

## Abstract

The present study aimed to investigate the relationship among stigmatization, self-compassion and cognitive emotional regulation in divorced women living in shelter homes. For this purpose the sample of 120 divorced women of age range 22 to 55 was selected from shelter homes of Lahore and Faisalabad. Discrimination and Stigmatization Scale (DSS), Self-Compassion Scale (SCS) and Cognitive Emotional Regulation Scale were used to assess Stigmatization, Self compassion and cognitive emotional regulation in divorced women. To analyze the data Descriptive, Pearson Product Moment Correlation, Regression, Analysis of Variance and Independent sample t-test analysis were used. Results showed that there is negative relationship between subscale of stigmatization unfair treatment and self-compassion. Stopping self and overcoming stigma has positive relationship with self-compassion in divorced women. On the other hand, subscales of cognitive emotion regulation have positive relationship with unfair treatment and stopping self and negative relationship with overcoming stigma and positive treatment. Regression results revealed that positive treatment, stopping self and self-compassion predicted cognitive emotion regulation in divorced women living in shelter homes. Further results revealed that education helps in making divorcees more self-compassionate and promoting adaptive emotion regulation in divorced women.

*Key words. Stigmatization, Self-Compassion, Cognitive Emotion.Regulation, Divorced Women*