

Rebuilding Self-Esteem

BY DEBBIE MARTINEZ, DIVORCE COACH



ONE OF THE TRAVESTIES of a divorce is self-esteem. It seems to walk out the door along with your soon to be ex. It hits equally as hard to both genders though it exhibits itself in different ways. It is something if left unchecked will have devastating effects on all aspects of your life. Your self-esteem is you as an entirety, it's how you view yourself as a whole, and it's not just about looks. Do you tell yourself that you are a failure, unattractive, a sexless creature, a lousy cook that couldn't get it right in the kitchen, a horrible mother because you don't have the emotional energy to get the laundry done, and not much of a woman because you couldn't keep your man?

How will you ever get self-acceptance when your only thoughts about yourself are negative and self-defeating? We are what we think and say, and not what others think and say about us. What you believe to be so, the universe will always find a way to make it so. Stop believing the 'stories' your ex told you and commit to 'seeing' how you truly are. Remember, people can be manipulative and have ulterior motives to tell you things that are destructive to your psyche. Choose to see yourself differently to exercise



your power of free will and receive a new image of yourself.

Here is one way to start reclaiming your self-esteem. Go back in time to discover where these beliefs originated. Write it down. Are they justified? What lessons have you learned? Can you see it might have been the other person's issue and

not yours? Write the emotions you feel when you think of those beliefs, because it is your emotions that continue to give those beliefs life. Remember, you can have your emotions but not become entrapped by them. Keep track of what triggers those emotions and then your beliefs during the day. Immediately put the situation in perspective. See that it is an old belief system that has raised its ugly head in the present. The last step is to write down all your positive beliefs about yourself and the times you exhibited those.

Take inventory with blunt honesty. The things that are true, work on them. The things that aren't, throw out with your ex.

Debbie Martinez, MA is a certified, mindful life coach specializing in divorce (aka: heartbreak coach). She professionally coaches clients on how to avoid the breakup backlash and live better, not bitter. As a Florida Supreme Court Certified Family Mediator trained in collaborative divorce, Debbie gives clients the tools they need to successfully untie the knot and stand strong in the wake of adversity. She brings her formal training and life experience into her coaching practice to empower and educate clients through their divorce journey and onto new beginnings. You can contact Debbie at debbie@thepowerofdivorcecoach.com.

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