

Divorce Detox – Media Tip Sheet

Allison Pescosolido, M.A. and Andra Brosh, Ph.D. are available to speak on the following trending statistics, themes and issues related to separation and divorce.

- Divorce support groups
- Separation and divorce
- Divorce recovery
- Divorce therapy
- Divorce depression
- Divorce coaching, divorce counseling

Divorce by the Numbers ... Did you know?

Sources: *The Grief Recovery Educational Foundation, The Greater Good Blog, Divorce Agency, Divorce Statistics, Divorce-Online.*

- 2 years the average amount of time leading to divorce
- \$11.1 billions of dollars spent each year on divorce
- 1 out of 4 children involved in a divorce experience Parental Alienation
- 41% – 50% U.S. divorce rate after first marriage
- 60% – 67% U.S. divorce rate after second marriage
- 73% – 74% U.S. divorce rate after third marriage
- 30% percentage of men seeking support vs. 70% of women who seek support
- 1 in 5 divorces blamed on Facebook as leading to emotional/physical affairs
- 21 average number of days missed at work dealing with divorce/separation

Top 10 Reasons Leading to / or Contributing to Divorce or Separation

1. Deterioration of the relationship due to poor communications
2. Different financial expectations or financial problems
3. A lack of commitment to the marriage. Oftentimes, when children arrive, couples put their relationship on hold and focus on the children, practically forgetting about their relationship.
4. A dramatic change in priorities
5. Mid-life crisis
6. Infidelity causes nearly 1/3 of all U.S. divorces and therefore is considered the most common reason for divorce
7. Failed expectations or unmet needs
8. Addictions and substance abuse
9. Physical, sexual or emotional abuse
10. Immaturity, lack of conflict resolution skills, inability to manage conflict

FAQs About the Misconceptions of Divorce and Separation?

Is my life over? * What now? * Will I be alone forever? * Will my children be damaged? * Am I a failure? * What will people think of me? * What do I tell my family? * Is it easier to stay married? * Will I ever trust again? * Will I ever be happy again? * Isn't marriage supposed to be forever?

What Never to Say When a Loved One is Getting a Divorce or Going Through a Separation

- There are other fish in the sea.
- You deserve better.
- He/She was a jerk anyway.
- I never liked him/her for you.
- Don't worry, you are still young.
- Your poor kids.
- When my friend Betty got divorced...
- I wouldn't want to be dating in today's world!