



A Study of Conscious Uncoupling and its Social Acceptance

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Abstract : *In today's competitive era, where people value their careers and their independence more than anything, it becomes unfeasible for couples to reside together and carry on. The need for putting up one's freedom before their spouse has become somewhat crucial. Couples usually opt for divorces in such cases and this results only in chaos and bitterness.*

The world today is more focused in saving marriages but what about marriages that are already broken? Who is going to come to the rescue of the couples who are already going

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through so much after breaking up legally? There is a basic need to educate the distraught couples and bring them out of guilt and shame.

The findings illustrated that after coming to terms with each other, with the help of Conscious Uncoupling, the divorced couples felt less remorse and loosened up to great extent. They even try to come together to co-parent the child without any conflict. This has eased the lives of the divorcees and also has saved the child from facing any traumatic situation.

Keywords: *Conscious Uncoupling; Divorce; Marriage; Mutual Consent under Art. 13(B); Gwyneth Paltrow; Special Marriage Act.*

Introduction:

The idea of divorce is more than enough to break the families which are united by the marriage of two persons. Divorce is considered an outrageous step, which only leads to sabotaging all the bonds that two families shared and putting the future of kids in jeopardy. Even when both the parties get the divorce, the bitterness and the guilt survive in between them. This not only affects their future but also the future of the kid.

Divorce, in general, is considered a problem by the society which needs attention. But in recent times, with people opening to different ideas, divorce no more has to be a problem. With people setting their priorities and willing to live their lives their way rather than compromising people are choosing to set themselves free to live a life they aspire to live.