

# Vuk'uzenzele

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# Government moves against corruption



**Allison Cooper**

**P**resident Cyril Ramaphosa's promise to the nation to root out corruption relating to Coronavirus Disease (COVID-19) relief fund spending is being put

solidly into action, with various investigations underway and the suspension of numerous government officials.

The President established an anti-corruption centre, bringing together nine state law enforcement institutions, including the Special Investigat-

ing Unit (SIU), to investigate allegations of corruption in areas such as the distribution of food parcels, Unemployment Insurance Fund (UIF), social relief grants and the buying of medical supplies and personal protective equipment (PPE).

The President is determined that every instance of corrup-




tion will be thoroughly investigated, that those responsible for wrongdoing will be prosecuted and that all money should be recovered.

To ensure this, he signed a proclamation with the SIU to investigate any unlawful or improper conduct in the procurement of any goods, works

and services during or related to the national state of disaster in any state institution.

The President also asked Auditor General (AG) Kimi Makwetu to audit the key COVID-19 initiatives intro

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# Šireletšang basadi le bana ba rena

**N**gwaga wo o fetilego, go nyaka go fihla lethono, dikeketete tša basadi, tša bana le bana ba ile ba gwantela Palamenteng go tliša ditšhupetšo kgahlanong le bothata bja go katwa le go bolawa ga basadi le bana.

Ka nako yeo, setšhaba se be se sa tšhošitšwe ke go bolawa ga Uyinene Mrwetyana, Leighandre Jegels, Jesse Hess le ga basadi ba bangwe ba bantši bao ba lahlegetšwego ke maphelo a bona ka diatleng tša bana ba bašoro.

Go tšwa maemong a bona a go fapana, bafsa le batho ba bagolo, baithuti le basadi bao ba šomago, bagwanti bao ba bego ba dira ditšhupetšo ka khutšo ba be ba emišeditše godimo dipolakate tšeo di bego di ngwadilwe 'Enough is Enough' le 'Am I next?'. Bohloko le go befelwa ga bagwanti bao bo be bo le nyanyeng ka letšatši leo.

Ge ke amogela dinyakwa tša bona tšeo di bego di hlagošitšwe ka fao go kwagala ka gona, go bile nyanyeng go nna gore re swanetše go dira se sengwe ka tšhoganetšo le ka maimišetšo.

Go bile bohlokwa go nna gore ke se ke ka fetola dinyakwa tše ka mantšu a go se kwagale le ka ditshepišo tšeo re ka se di phethagatšego.

Matšatši a mmalwa ka morago ga fao, ke ile ka bitša tulo ya mohlakanelwa ya Palamente, fao re tsebišitšego Leanotiro la Phetolo ya Tšhoganetšo la R1.6 pilione ka nepo ya go lwantšha dikgaruru tša bong le polao ya basadi (GBVF).

Mo dikgweding tše tshela tša go tšenyira tirišong ga leanotiro le, go šomiša ditšhelete tša setšhaba ka dikgorong tša mehutahuta tša mmušo go ile gwa bewa pele ka leswa ka nepo ya go tsekga ditse-nogare tša tlhokomelo le thekgo ya batšwasehlabele, go masolo a temošo le a thibelo ya dikgaruru tše, go kaonafatša melao le melao-tshepetšo, go tšwetša pele maatlafatšo ya basadi ka ekonoming, le go maatlafatša tshepedišo ya toka

go bosenyi.

Gomme mo lebakeng le re mo mafelelong a go hlama melao ye bohlokwa leswa ka nepo ya go lwantšha GBVF.

Melaokakanywa ye meraro ye bohlokwa ya go amana le dikgaruru tša bong (GBV) e tsebagaditšwe ka Palamenteng mo nakong ye e sa tšwago go feta. Ka go tsebagatša Melaokakanywa ye, re hlomphe tshepišo yeo re e dirilego go bagwanti ngwageng wo o fetilego le go basadi ba naga ye ka moka.

Melaokakanywaphetošwa ye meraro ye e hlametšwe go tloša sekgoba seo se dumelelago gore basenyi ba melato ye ba tšhabele toka le go phethagatša ka botlalo ditokelo tša basadi le bana ba naga ye.

Melaokakanywa ye, ge e šetše e phethilwe, e tla thuša go bušetša sekeng tshepo ya basadi ba naga ye rena ya gore molao o gona go ba šireletša.

