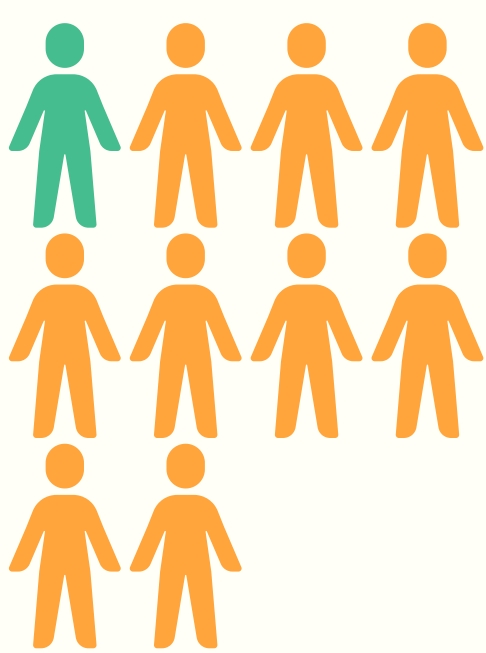


Chronic illness divorce rate



When one spouse is chronically ill, the divorce rate is as high as 75 percent. Married women diagnosed with a chronic illness are 6 times more likely to be divorced. The chronic illness divorce rate statistic shows that 75% of marriages affected by chronic illness end in divorce!



Married women diagnosed with a chronic illness are six times more likely to be divorced by their partners. Chronic illness divorce rate statistics show that 75 percent of marriages affected by chronic illness end in divorce.

Chronic conditions like endometriosis and fibromyalgia have an enormous impact on psychological, emotional, and mental states.

The chronic illness divorce rate is higher than that of "healthy couples" because of the range of impacts pain has.

"The best gift you can ever give to a chronically ill partner is your unconditional love and support"

Lucjan B.

IN ORDER TO DO THAT, YOU NEED TO TAKE INTO ACCOUNT THE FOLLOWING STEPS:

- Accept your partner's feelings.
- Validate them.
- Shut down your overactive brain.
- Go for a retreat!
- Work on yourself...
- Reestablish connection.
- Make new rules.
- Observe what happens and learn.



By accepting your partner's feelings, two of you will realize that you are both entitled to your own feelings. It's crucial to accept your positions without trying to change them. Validate your partner's feelings and perspective.

You need to shut down the "fight or flight" reaction. It's important that you recognize this pattern and stop reacting. Your goal is to be the responsible, kind, loving person that your partner fell in love with, instead of the anxious and angry person in survival mode. You need to let go. Take a step back and do your own thing. You must try to be calm and give your partner space. You must act in a way that will allow your spouse to miss you.

Use that time to work on yourself. If you are the one who cares for the ill, remember, you cannot fix someone else's health, try instead to work on yourself. your behavior, your reactions, and your responses.