**Divorce:  Who Can Say What Defines a Dysfunctional Family?**

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All families are dysfunctional.  Just because you are divorced, it doesn't mean that you should look at or let anyone look down upon you just because they try to put out there that their family is somehow perfect.  Even intact families have problems and studies show that if a couple fights in their marriage, it’s just as devastating to the family as a couple that gets divorced.  Understanding that we all have dysfunctional relationships helps a divorced person, when they are around families, avoid the feeling that they, somehow, got it all wrong.

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When I was married, I remember thinking that it was so amazing that my husband's parents were still married and when I went there I was excited that this was a normal family and I was going to be a part of it.  Coming from divorced parents myself, I believed that if I married this man whose parents managed to stay together all these years, I would certainly avoid a divorce myself!

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What I came to find out is that his family wasn't any more prefect than my dysfunctional family of divorce.  Pointing it out to someone though has its downfalls.

Why do people that come from intact families and parents who don't divorce think that their relationships are so superior to those of us that don't have that?

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Did you ever think that maybe we are the ones that learn the most? We grow out of and because of this experience. Divorce teaches us a lot about ourselves and our relationships. We evolve, grow and change much quicker, because we are forced to. After all, we don’t want to repeat the same mistakes twice! Once we learn what went wrong in our first relationship, we take the steps needed to avoid it happening again. We know the divorce rate is higher. So it becomes time to look at ourselves very closely and change the only thing we can: ourselves!

We learn how to navigate poor relationships and that helps us to have healthier ones.  We are the ones that learn what we don't want and that shows us what we do want, and maybe that is success!