Wa mathomo ke Molaokakanywa wa go fetša Molaophetošwa wa Bosenyi (Wa Melato ya Thobalano le ye e Amanago le ona). Se se dira gore tšhošetšo ka tša thobalano e be molato o moswa, o katološa mohlwane wa molato wa go robalana le wa leloko, ebile o katološa maikarabelo a go bega melato ga batho bao ba belaelago gore go dirilwe molato wa thobalano wo o dirilwego kgahlanong le ngwana.

O oketša mollwane wa Retšistara ya Bosetšhaba ya Basenyi ba tša Thobalano (NRSO) gore e akaretše le dintlha tša basenyi ka moka ba tša thobalano. Go fihla mo lebakeng le, e be e dirišwa fela go basenyi ba tša thobalano bao ba bonwego molato wa bosenyi bja thobalano bjo bo dirilwego kgahlanong le bana goba kgahlanong le batho bao ba nago le bofokodi bja ka menaganong.

Nako yeo dintlha tša mosenyi di swanetšego go ba ka retšistareng e okeditšwe, gomme bao ba ngwadilwego ka gare ga retšistara ba tla swanela go tsebagatša se ge ba romela dikgopelo tša mošomo go ya



go šoma le batho bao ba lego kotsing. Molaokakanywa wo o hlagošitšwe gore maina a batho bao ba lego ka NRSO a hwetšagale setšhabeng.

Molaokakanywaphetošwa wa Bosenyi le Melato ye e Amanago le ona o tliša, gareng ga tše dingwe, go fa peila go basenyi ba GBVF, ebile o oketša kotlo ya melato yeo gomme go na le lebakanako la fasana leo le beilwego la gore motho yo a bonwego molato a romelwe kgolegong.

Diphetošo tše di tliša ditlamego tše diswa go bahlankedi ba phethagatšo ya molao le go dikgorotsheko tša rena.

Ge mosekiši a sa ganane le peila mabakeng a GBV, o swanetše go ngwala mabaka a bona. Ka ntle le ge motho yo a pharwago ka molato wa dikgaruru tša bong a ka fa mabaka ao a sego a tlwaelega gore ke ka lebaka la eng a swanetše go lokollwa ka peila, kgorotsheko e swanetše go laela gore a golegwe go fihla ge ditshepedišo tša bosenyi di phethwa.

Ge di fihlelela sephetho ka ga kgopelo ya peila, dikgorotsheko di gapeletšega go hlokomela dilo tše mmalwa. Di akaretša dipego tša pele ga tsheko ka ga go nyakega ga go lokolla mopharwakamolato ka peila, ka ga ditšhošetšo tša di-

kgaruru tše di dirilwego kgahlanong le motšwasehlabele, le maikutlo a motšwasehlabele mabapi le polokego ya gagwe.

Ge re etla go parola, mongongoregi goba wa leloko la motšwasehlabele yo a hlokošetšego o swanetše go tliša tlhagošitšego go lekgotla la diparola.

Ka lebaka la maemo a go se amogelege a dikgaruru tša baratani ka mo nageng ya rena, re tlišitše ditlhamišo tša Molao wa Dikgaruru tša ka Malapeng.

Dikgaruru tša ka malapeng bjale di hlalošwa bjale ka tšeo di akaretšago le tša bao ba tshepišanego lenyalo, baratani, bao ba lego ka maratong a setšo, le dikamano tšeo di bonwago e le tša marato, tša thobalano goba tša bong tšeo di ka tšeago lebaka lefe goba lefe. Melaokakanywa wo o katološa tlhalošo ya 'dikgaruru tša ka malapeng' go akaretša tšhireletšo ya batšofadi kgahlanong le tlaišo ka maloko a lapa.

Bangongoregi ba tla kgona go dira kgopelo ya taelo ya tšhireletšo ba šomiša inthanete. Go thibela seemo seo go sona basenyi ba ka utago histori ya bona ye e fetilego ya dikgaruru tša ka malapeng tšeo ba di dirilego, lenaneo leo le ikemego leo le kopantšwego la ditaello tša tšhireletšo le tla hlongwa.

Diphetošo tše di šišintšwego di gapeletša gape Kgoro ya Tlhabollo ya Leago, Kgoro ya Thuto ya Mophelo, Kgoro ya Thuto ya Godingwana le Kgoro ya Maphelo go fana ka ditirelo tše itšego go batšwasehlabele fao go hlokalagalo le go ba romela madulong a itšego le go hwetša tlhokomelo ya kalafo.

