

A Divorce Game Changer

BY DEBBIE MARTINEZ, DIVORCE COACH



ASKING THE RIGHT QUESTIONS in the divorce process can be a game changer. In Debbie Ford's book "The Right Questions," she talks about ten questions that can guide you to an extraordinary life. After reading her book, I realized these questions were worth repeat-

ing in the context of a divorce. When in the midst of a divorce, and after, it seems we are just on autopilot, doing what needs to be done, mindlessly walking through the days and weeks and getting frustrated when things don't seem to work out. But things may not be working in our favor because we are not getting the answers we want and that is a result of not asking the right questions. Moving forward, I encourage you to make your decisions based on the following questions.

1. Will this choice propel me toward an inspiring future or will it keep me stuck in the past?

2. Will this choice bring me long-term fulfillment or will it bring me short-term gratification?
3. Am I standing in my power or am I trying to please another?
4. Am I looking for what's right or am I looking for what's wrong?
5. Will this choice add to my life force or will it rob me of my energy?
6. Will I use this situation as a catalyst to grow and evolve or will I use it to beat myself up?
7. Does this choice empower me or does it disempower me?
8. Is this an act of self-love or is it an act of self-sabotage?
9. Is this an act of faith or is it an act of fear?
10. Am I choosing from my divinity or am I choosing from my humanity?

Choosing to think this way is a very mindful approach to decisions, as being reactionary doesn't always lead to

the best outcome. If we take the time to ask ourselves these questions, it keeps our decisions in line with what we want, instead of fighting against it. It raises our consciousness level to truly realize that our choices today affect our tomorrows. "The Right Questions" by Debbie Ford is a book worth having in your personal library. Read and reread it until it becomes your way of life.

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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