Divorce Counseling and when to Seek It Out by Essence Harold

Article published on April 30th 2012 | Divorce

If the time comes when your marriage is coming to an end, you may want to seek out divorce counseling. A counselor can help to get you through the difficult times that you are going through. There are counselors for both men and women. The feelings that one has after a divorce whether it is an agreeable or a bitter conflict can be extremely overwhelming. The support of counseling can be invaluable.

The feeling of being, stuck and unable to move forward with your life can put a halt to your life. These are just a some of the things that can make you feel stuck. Some of these include:

* Not being able to sleep or relax

* Unable to concentrate

* Uncontrollable crying

* Uncontrollable anger or fear

* Cannot work

The emotional aspects of going through a divorce can lead to depression, anxiety, eating disorders, substance abuse as well as taking out frustrations and anger on others. Divorce counseling can help you in dealing with these feelings and coping with each of them. If you have a supportive family or group of friends this will of course help, but there are times that they will not be able to fathom the many feelings that you may have. This is when a counselor is the way to go.

Finding a divorce counselor can help to make the transition from being a married partner to a single person or single parent. There will be times that you will be overwhelmed with emotions and not know where to go or who you can talk to. Being able to communicate even just to get feelings out will help to get through the complicated and overwhelming feelings that you may be feeling. Having someone that will be nurturing and understand those feelings while they help you in accepting your newly found status.

There are a few different ways to get divorce counseling, the traditional in office, and there is the telephone counseling. This has been around for some time and has been able to help with depression and anxiety. Some of the benefits of telephone counseling are there are no geographic limitations, and you can choose one that you feel comfortable with. There are many that specialize in different aspects of the divorce process and the feelings associated with it. There is no travel involved, and you can make an appointment, and call from anywhere. Even if you are sick you can still make your appointment. You will not have to worry about how you look, or that you have been crying, and your eyes are swollen, and red.

When looking for a counselor you should make sure that they are licensed in the mental health profession. Since this will be someone that you be spending time with, and you should feel comfortable with this person. You should make sure that the therapist has expertise dealing with divorce. When using a phone counselor, it has been found that you may feel that you are able to speak more openly and freely thus helping in getting through the emotions and feelings.

Article Source:
http://www.articleside.com/divorce-articles/divorce-counseling-and-when-to-seek-it-out.htm - Article Side

Essence Harold - About Author:
a Divorce Counseling and When to Seek It Out is an article ofÂ StateDivorce, a database of a Chesapeake lawyers.

Article Keywords:
divorce advice, divorce help, divorce lawyers, divorce forms

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!