

# Divorced Parents Are Not Bas Moms / Dads..

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## SUMMARY

*The speaker discusses the emotional challenges faced during a divorce, emphasizing the importance of distancing oneself from negative influences, particularly family members who instill doubt about one's decisions. They highlight that every parenting situation is unique, and while single parenting can be difficult, it varies significantly depending on the individual circumstances.*

- *Stepping away from doubting family members is crucial for mental clarity.*
- *The speaker acknowledges the pressure and judgment from others during a divorce.*
- *They emphasize that outgrowing a partner doesn't equate to them being a bad person.*
- *Each single parenting situation is unique, influenced by the individual child and circumstances.*
- *The speaker reflects on the challenges of navigating divorce and single parenting.*
- *They recognize the common perception that single parenting is tough but stress that experiences differ.*

What was your all the ammunition that you needed when you took this step? I think the first thing that I did was I stepped away from even family members who made me doubt my decision and who made me feel like I was being an awful parent by doing this.

>> And that was happening with me initially every time. You know, they would keep telling me like, "Oh, you're you have such a nice partner. Why?" I said, "Of course, he's nice." I didn't say he's bad. You know, I've never said that he's bad. It's like I said, two people sometimes outgrow each other and that's that. But I think first thing is to step away from people who make you doubt. You know, I get it that when the things are really heated, when you're getting a divorce, when filing papers and the conversations are looming over your head and there are these million challenges that you're constantly thinking about,

oh, what's going to happen? Uh, how am I  
going to do it alone? And you've heard  
people say single parenting is  
challenging.

But every single parent situation is  
different because every child is  
different.

[Music]