

## Divorce - An Occasion for Celebration?

When contemplating divorce, one doesn't generally consider it an enjoyable life event worth celebrating. Divorce is often a long, turbulent affair that can leave those involved feeling lost, empty, and overwhelmed. However an increasingly popular trend is attempting to change that: the divorce party. Whether it be both parties celebrating the life of their marriage together as it comes to an end, or someone celebrating their transition into a new phase of life, divorce parties are quickly becoming a way for people to cordially and openly address the often uncomfortable event of going through a divorce while simultaneously receiving an influx of support from their loved ones.

After going through a divorce, throwing a divorce party is a way to mark the end of a lengthy and difficult process of emotional uncoupling. Although some may think throwing a divorce party is tacky or in poor taste, many are embracing the idea as an effective way for friends and family to provide a divorcing person with support, encouragement, and love during a difficult life change. The basic concept of a divorce party and what it represents can make those involved sound callous and self-indulgent, however relationship therapists have been known to recommend and encourage their patients to consider throwing one because they can be significantly therapeutic.

Divorce is now regularly accepted and understood to be a healthy choice that reflects good self-care. What better way to reaffirm that than by throwing a celebration in recognition of such? Aside from being immensely cathartic, there are a number of other reasons to celebrate divorce with a party. For instance, a divorce party provides an opportunity to let all loved ones know that the marriage is over, which can help keep the divorcee from having to repetitively explain their newly single status. They give the host the chance to thank everyone who stood by them throughout the whole ordeal as well. A divorce party is also a great reminder that even though the marriage wasn't a success, there are still numerous people in your life who love, care for, and celebrate you.

The divorce party trend has become increasingly popular thanks to celebrities throwing divorce parties of their own. In 2011, Jack White and Karen Elson invited close friends and family to join them in celebrating the end of their 6 year marriage with a divorce party. Shortly after Scarlett Johansson finalized her divorce from Ryan Reynolds, she celebrated by

going out for drinks with some friends. Reality star Katie Price even celebrated her divorce with an extravagant, twelve hour long divorce party in Ibiza. After Robin Thicke and his ex-wife divorced in 2014, Thicke threw a divorce party at a Los Angeles night club before moving the party to his home in Hollywood. Just this past February, Brad Pitt hosted a luxurious divorce party for his closest A-list friends after his very public split from Angelina Jolie, rumored to cost around \$400K.

Among celebrities, divorce parties tend to be more exorbitant and over the top. For those that don't have the means to throw a celebrity style divorce party, there are numerous ideas for divorce parties that don't cost a fortune. For example, simply assigning a theme to a small-scale divorce party can make all the difference. Having a theme lightens the mood, and provides a fun way for your loved ones to feel like they're a contributing part of the celebration and actively involved in the healing process. If throwing a party isn't your idea of fun, there are other ways to celebrate a divorce that are just as fulfilling and have the same desired effect. Having a relaxing spa day with a few close friends is one way to alleviate built up anxiety and stress by providing a calm, tranquil environment to clear your mind. Going to an adult themed show with some friends can bring feelings of excitement and arousal to the surface, eliminating any concerns or trepidation that may exist regarding not being able to move on.

After going through something as emotionally draining as divorce, a celebration is a way to make light of an unpleasant situation. By celebrating your divorce, not only will it help bring closure, it can also help you to see the light at the end of the tunnel. Ultimately, when one chapter ends, another begins. Celebrating your divorce is the perfect way to stop focusing on the part of your life that's ending, and kick-start the beginning of the next chapter in your life.