Mabaka ao ka ona mosekiši a ka ganago go sekiša ge go dirilwe melato ka fase ga Molao wo o fetošitšwego goba go gomiša dipharo ka molato tše di amanago le go kweša motho bohloko mmeleng goba fao e lego gore go šomišitšwe sebetša go tšhošetša mongongoregi di diretšwe mellwane.

Mohlomongwe phetošo ye bohlokwa kudu go Molao wo, ke ge motho a tseba, a dumela ka fao go kwagalago goba a belaela gore go na le tiro ya dikgaruru tša ka malapeng ye e dirilwego kgahlanong le ngwana, kgahlanong le mogolofadi goba kgahlanong le motšofadi gomme a palelwa ke go bega tiragalo yeo go modirelaleago goba go Tirelo ya Maphodisa ya Afrika Borwa (SAPS) motho yoo a ka faenwa goba a romelwa kgolegong.

Go swana le ge leloko la SAPS le palelwa ke go obamela ditlamego tša gagwe ka fase ga Molao wo, seo se tla tšewa bjale ka maitshwano ao a sa amogelegego gomme se swanetše go begelwa Bongwalwedi bja Badudi bja Tirelo ya Maphodisa.

Molao ke mošireletši wa mkgonthe wa setšhaba ka moka, eupša kudukudu wa batho ba ona bao ba lego kotsing kudu. Ge o ka phethagatšwa ka šedi le ka fao o lekalekanyago batho, ke motišetši wa molao wo maatla.

Basadi ba Afrika Borwa ba tenne ke ditiro tša go nanya tšeo di sa phethagatšego ye nngwe ya ditokelo tše bohlokwa go tšona ka moka – go phela ka tokologo o hloka letšhogo.

Mmušo wo le badirišani ba ona ba tla direla basadi ba Afrika Borwa go loka. Re ka se ba swabiše.



# Woza Matrics e tsebagaditšwe

**LENANEO LA WOZA MATRICS** le ikemišeditše go thuša baithuti ka moka ba Kreiti ya 12 go atlega ditlhahlobong tša bona tša mafelelong a ngwaga.



## Dale Hes

**B**aithuti ba Marematlou ba ngwaga wo ba tla lebana le mathata a magolo ka lebaka la coronavirus (COVID-19).

Kgoro ya Thuto ya Motheo e netefaditše gore go bulwa ga dikolo ka fao go bolokegilego ke ye nngwe ya dilo tšeo e di beilego pele, gotee le go thekga baithuti ka mananeo a mehutha-huta go ba thuša gore ba phete ngwaga wa bona wa dithuto ka katlego.

Ye nngwe ya tše ke lenaneo la *Woza Matrics*, leo le tsebagaditšwego semmušo ka la 1 Lewedi ka tirišano le badi-rišanimmogo ba mmalwa ba kgašo le ditsebi tša thuto.

Bjalo ka karolo ya lenaneo le, dithutwana tša tlaleletšo ka ga dithuto tše bohlokwa tše tshela tša Marematlou di gašwa go SABC, DSTV le go *Openview* (Channel 122) letšatši le lengwe le le lengwe mo dibekeng tše 12, go thoma ka iri ya seswai mesong go fihla ka iri ya lesome mesong le ka iri ya pele mosegare go fihla ka iri ya boraro mathapama. Maikemišetšo ke go thuša baithuti

go itokišetša ditlhahlobo tša mafelelong a ngwaga.

Ditšhanele tše di fana ka dithutwana tša kgašothwii, tšeo go tšona baithuti ba ka botšiša-go barutiši dipotšišo.

Go fiwa gape le dikeletšo ka ga ditlhahlobo. *Woza Matrics* e lemoga gore le ge baithuti ka moka ba lahlegetšwe ke nako ya sekolo, baithuti ba Kreiti ya 12 ke bona bao ba amegilego gampe kudu, ka ge meputso ya bona e le bohlokwa kudukudu gore ba hwetše mešomo le go amogelwa ka diyunibesithing.

Tona ya Kgoro ya Thuto ya Motheo Angie Motshekga o bolela gore lenaneo le le bohlokwa, ka lebaka la ge go ithuta go šitišitšwe ka lebaka la COVID-19.

