A Psychologist Offers Advice on Redefining Life After Divorce

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You’ve probably heard the rather alarming statistic that half of all first marriages end in divorce. In fact, the shift in American attitudes toward marriage over the last decade is palpable. Census data reveals that the rates of marriage and divorce have both declined between 2009 and 2019.

This signals two important things to us:

- Fewer people are opting to commit to a traditional marriage
- No married couple is immune to relationship issues that can lead to divorce

For many married people, the role of being a “husband” or a “wife” is an important part of their identity, and divorce can throw a wrench in their life as they know it. An inability to accept and adapt to their new role in society as someone who was “previously married” can complicate the process of healing.

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