

HOW DO I HELP SOMEONE WHO HAS SEPARATED FROM THEIR SPOUSE?

Unfortunately, in our society, it is all too common that husbands and wives become separated, for whatever reason. How do we help someone cope with this?

As someone who is going through this, I definitely have polar opposite moments, that is, of sometimes needing to talk about things a lot & get things off my chest & then other times I just want to hide away from that topic & not face my feelings or my thoughts & take a break. It can swallow up large chunks of my time & my mind & sometimes I need a rest from thinking & talking about it.

Sometimes just being around other people in a happy social setting & living a normal life, doing normal things & enjoying the moment I am in, is so nice.

I appreciate friends asking how things are but not probing too much if I appear to not want to engage in that topic.

So perhaps the answer is being sensitive to if the person wants to 'share' today or not but being there either way.

- Author's name withheld by request.