

Divorce can significantly worsen bipolar disorder symptoms, often leading to **increased severity of manic or depressive episodes relapse, and social isolation due to the stress and life changes associated with separation, potentially causing further INSTABILITY in mood** and behavior for individuals with bipolar disorder; this is because the **stress of divorce can trigger extreme mood swings and make MANAGING THE CONDITION MORE DIFFICULT.**

“ The GRIEF experienced after a DIVORCE can be just as PAINFUL as grieving the DEATH of a loved one, as both involve the loss of a significant relationship and can trigger similar emotional stages like denial, anger, bargaining, depression, and acceptance; however, the unique aspect of divorce is that the person you are grieving is still alive. which can add another layer of complexity to the process. “

Divorce Violates A Covenant

- A divorce is an **effort to go back on one's word**, to violate a solemn promise or agreement.
- God takes this very seriously.
- “The Lord has been witness between you and the wife of your youth”
- “with whom you have dealt treacherously”
- To act covertly, to be unfaithful, to be a traitor.

Increased symptom severity:

The **emotional turmoil** of DIVORCE can **trigger** more **INTENSE MANIC** or **depressive episodes**, including increased energy, irritability, **IMPULSIVE behavior** during mania, & **feelings of HOPELESSNESS & WORTHLESSNESS** during depression.

IN SICKNESS & IN HEALTH These words in a marriage vow are a **COMMITMENT** to love **UNCONDITIONALLY, ESPECIALLY** the times your spouse is not physically at their best or **BATTLING AN ILLNESS (Bipolar disorder)** .

Divorce can have important **ADVERSE EFFECTS** on patients with bipolar disorder. For example, **SOCIAL ISOLATION** due to divorce can lead to further **worsening of psychiatric symptoms, increased risk of relapse**, financial difficulties, and decreased treatment adherence.

DIVORCE is not an option. you can work through anything. MARRIAGE is for LIFE because you made a vow and promise to God.

• If we love God, we **cannot divorce** our spouse except for the cause of sexual immorality

- Our desire is to **NURTURE** our relationships to prevent divorce because **God hates divorce**

SUPPORT for bipolar disorder starts **CLOSE TO HOME**. It's **IMPORTANT** to have **people** you can **count on** to help you through rough times. **Isolation** and **loneliness** can cause depression, so regular **CONTACT WITH SUPPORTIVE FRIENDS** and **FAMILY is therapeutic** in itself .

"ISOLATION and LONELINESS are central causes of depression and despair."

*"Everyone says **love hurts**, but that is **not true**. **LONELINESS** hurts. **REJECTION** hurts. Losing someone hurts. Envy hurts. Everyone gets these things confused with love, but in reality **love is the only thing in this world that covers up all pain and makes someone feel wonderful again**. **LOVE is the only thing in this world that does not hurt**." **-Liam Neilson***

Although no 'critical period' was identified in the course of bipolar disorder that may **impact more couple functioning**, it was found that **DIVORCE** was **related to more hospitalizations, MORE SEVERE episodes**, and the presence of residual symptoms in between the episode

Relapse risk:

DIVORCE can act as a **significant STRESSOR** that increases the likelihood of **relapsing into a bipolar episode**, especially if proper treatment and support systems are not in place.

Divorce often *leads to* **DECREASED SOCIAL SUPPORT**, which can further exacerbate bipolar symptoms due to **feelings of loneliness and isolation**. The Catholic Church **teaches that marriages are unbreakable unions**, and thus **remarrying** after a divorce (without an annulment) is a **sin**

Difficulty managing treatment:

The **stress** of divorce can make it harder to **consistently follow treatment plans**, including medication adherence and therapy sessions.

Bipolar disorder is a complex and chronic illness.

*It produces major shifts in mood and energy, It **impairs** all areas of a person's life, including **work, relationships and daily functioning**, Fortunately, however, effective treatment exists, and you can get better, The goal of **treatment is not to cure the disorder** but rather to **control** the symptoms and the course of the disorder.*

Because bipolar disorder acts as an **invisible illness**, it can be hard to understand. This leads to a ripple **effect** across numerous **aspects of life** from **relationships** to general **everyday maintenance**.

Environmental factors like trauma and **stress**: A **stressful event**, such as the **death** of a loved one, a serious **illness**, **divorce** or financial problems can **trigger** a **manic** or **depressive episode**. Because of this, **stress and trauma** may also play a role in the development of bipolar disorder.