“Marematlou ka mehla o tliša kgatelelo ya menagano, eupša ngwaga wa 2020 o tletše ka dikgatelelo tša menagano tše di sego tša tlwaelega. Ke rata go lebogiša baithuti ka moka ba Kreiti ya 12 le ba malapa a bona ge ba kgotleletše le ka ga maikemišetšo a bona. Go tloga go le nyanyeng kudu gore thekgo ya tlaleletšo e a nyakega go baithuti gomme re tla tšwela pele go fana ka yona. Go šetše dikgwedi tše mmalwa pele ga ge ngwaga

o fela gomme *Woza Matrics* e tla fa baithuti thekgo ye ba e hlokago gore ba itokišetše ditlhahlobo tša mafelelong a ngwaga,” a realo.

Lenaneo le le swana le nnoši ka gore le nepišitše bontši bja baithuti ba Kreiti ya 12 ka mo nageng bao ba sa kgonego go fihlelela inthanete kgafetša-kgafetša le go ditlabele tša titšithale tše di kgokaganywago le inthanete. Dikgašo di tla bogelwa ke bontši bja baithuti ba 1.2 milione bao ba ngwalago ditlhahlobo tša Marematlou ka Dibatsela. Lekgotla la Ditona tša Thuto le ipileditše go baithuti ka moka le batswadi go šomiša ditšhanele tše.

Mohlankedimogolophethiši (CEO) wa Lekgotlakgašo la Afrika Borwa Madoda Mxakwe o bolela gore mogaši wa setšhaba o a ikgantšha ge e le karolo ya lesolo le. “Re thabile go ba yo mongwe wa bakgathatema ba bohlokwa bao ba bolokago ngwaga wa Marematlou wa 2020. Bjalo ka mogaši wa ditirelo tša setšhaba, re tlamega go netefatša gore tšeo re gašago ka tšona di akaretša palo ye kgolo ya mananeo a thuto, kudukudu ka nakong ye yeo e hlokegago kudu.”

## Dipotšišo tša gago di a arabiwa

Naa ke dithuto dife tšeo di tla rutwago?

- Maths
- Geography
- Life Sciences
- Physical Sciences
- Accounting
- Maths Literacy.

Naa ke ka lebaka la eng dinako tše tša kgašo di kgethilwe ka gore baithuti ba tla be ba le sekolong?

- Dinako tša go ya sekolong di a fapana go ralala le dilete le diprofense, ka lebaka la magato a go tlogela sekgoba magareng ga batho. Baithuti ba bantši ba Marematlou ba tla be ba le ka gae ka nako ya kgašo ya mananeo a.
- Persente ye nnyane ya baithuti le yona e tšenela dithuto tša sekolo ba le ka gae.
- Dikgašo tše kgolo tša mananeo a di tla bušeletšwa ka morago ga iri ya bone mathapama go *Openview* gomme di tla gašwa gape go *DSTV Catch-Up*.

Naa goreng go gašetšwa baithuti ba Marematlou fela?

- Baithuti ba Marematlou ba ka fase ga kgatelelo ye kgolo gore ba beakanyetše maphelo a bona a ka morago ga ge ba feditše dithuto tša sekolo.
- Baithuti ba Marematlou ba lebane le tšhitišo ye kgolo go dithuto tša bona tša sekolo go tloga ka Hlakola 2020 ka gobane lenaneothuto la bona ga se la kopanafatšwa.
- Baithuti ba Marematlou ba šaletše morago kudu ka ga go ithuta lenaneothuto la bona.

Naa nka hwetša kae dinako tša kgašo?

Dinako tša kgašo di hwetšagala go dišetule tša mananeo a thelebišene le go wepsaete ya *Woza Matrics* go [wozamatrics.co.za](http://wozamatrics.co.za). Dipušeletšo tša kgašo di tla hwetšagala.

Naa go na le thekgo ye e fiwago batswadi le barutiši?

Ee. Dinako Dinako tše tša kgašo di tla ba le mananeo ao go ona batswadi ba fiwago dikeletšo ka ga ka fao ba ka thekgago bana ba bona ba Marematlou. Mananeo a mangwe a kgašo a tla nepiša barutiši gomme kgokagano ya *WhatsApp* ya *Teacher Connect* ya Kgoro ya Thuto ya Motheo e tla romela barutiši melaetša ye bohlokwa.

Naa go tla ba le nepišo mabapi le go šoma ka kgatelelo ya monagano yeo baithuti ba Marematlou ba lebanego le yona?

Ee. Go tla ba le dikgašo tše mmalwa tšeo di nepišitšego go fana ka dikeletšo mabapi le go phela gabotse ga baithuti, go kgona go phela ka kgatelelo ye le go laola letšhogo.

