

CHOOSE YOUR BATTLES

“Choose your battles wisely. After all, life isn’t measured by how many times you stood up to fight. It’s not winning battles that makes you happy, but it’s how many times you turned away and chose to look into a better direction. Life is too short to spend it on warring. Fight only the most, most, most important ones, let the rest go.” – C. JoyBell C.

There comes a time when you realise that you have reached the end of the line with a relationship and you need to find a way to part ways. If you are married, a divorce is the legal option; if you are in a long-term partnership, you separate and slowly move away from each other. Sometimes everything is not clear-cut because there are children involved, or your assets were bought jointly and no agreement exists as to what will happen when the end is upon you.

You have watched others walk away from their relationships broken, deflated, exhausted and destitute due to the fights they got into about how everything should have been resolved and distributed. In most instances the couple have decided to engage in a legal battle, which opened avenues to vent their disappointment and frustration goaded on by legal representatives, and family and friends who believe they have an opinion on the best way for you.

IT’S YOUR LIFE, YOUR CONSEQUENCES, AND YOUR WAY FORWARD.

If you have children with your partner, understand that you will have a lifelong relationship as parents to your children. Your children need both of you to behave maturely and responsibly. They need both of you to provide guidance and support. This cannot happen when you each see the other person as the enemy that must be beaten. When a relationship that was once filled with hope and promise has ended, there are no winners. The battlefield is strewn with broken hearts, including those of your children.

DO YOU THRIVE ON THE DRAMA?

Challenge yourself to sit a while with your feelings and let them marinate, so that you can learn to minimise your internal drama. When you work on releasing your anxious

energy, you will be able to explore what relationships can look and feel like without it. If the issue is more about liking the excitement that drama creates, focus on creating excitement in other ways: do something new and adventurous (on your own). Make yourself feel alive without needing to fight someone to feel it.

NEUTRALITY vs. A CALL TO ARMS

Of course, there may be times when you may have a legitimate issue that you need to address—when it truly isn’t just about ‘small stuff’. If you have chosen your battles wisely, it will be much easier to work through those tough times together. Choose avenues that will promote a healthy discussion with the person you need to directly engage with to resolve the disagreement. Litigation should not be your first option; rather choose a neutral person to facilitate a conversation between the two of you.

When you both walk away from a time you once spent as friends and confidantes, you need to walk away still respecting each other. This gesture of respect will ensure that if and when the need arises to engage with each other, you will both be open to listen and understand the other’s point of view. MBP



Advocate Veerash Srikison

Advocate Veerash Srikison is an internationally accredited mediator at Fair Practice in Johannesburg. For more information on mediation and how you can benefit from it, visit www.fairpractice.co.za.

Contact Veerash on 011 046 2644.