, Sudden Divorce Syndrome: Reality or Myth? "A man may be shocked by the news that his wife wants "out" but that doesn't mean she hasn't given plenty of warning, rather he wasn't listening."

Most women come to this decision after years of trying to work it out, single or couples therapy or just denial. Eventually there comes a time when women determine that the unhealthy relationship is harmful to their children and their own self-worth. Ultimately, they may not want a divorce, but

there is not an option if their husband is unwilling to be an active participant in the marriage.

Easter signifies the resurrection and with that there is hope. Spring is when the flowers bloom and we see the rebirth of nature, so it is natural to feel a sense of optimism this time of year. Women facing the possibility of divorce reach the place where they are ready for a renewal in their own lives and, with spring's arrival, start feeling a sense of hope for their new future. Whether it really has anything to do with the weather or just the time of year, I don't know. But when we find ourselves in these situations, it is important to plan a strategy in order to obtain the ultimate goal. So if "spring fever" has you questioning the status of your relationship, please seek professional advice in order to make the plans necessary to secure the bright future you are imagining.



The Quick Law Group



The Quick Law Group

DIVORCE AND FAMILY LAW FOR WOMEN

Divorce Alimony Child Support Domestic Violence Modifications Paternity



Heather Quick, Esq.

Visit our website to find out about our team, upcoming events, free downloads and more!

www.TheQuickLawGroup.com