Go hwetša tshedimošo ka bottlalo, etela wepsaete ya *Woza Matrics* go [wozamatrics.co.za](http://wozamatrics.co.za) goba romela emeile go [info@wozamatrics.co.za](mailto:info@wozamatrics.co.za)

# Thekgo ya kgorotsheko go batšwasehlabele ba GBV



## More Matshediso

**G**e e le gore o itemogetše dikgaruru tša bong (GBV) gomme o hloka thekgo go tšwa go kgorotsheko, Tirelo ya Bosekiši ya Bosetšhaba (NPA) e na le tirelo ye e kgethegilego go go thuša.

Lenaneo la Boitokišetšo go Kgorotsheko la Ke Bona Lesedi le a hwetšagala ka Digorotshekong tše ntsi tša Melato ya tša Thobalano le ka dikgorotshekong tše dingwe tše di šomago ka GBV.

Ke Bona Lesedi e ra 'ke bona seetša' ge e fetolelwa go tšwa go Setswana.

Motšwasehlabele wa GBV a ka romela kgopelo ya thušo go NPA.

Mosekiši wa setšhaba wa maemo a godimo goba molaodi wa boitokišetšo go kgorotsheko go tloga fao o tla kgetha mohlankedi wa maleba wa tša boitokišetšo go kgorotsheko gore a go thuše.

"Tirelo ye ga e go tshepiše gore go tla ba le poelo ye itšego ka molatong gomme maitemogelo a motho yo mongwe le yo mongwe a swana a nnoši. Le ge go le bjalo, e thuša ka maatlafatšo le go bušetša sekeng seriti sa motšwasehlabele," gwa realo setatamente go tšwa go NPA.

Go na le bahlankedi ba 161 ba boitokišetšo go dikgorotsheko ka dikgorotshekong tša mehuthuta go ralala le naga.

Tirelo ye ke ye nngwe ya maitekelo a mehuthuta ao a tseba-

gaditšwego ke mmušo go šoma ka bošoro bja GBV.

Go ya ka NPA, mongongoregi, motšwasehlabele, mophologi goba hlatse e tla letšetšwa mogala ke mohlankedi wa boitokišetšo go kgorotsheko go tšwa kgorotshekong yeo a tla fago bohlatse ka go yona.

Mohlankedi wa boitokišetšo go kgorotsheko o tla ba gona go thekga mongongoregi ka kgorotshekong le ka tshekong ka moka. Ditlabelo le mekgwa ye e kgethegilego e a šomišwa go laetša motšwasehlabele gore o a theeletšwa, o šireleditšwe le go hlompfiwa.

Bangongoregi ba ka bolela ka dipolelo tša bona gomme mohlankedi wa boitokišetšo go kgorotsheko o tla netefatša gore motšwasehlabele o romelwa go yo hwetša keletšo goba kalafo, gore a kgone go phetha leeto la gagwe la go fola.

Basadi le bana ba bantšhi bao ba itemogetšego GBV, go fa mohlala, bao ba kilego ba katiwa, ba tšhoga go ya kgorotsheko go yo fa bohlatse le go anega dintlha tša mabapi le thobalano ka pele ga batho bao ba sa ba tsebe. Tirelo ye e tla ba thuša gore ba ikwe ba lokologile kudu.

O ka ikgokaganya le Molaodi/Mokgokaganyi wa Boitokišetšo go Kgorotsheko ka profenseng ya geno ka go letšetša goba go romela emeile go dintlha tša kgokagano tša ka mo fase:

