

Beautiful Pain

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According to www.cdc.gov the average divorce rate in 2009 in the United States is 3.6 per 1,000 population. Many children have a tough time dealing with divorces, mostly because they blame the divorce on themselves or just don't understand what is going on and why their parents are separating. It's always hard to deal with divorces with the parents and with the children. Children's attitudes do change following their parents' divorce, they feel powerless against what is happening. Many children deal with being sad or depressed, angry with themselves or their parents, becoming unsocial and drifting away from people, when growing up these children might abuse substances to get away from reality and how painful they took the divorce. Some children may even deal with psychological and behavioral problems following a divorce. There are some children that may not change their attitude or behavior at the time but in the long run is when they're affected by the divorce of their parents.

In the book *A Beautiful Boy* by David Sheff, Nic seems to be fine with the divorce. As a four year old I'm sure it would be hard to understand what exactly was happening but at the same time hard to remember the situation. It seems as if Nic Sheff is putting all his feelings aside and honestly trying to have a good life until about middle school. Nic Sheff went through attitude changes and started using substances such as cannabis otherwise known as weed. The most obvious of behavioral changes in children following a divorce is being sad or depressed. Children tend to blame

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themselves for their parents' divorce. They focus all their energy on being sad and this leads to other problems like becoming an outcast, being lonely, no matter where they are. Sometimes children lose their appetites and stop eating as much which results in health problems. Some children at young ages even stop talking. Children have the tendency to fantasize that their parents are going to get back together, which makes it even harder for the child to deal with the divorce.

Another affect of a child going through divorce is becoming angry with themselves or with their parents. Children might become violent towards themselves as well as their parents. These children usually develop psychological problems with all the anger they show. According to www.marriage-success-secrets.com, the psychological affects that children go through are, "denial, guilt, low self-esteem, physical problems, depression, anger, panic, destructive or even criminal behavior." For children the most common place to show their emotions is in the school environment; whether it's poor grades or picking fights with other children in some cases children tend to barely put focus in their school.

Children may want to get away from the reality of their parents' divorce by abusing substances. Some teens start to use drugs or alcohol to forget what has happened. Using drugs is probably the worst case scenario because at first it might be experimental but then there becomes a need to always have the drug ready to use.

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There are so many addicting drugs on the street today such as heroin, cocaine, and methamphetamines. When children of divorces use these drugs they can become addicted and lose their lives just concentrating on the drug. They can overdose from using the drug too much. These children of divorced parents can also discover the feeling of alcohol. They try to suppress the feelings about the divorce by drinking. Some can even become alcoholics and that has a long term side affect and can also result in death. This is the worst possible way that children of divorces can deal with the divorce.

All is not so bad when parents divorce. Sometimes the children can deal with it because they've noticed the problems that their parents have been going through. Another factor is that the child can become closer to the both parents if the parents are willing to do what they can for their children. The child's attitude and behavior depends greatly on the how the parents' handle the situation. It also depends on the relationship of the child and the parents before the divorce.

Parents should try to do anything to help their children in anyway because there are many consequences of having a child go through divorce. There are so many behavioral and attitude changes that a child could possibly go through, so it is best if both parents do what they can to make it as easy as possible for the child. There are many factors that determine how the child will take a divorce it's better to see the reality in the situation rather than try to fake happiness.

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In conclusion, there is much evidence out in the world and it is safe to say that children succumb to changes in attitude and behavior following their parents' divorce. Whether the changes are for the good or for the bad depends on the relationship between the children and the parents.

Work Cited

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