

# Seeking Divorce From Emotionally Unstable Partner With Ease

If you're considering divorce from an emotionally unstable partner, you're not alone. Millions of people go through this every year. And while it can be a difficult and painful process, it is possible to do it with ease.



## Splitting: Splitting: Seeking A Divorce From Emotionally Unstable Partner With Ease.

by Edward Spiegelberg

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This article will provide you with the information and resources you need to get started.

### What is emotional instability?

Emotional instability is a mental health condition that can cause a person to experience extreme and sudden changes in mood. People with emotional instability may also have difficulty controlling their emotions, which can lead to outbursts of anger, sadness, or irritability.

There are many different causes of emotional instability, including:

- Trauma
- Abuse
- Neglect
- Mental illness
- Substance abuse

### **How does emotional instability affect relationships?**

Emotional instability can have a devastating impact on relationships.

People with emotional instability may be:

- Unpredictable
- Volatile
- Controlling
- Abusive

These behaviors can make it very difficult to maintain a healthy and happy relationship.

### **Is divorce the right option?**

Only you can decide if divorce is the right option for you. However, if you're in a relationship with an emotionally unstable partner, it's important to weigh the pros and cons of divorce carefully.

Here are some things to consider:

- **Your safety.** If you're in danger of being physically or emotionally harmed by your partner, divorce may be the best option for you.
- **Your mental health.** Emotional instability can take a toll on your mental health. If you're constantly worried about your partner's behavior, you may be suffering from anxiety, depression, or other mental health problems.
- **Your happiness.** You deserve to be happy in your relationship. If you're not happy with your partner, divorce may be the best option for you.

## **How to divorce from an emotionally unstable partner with ease**

If you've decided that divorce is the right option for you, here are some tips to help you get through the process with ease:

- **Get legal advice.** A divorce lawyer can help you understand your rights and options. They can also represent you in court if necessary.
- **Create a safety plan.** If you're worried about your safety, create a safety plan. This plan should include a list of people you can contact in case of an emergency, as well as a safe place to go.
- **Gather evidence.** If you're able to, gather evidence of your partner's emotional instability. This could include text messages, emails, or social media posts.
- **File for divorce.** Once you have all of your paperwork in Free Download, you can file for divorce. The divorce process can take several months, so be patient.

- **Take care of yourself.** Divorce is a stressful process. Make sure to take care of yourself both physically and emotionally.

## Resources

Here are some resources that can help you through the divorce process:

- The National Domestic Violence Hotline: 1-800-799-SAFE
- The National Coalition Against Domestic Violence: 1-800-799-SAFE
- The American Bar Association: 1-800-285-2221
- The National Legal Aid & Defender Association: 1-800-621-3221

Remember, you are not alone. Millions of people go through divorce every year. With the right help and support, you can get through this process with ease.



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