
Farifteh Emamghorashi, M.Ed.
American Psychological Associate
Reston, Virginia
202-440-1381
فریفته امام قرشی
fariftehe@gmail.com
http://www.mycounselor.us/

War and Terrible Disasters

In October, the news around the world was closely monitored by the public, moment by moment. Concerns about which country might launch a military attack and the subsequent damages—who would be targeted—particularly troubled us Iranians and others in the Middle East. The effects of this are still felt in our tremors today. Sleep has fled our eyes, and laughter and joy have been set aside so much so that we feel embarrassed to be joyful in the presence of those who are under the stress of war. They are homeless, lacking sanitary facilities, and living amidst disaster and terror, searching through the ruins for their loved ones, dead or alive, without basic food or living necessities. The mere thought of it is painful.

Some countries take sides, and others oppose. We beg others, who neither share our religion nor our language, not to drop bombs on us, so our country does not fall into the hands of others who would want to overthrow our regime. At what cost? Has anyone considered whether our national wealth will be plundered? Our people are forced to flee and, after the war, face poverty and a ruined economy.

Divorce, too, is a war and brings disaster! The disruption of habits and the places we frequent like our children's schools, our daily commute to work and back home—all are affected. Friends and family now side with one of the spouses, leaving the other alone. The heavy costs of divorce lawyers, the expenses for a new home and car, and the repairs of items damaged in disputes. The fear and terror of fights, physical violence, police involvement, possible imprisonment, or temporarily living in shelters are all excruciating. Poor nutrition, poor clothing, lack of proper cleanliness, and angry behaviors stem from events that contradicted our expectations at the time of marriage.

Interference by parents, relatives, and friends, and their advice, which only benefits themselves and not others, is highly distressing. Children are the most harmed; they observe their parents' behaviors toward each other and decide not to marry, not to trust the opposite sex, to turn towards their own sex, not to trust family and friends, and experience feelings of loneliness and lack of support. They become isolated, exhibit aggressive behavior at school, and release the anger from the divorce conditions at school. Their academic performance significantly weakens, and they lose concentration.


Farifteh Emamghorashi, M.Ed.
American Psychological Associate
Reston, Virginia
202-440-1381
فریفته امام قرشی
fariftehe@gmail.com
http://www.mycounselor.us/

Divorce starts a full-blown war between two people, spreading to many neighbors, friends, and acquaintances. This is one of the human errors where people take sides in such situations. Thieves of wealth and affection step forward, and wolves in sheep's clothing cause further misery to the couple.

Lawyers do their job and collect their fees in cash or from the sale of the house. The two parties drag each other to court, each hoping to inflict greater financial damage on the other. Each imagines that the wealth they have created will be enjoyed by another man or woman, fueling the fire of stubbornness and stoking the flames of jealousy over something that doesn't yet exist. Children, the absolute victims of the situation, are baffled by the savage behaviors of parents who previously taught lessons about forgiveness and friendship, now oblivious to the painful disaster their children face and the unhealthy conditions with disturbed minds full of anxiety and sadness.

War has no victors, only destruction. Be wise and use mediators introduced by the court before starting a war and seek help from psychologists to prevent future regrets. Child and adolescent psychologists are behind you; trust them and prevent a tragedy. Peacefully and respectfully separate at the mediation table.

Farifteh Emam Ghorashi

October 20, 2024