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September and the Beginning of the School Year

Certain months of the year bring shared emotions for many, and one of these months is September. During this month, children leave for college or university in other cities, leaving homes quiet and devoid of the usual hustle and bustle of teenagers and their friends. In such situations, visiting relatives and friends or taking short-term classes, such as computer courses or language learning, may keep us somewhat occupied, but nothing truly fills the void left by our children. We may start wondering, will they come home for Christmas with someone, announcing their engagement or marriage next summer?

As this hope of the house becoming lively again fades, it is a good idea to focus on our marital relationships. It's important to remember that sex alone does not equate to love. Does your spouse try to cheer you up when you are feeling down? Or, do they upset you for any reason? If they always remember the details of what you've said but make no effort to resolve your grievances, it's time to pay closer attention to their behavior.

If your spouse distances themselves from you emotionally and physically, refuses to walk by your side in public places, claims they have no time for you but can make time for others, this may indicate a lack of interest in your needs. If they rarely compliment you and make you feel dependent on them, it could be a sign that they are not satisfied with the relationship.

If your spouse makes no effort to improve the relationship, continually blames you, disrespects you, or flirts with others in front of you, it is time to ask yourself whether they truly deserve you. Value yourself, and do not stay in the relationship solely because your children have grown up and left home. Don't wait for your spouse to suddenly change, show love, or make an effort for your sake.

Plan for a future without them, where you stand on your own two feet and live independently. Find friends who share your values and bring you joy. Keep in touch with your children, reminding them that they are important to you and that you will never abandon them. Encourage them to visit you, and welcome their friends into your home to keep the atmosphere lively.

Monthly outings with friends at a coffee shop or restaurant can be revitalizing. Regular walks, card games, or movie nights with friends will lift your spirits. After housework, play cheerful music, dance to it, and try to smile. Smiling along with music sends a signal to your brain that you are in a happy place, leading to the release of happiness hormones, which improve both your physical and mental well-being.


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An empty house is not truly empty because you live there. Your children will come back, your friends will visit, and they will chat and joke with you, filling your home with energy. Look around your home, and remember the good memories attached to every corner.

If you are still sitting in a corner, feeling lonely, and your spouse is using your loneliness against you, speak to your doctor. Oppression is not only in physical abuse or breaking objects; sometimes, it comes through polite but cruel words that burn you deeply. Perhaps you, too, are responding similarly to your spouse, and both of you are caught in an ongoing cycle of conflict. Remember, in marriage, there is no winner or loser; either both of you win, or both lose.

Love yourself enough to escape this toxic situation. Being without your spouse is better than enduring a constant, exhausting battle with them. Ask your doctor to refer you to a suitable therapist.

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