

Mary One-Page Profile



What people appreciate about me

- Being a good listener
- Being loyal
- Being funny
- Great with the kids
- Great dignity

What is important to me

The children's happiness. I love to spend time doing things that they enjoy, like reading, talking and taking them out to museums, play grounds and animal centres

Knowing that my family feels secure in our own home with a regular income.

Knowing I have sorted out a fair settlement from a place of knowledge for our financial future

My little VW Beetle car. It's my pride and joy and helps me to feel independent.

Having some "me time" which includes my hobby of embroidering, which I do a little of most days and going to Zumba on Mondays with my friend Lucy.

Making sure the kids are not damaged by what's happened to us.

Making sure the kids see their Dad every week.

How to best support me through the divorce

- I often feel tearful but knowing I have a shoulder to cry on really helps.
- I worry that I am sometimes short tempered with the children. A gentle reminder to take my anger out in the gym works well for me.
- Even though this is a hard time for me, lightening the mood and making me laugh works as a tonic.
- Take me out to a "Chick Flick" on Wednesdays.
- I have a tendency to wallow in self-doubt. Keep my self-confidence up by pointing out the things I do well. Take time to remind me that I am a great Mum from time to time.
- Know that I live a long way from my family and can feel a little isolated, particularly if I need some practical support. Remind me to ask for help when I need it, especially around sorting out my finances.