



C. Living alone

Living alone can be a very positive experience for you as you begin your new life. It may be the first time that you are completely on your own. You might find living by yourself a good opportunity to develop confidence in your ability to take care of your own needs. If you are having a difficult time around your separation, living alone will free you from having to relate to others when you are upset. At the same time, because you are in transition, you may not be ready to make the commitments necessary for a good communal situation; you will be able to be more flexible and mobile, if you are responsible only to yourself.

At the same time, living alone has certain disadvantages which you should consider. As you begin a new life, you may feel the need for people around to help you with any difficulties that you may have. You may feel lonely and isolated in a place of your own. You may have concerns about your safety. Also, maintaining a place of your own is more difficult financially.

Only you can decide how you want to live and with whom after considering all the possibilities. You know your own needs for both privacy and emotional support. At a time that is difficult, you should choose the living situation that will be least stressful for you.