

## Why Staying Together is Not Always in a Family's Best Interests

Rather than face their fears, many unhappily married people justify staying trapped in a dysfunctional situation. They let fears about money, the children, and changing the family dynamic paralyze them into inaction.

But there can also be costs to staying put, such as the following:

- Marital bickering and fighting creates a tense atmosphere affecting the whole household
- A miserable marital relationship erodes self-esteem and causes depression
- A stressful marriage can hurt your health, leading to hypertension, heart attacks, and strokes
- Poor work performance

Staying in a bad marriage can have a negative [impact on the children](#)<sup>[CK1]</sup>, especially those in their formative years. Children from unhappy homes can exhibit behavioral issues, including the following:

- Insecurity
- Social withdrawal
- Poor grades
- Acting out in anger

Filing for divorce and embarking on a new life will seem less scary if you develop an action plan and then take steps to ensure a smooth transition. Consider options that help you become self-sufficient, such as getting a job, arranging for childcare, and finding affordable housing.

Build a support network of family, friends, and counselors. Also, look for an experienced [divorce lawyer](#) who can guide you through the legal process and fight for your interests, such as equitable child custody, child support, and property distribution.

[CK1]<http://life.familyeducation.com/marriage/relationships/45607.html>

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