

Are You A Rearview Mirror Person?

BY DEBBIE MARTINEZ, DIVORCE COACH



HOW MANY TIMES A DAY DO YOU LOOK IN YOUR REARVIEW mirror (and I am not talking about the one in your car)? How many times do you look over your shoulder at the past and ask yourself why you're stuck, why you can't move on, and why nothing "good" seems to be happening in your life? Stop looking in that rearview mirror and get out of your own way so the present can come in and take its rightful place.

Why is it that anger and resentment rule over happiness and contentment? You're looking back. Why are you more concerned with how your ex is living his/her life instead of how you're living yours? You're looking back. Why are your days filled with thoughts of regret instead of possibilities? You're looking back.

Looking back is needed to take inventory of your life and learn the lessons, but it is not meant to be done continuously. It is then that it loses its effect and becomes non productive, even detrimental. Don't keep stumbling over something behind you.

Here's a tip: get with the program. Your life is now, today, this present moment, and every time you look back, you are only robbing yourself. By continuing that behavior you also put yourself on an emotional roller coaster. If you're going to have emotions, make them good ones. Excitement, anticipation, hope, and happiness are all emotions you feel when you look ahead of you. They will generate good energy and elevate your vibrations and then- BAM- the law of attraction kicks in. No more feeling stuck or asking yourself why good things aren't happening.

Now you know why, so the choice is yours. Keep looking in that small rearview mirror or look out of your big front windshield at all that is ahead of you. A divorce is the end of the road but not a dead end. Keep looking ahead for the signs!



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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