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Some women felt the pressure of having to make DECISIONS without support; others noted the weight of having to undertake the TASKS of everyday living solo.

This experience impacted on some women PSYCHOLOGICALLY as a lack of confidence and in others as a triggered BEHAVIOIRS ranging from avoidance of difficult situations to binge-eating.

Some women experienced this as SOCIAL ISOLATION others noted it as a PRACTICAL REALITY.

This theme subdivided into the expression of STIGMA FROM OTHERS particularly damaging was the idea that they might be PITIED and attitudes which could indicate SELF-STIGMA.