- **Kapa Bohlabela (Grahamstown)** – Pumla Nomfemele – 041 502 5443 – [Pnomfemele@justice.gov.za](mailto:Pnomfemele@justice.gov.za)
- **Kapa Bohlabela (Mthatha)** – Sindisiwe Buthelezi – 047 501 2646 – [Sbuthelezi@npa.gov.za](mailto:Sbuthelezi@npa.gov.za)
- **Foreisetata** – Ena Liebenberg – 051 410 6029 – [Eliebenberg@npa.gov.za](mailto:Eliebenberg@npa.gov.za)
- **Gauteng (Johannesburg)** – Asewa Fundi – 011 220 4085 – [Afundi@npa.gov.za](mailto:Afundi@npa.gov.za)
- **Gauteng (Pretoria)** – Esther Kabini – 012 351 6713 – [Ekabini@npa.gov.za](mailto:Ekabini@npa.gov.za)
- **Kwa-Zulu Natal** – Roelien Wiesner – 033 3928712 – [Rwiesner@npa.gov.za](mailto:Rwiesner@npa.gov.za)
- **Limpopo** – Reneilwe Mashamaite – 015 483 0302 – [Rmashamaite@justice.gov.za](mailto:Rmashamaite@justice.gov.za)
- **Kapa Leboa** – Henley Nathan Sass – 054 337 5375 – [HSass@justice.gov.za](mailto:HSass@justice.gov.za)
- **Leboa Bodikela** – Mmanotshe Seletisha – 012 700 9000 – [Mseletisha@justice.gov.za](mailto:Mseletisha@justice.gov.za)
- **Kapa Bodikela** – Gary Titus – 021 487 7287/ 021 421 7287 – [Gvtitus@npa.gov.za](mailto:Gvtitus@npa.gov.za)
- **Kantorokgolo ya NPA** – Karen Tewson – 012 845 6399/ 012 812 6399 – [Ktewson@npa.gov.za](mailto:Ktewson@npa.gov.za)

Dinomoro tše dingwe tša boikgokaganyo tše bohlokwa tše o swanetšego go ba le tšona:

- Tirelo ya Tšhoganetšo ya Tirelo ya Maphodisa ya Afrika Borwa: 10111.
- Lefelo la Taelo ka ga GBV: 0800 428 428 goba letšetša \*120\*7867# go selefoune efe goba efe.
- Mogala wa batho ba ba phelago ka Bagolofadi: Romela lentšu le 'help' ka SMS go 31531.
- Mogala wa Thušo wa Tlaišo ya Basadi: 0800 150 150.
- Childline South Africa: 0800 055 555.
- Tirelo ya Thibelo ya Bosenyi ya SAPS: 0860 10111 goba romela SMS go 32211.
- Dingongorego tša go amana le tirelo ya Dikgaruru tša Bong le Polao ya Basadi (GBVF) ya (SAPS): 0800 333 177/ [complaintsnoda-lpoint@saps.gov.za](mailto:complaintsnoda-lpoint@saps.gov.za)
- Mogala wa thušo wa Dikgaruru tša ka Malapeng: 0800 150 150.
- Mogala wa thušo wa AIDS: 0800 012 322.

## How to deal with divorce

### More Matshediso

**D**ivorce can be a painful separation of two people who were once married and loved each other at a certain point in their lives.

This is according to Ntwagae Shuping, a social worker supervisor at Bophelong Psychiatric Hospital in North West.

He further defines the concept of divorce as the death of marriage and says it impacts on the people who are close to the couple, especially if the two people were committed to each other.

Shuping says there are various challenges that married people face in their union

and sometimes they choose to divorce instead of working things out.

**“Divorce is not just the relational separation of the couple. It has emotional, mental, spiritual, financial and physical impacts on those involved. They also fear the unknown.”**

**He says the following issues could lead to divorce:**

- Spouses having different belief systems, which re-

sults in conflict.

- Interfering or over-involved in-laws.
- The inability to conceive children.
- Different approaches or opinions to disciplining children.
- Infidelity or having children out of wedlock.
- Improper use of money.
- Unhealthy sexual relationship between the couple.
- Domestic violence.

“Divorce is not just the relational separation of the couple. It has emotional, mental, spiritual, financial and physical impacts on those involved. They also fear the unknown,” Shuping adds.

Sometimes, once a divorce

has been finalised, the divorcees experience challenges that include fighting for custody of the children, depression and the loss of assets.

### Advice for managing divorce

As a professional who sometimes provides counselling to people who have been affected by divorce, Shuping has a few tips for those who find it hard to accept the reality of being divorced.

- If you have done your best to salvage your marriage, honestly, let go.
- Speak to the people who you trust and who value you, such as your support system.

- Renew your strength and try to start a new life after divorce.

- If you think you are the cause of the divorce, ask for forgiveness and forgive yourself too.

- Allow yourself to go through all the stages of loss.

- Guard against harbouring a grudge against your ex-partner. This grudge will slow down your healing. Harbouring a grudge will destroy future relationships if you want to remarry.

- Leave the door open for reconciliation.

While getting a divorce ends a chapter in your life – and you will feel a range of emotions, from anger and loss to frustration and possibly relief – he says it is important to remember that it also signals a new beginning.