

FOLLOW-UP QUESTION 9

FOR SINGLE-AGAIN WOMEN:

What help or support did you most need from others when you first became single again?

Responses

Needed someone to talk to that had been through the same situation. Support in helping provide security for my son. I was fortunate that my family helped a lot with that. The help put a roof over our head & care for my son while he worked. Emotional support until I was ready for counseling.

Acceptance. Period. And wisdom spoken over me lovingly.

Just to be loved. And I was. People don't need to understand they just need to love.

Acceptance. Emotional support. My whole world had been turned upside down. My identity went from being someone's wife to that being ripped away from me. That is a huge chunk taken out of someone identity and heart. That is hard enough. Then being told by the church that it was my fault was just salt in the wound. Acceptance is definitely needed!

Hugs. Understanding that my grief was complicated.

Maybe understanding and patience, especially in getting back into the workforce. And even though I know it's awkward, it's awkward for me to do also, but approaching and talking with single people. We still enjoy talking about things. Even things from our past. It probably wasn't all bad.

For others to accept me as a Christian first, not just as a person.

I received a lot of financial support from the church I attended at that time. I really would have liked to be included in more family activities or adult activities. I rarely got invited to anything outside of church.

I think the biggest thing for me would've been people approaching me before worship or Bible class and asking me to sit with them. The loneliness place for a lonely person is in a crowd of people. I also needed people to call and check on me, ask me over for dinner or coffee to give me a chance to talk and connect and feel like someone actually cared.

Divorce is not a subject discussed in a positive manner. I needed to feel I was just like everyone else — but I think people work so hard at not wanting to feel like they condone divorce in general that they just don't talk about it at all. My closest friends were encouraging and no one was intentionally hurtful.

Understanding from those who had been there before. Help doing things around the house that I didn't know how to do.

I needed help with some of the parenting responsibilities. I also needed emotional support for transitioning from being married so long to becoming a single mom in my late 40s. It was like starting life all over again and I sometimes didn't know what to do with my life or which direction to go.

I received some support from my church.

A listening ear, and an invitation to be included in the little things.