Key signs of manic phase of bipolar disorder are: I'm feeling jumpy or wired , feeling overly happy or "high" for long periods of time having a reduced need for sleep, talking very fast, often with racing thoughts and rapid changes in topic, feeling **extremely restless or impulsive**, becoming easily **distracted**, feelings of **grandiosity**, which is when you feel you're very important or have important connections, feeling as if you **can do anything**, engaging in **harmful behaviors**, like having **impulsive sex** or **gambling** with life savings

Signs of **depression** like mania, depression can cause other symptoms as well. Here are **key signs of depression from bipolar disorder** ;participating in activities that you once enjoyed, having a **significant change in appetite**, feeling **severe fatigue** or lack of energy, feeling slowed down and **unable to carry out simple tasks**, talking slowly, sleeping too much or too little, having **problems with memory, concentration, and decision making**, thinking about **death** or **suicide** or attempting suicide.

LONELINESS (SUCKS)

For **MEN, DIVORCE** can often lead to **significant feelings of loneliness** due to a drastic **reduction in social support**, as they may experience a loss of close connection with their partner, potentially **leading to isolation** and a feeling of being **disconnected** from their social **network**, particularly if they **heavily relied on** their spouse for social interaction.

Key points about men and loneliness after divorce (SUCKS)

Social isolation:

Men often experience a more significant **drop in social support** after divorce compared to women, making them more **susceptible to loneliness**.

Identity challenges:

Divorce can disrupt a man's **sense of identity**, especially if they heavily identified with being a husband or partner, contributing to **feelings of isolation**.

Difficulty expressing emotions:

Societal expectations can make it harder for men to openly discuss their emotions, potentially hindering their ability to seek support and cope with loneliness.

Impact on mental health:

Loneliness after divorce can significantly impact a man's **mental health**, leading to **depression, anxiety**, and even substance abuse issues.

Bipolar Depression II is MAGNIFIED by Divorce. Whatever happened to **forgiveness** of those we love? In sickness, and health. **Until Death do us part, UNTIL DEATH DO US PART.**

REACH out to FRIENDS and FAMILY:

Reconnect with existing social connections and actively nurture relationships.

Join support groups:

Participating in groups for divorced individuals can provide a safe space to share experiences and receive emotional support.

Seek professional help:

Therapy can be beneficial to process emotions, develop coping mechanisms, and address underlying issues related to loneliness.

Develop new hobbies and interests:

Engaging in activities that bring joy and allow for social interaction can help combat isolation

Challenge negative thoughts:

Be mindful of negative self-talk and actively work to replace them with more positive affirmations .

- “**Our Father** in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us our daily bread. And forgive us our trespassers, as we forgive those who trespass against. And lead us not into temptation, but deliver us from evil”. Amen 🙏🙏🙏

Forgiving your Spouse is NOT optional

<https://youtube/V5Uji0ODxz4?si=3hW0E2czD2fulSAd>

Marriage isn't "I promise to love you until I stop loving you." It's "I **promise** to make a **conscious decision** to continue to **love** you even when it's hard because I'm aware no one is perfect, **but you are worth it.**"

Brandalin

*I promise that I'll be by your side through good and bad times. I'll be there for **you no matter what.***

In the Catholic Church, **forgiveness** is a **vital part of a marriage** and is **considered a commandment**. It is seen as a way to grow **closer to Christ** and to **each other**, and to **heal a marriage**.

In “**SICKNESS AND IN HEALTH**” is a traditional wedding vow that is a promise to **love and support** a spouse through **good and bad times**, including **sickness and health**. It is part of a larger vow that also includes “for better, for worse, for richer, for poorer” Until Death Do Us Part. The phrase is a **solemn commitment** to stay faithful and committed to a partner no matter what happens.

Coming out of **PARTIAL**, **doesn't mean impaired thinking gets immediately better**. Can take a few **weeks or months**.

People often engage in activities that make them **feel good in the moment**, even if those **actions** could have **negative consequences** later on, as the **mania** can lead to **impulsive behavior** and a

disregard for **potential risks**, making them **pursue** activities with extreme **enthusiasm** **without considering the long-term effects**.

If you TRULY LOVE someone, you will do whatever it takes for both of you to LAST FOREVER. You will learn to be more patient, caring, understanding, trustworthy, faithful, forgiving and tolerant. You'll learn to be less argumentative, doubtful and judgmental. Just TRUST your HEART with your MIND.

When you truly care for someone, their MISTAKES NEVER CHANGE YOUR FEELINGS because it's the MIND that gets ANGRY but the HEART still CARES. ♥♥

The ones who LOVE you will NEVER LEAVE you.. Even if there are hundred reasons to give up .. they will find a REASON TO STAY .

People who get a DIVORCE are not MAGNIFYING the grace of God by their willful DISOBEDIENCE to Jesus' teaching. St. Jude wrote, "turning the grace of our God into lasciviousness [shameless immorality]"

I DO !