

Relationship Expert Talks About Helping Kids Through Divorce



By Debbie Bartashius-Ceresa

Whose divorce is it? Perhaps this sounds like a strange question when talking about the Hilary Duff and Mike Comrie custody dispute or the battle of where Jodie Sweetin and Morty Coyle's little Beatrix will attend pre-school. But as a [relationship expert](#), I know that a divorce can cause many losses, especially for the children.

Relationship Expert on Losses of Divorce

There is truth that divorce is a family matter, but in the end, it's the couple who is ending their relationship and love together. The kids are merely in the midst of a war zone, and the damage to them can be immense. Divorce, like death, creates losses for everyone involved. Children can experience any or all of the following:

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1. Loss of expectations: We teach our children to love, trust, and be loyal to us. Children think that their family will always be together. Think about the many stories you've read to your kids; most of them have a family that stays together. Children are also exposed to the vows and commitments parents make to each other through movies and religion. Try to imagine how confused a child feels when they're told that their parents can no longer keep this pledge.

2. Loss of trust: Children have a difficult time dealing with the conflicting feelings of love and divorce. These emotions tend to cause the child to believe that their parents are distrustful.

3. Loss of familiarity and routines: A divorce sometimes causes a move from one home to another or a change of schools. Everything that was familiar and routine in the child's life is disrupted.

4. Loss of safety: What makes you feel safe? Most of us feel stable when we are in our day-to-day routine and our comfort zone. Oftentimes, children caught in the battle lose their sense of safety.

Expert Love Advice For How To Help Your Child Through Your Divorce

As a relationship expert, I look at celebrity divorces, such as the Duff-Comrie and Sweetin-Coyle cases, and see that they create an awareness of how to understand the effect of break-ups on our children. My expert love advice, whether you're dealing with a divorce of your own or someone close to you, is to focus on the kids. The following can help your child:

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1. Don't "fix" feelings: Be there to listen to your child without trying to tell them how to feel. Every child is different and reacts to a divorce uniquely. The problem with emotions that are sad, negative, or painful is that we try to fix them. We don't try to change or fix good feelings. Remember that feelings are feelings.

2. Find a safe zone: Give your child a place to express any happy, sad, or painful emotions. You need to be able to listen, hear, and acknowledge their feelings. This safe zone also means not taking sides with the other parent.

3. Complete your own emotions: The world isn't perfect. Divorce happens. Every divorce is unique; your feelings are unique. Taking actions to complete your own emotions with your divorce will give you the ability to hear and listen to your children.

Debbie is a Certified Grief Recovery Specialist® and the author to the #1 bestselling memoir A Beautiful View, available on Amazon.com. A Beautiful View documents her journey through her husband's battle with cancer, which ultimately ended with his death. She has experienced grief firsthand and is well equipped to aid others in the recovery

process, whether with death or divorce. For more information about Debbie and how to recover from your loss, please visit debbieceresa.com.

For more information about and articles by our Hope After Divorce relationship experts, click [here](#).

Celebrity News: Jodie Sweetin Opens Up About Recent Separation



By April Littleton

According to *UsMagazine.com*, former *Full House* star Jodie Sweetin took to Twitter to address the news of her separation from husband Morty Coyle. "Thank you for to everyone for being kind and supportive...I really appreciate all the fan love", she tweeted. "Life can have its challenges, for sure!" This is Sweetin's third marriage. She was previously married to Shaun Holguin (from 2002 and 2006) and to Cody Herpin (from 2007 to 2010), with whom she has a 5-year-old daughter, Zoie with.

How do you know when it's time to call it quits on a long-term relationship?

Cupid's Advice:

Ending a relationship is a hard decision to make, especially when a couple is together for a long period time. There are times when a relationship loses its spark and it can be very tough to get it back. When is it time to let go of someone you once kept so close to you heart? Cupid has some advice:

1. Feelings change: Have your feelings for your significant other changed? Do you no longer get that warm, fuzzy feeling every time your partner grabs for your hand? The feelings you once had for your love may return in time, but if you're still not feeling it, it's time to sit down and evaluate your relationship. Don't string your boo along when you know you no longer want to be involved with them.

2. Drifting apart: One of you might have gotten that big promotion at work and has been busier than usual. Conflicting schedules can cause a couple to lose touch of each other. If this has been going on for some time now and you've been seeking attention from somebody else, it's time to end the relationship you're in. Although, if the two of you make some time for each other, you might be able to reconcile.

3. Nothing works: You've tried couples therapy and sought the help of friends and family on your situation, but nothing

seems to be working. If you can't revive the relationship on your own and your partner isn't interesting in putting forth the effort to fix whatever is wrong, then it's time to let it go. You shouldn't have to work so hard for love, especially if you're not getting any support from the person you're trying so hard to keep.

When did you know it was time to call it quits on your relationship? Comment below.

Celebrity News: Jodie Sweetin Files for Legal Separation from Husband of Less Than a Year





By Marisa Spano

A *Full House* star is on the verge of ending her third marriage. According to [People](#), Jodie Sweetin filed for legal separation from Morty Coyle, her husband of just a little over a year. Sweetin is seeking custody of the ex couple's 2 $\frac{1}{2}$ - year-old daughter, Beatrix. The actress and her ex got engaged on Sweetin's birthday in January 2011. They decided to keep their marriage secret for a year. On their first year anniversary, the two made their marriage public.

How do you know when to call it quits on your marriage?

Cupid's Advice:

Divorce can be complicated and nasty, so when do you know whether to keep trying or to call it quits? Cupid has some advice:

1. Do whatever it takes: Ask yourself, have I done everything I can to save the marriage? Perhaps couples counseling is the answer, or maybe time is all you need. Either way, you won't be happy if you know you threw away your marriage without

trying to make it work.

2. Plan: Make sure you have researched, planned and prepared yourself legally for a divorce. If it's a spontaneous decision and you haven't done the necessary legwork prior, you probably aren't ready to call it quits.

3. Forgiveness: Has something happened that can't be forgiven? Anyone can live with someone, but if something unforgettable has happened it will no longer be a happy marriage. It is about being completely honest. The real question is, are you able to forgive?

When would you call it quits? Let us know below.