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## Divorced Dad's Bill of Rights

BY DEBBIE MARTINEZ, DIVORCE COACH



**S**PEAKING WITH SEVERAL DIVORCED DADS, I HEARD SOME common concerns and complaints. So guys, as promised, here is your Bill of Rights.

### DIVORCED DAD'S BILL OF RIGHTS

*Preamble: We, the divorced dads of America, having endured the trials and tribulations of our divorce, now stand united in our efforts to be upstanding fathers while stepping into our new lives as single men. Therefore, we ordain and establish the Divorced Dad's Bill of Rights.*

#### Amendment I

We have the right to be who we are with our children. That means we might not do things our ex's way but it doesn't mean our way is wrong. No criticism needed.

#### Amendment II

We have the right to the best possible relationship with our children. It is our mission to ensure this happens, therefore, no bad mouthing from their mom will be tolerated. Any deviation from this will be dealt with swiftly.

#### Amendment III

We have the right to equal amounts of time with our children. Just because she gave birth to them doesn't entitle her to more time. Our love is the same.

#### Amendment IV

We have the right to open communication with our children. Cell phones were invented for a reason; allow our children to use them to call us whenever they want to.

#### Amendment V

We have the right to a social life. We will cooperatively establish a schedule and adhere to it. Any attempts to control our time will be stopped immediately.

#### Amendment VI

We have the right to expect understanding and flexibility when it relates to our work schedule. Some things are unavoidable, no need to take it personally when we are late.

#### Amendment VII

We have the right to live peacefully and unharassed. We are no longer married so please call a handyman, neighbor or therapist.

#### Amendment VIII

We have the right to date who we want without comments or quizzing from our ex. This is our personal life. Key word being "personal."

#### Amendment IX

We have the right not to be taken advantage of. Just because the MSA says we will pay for all school related items doesn't mean you buy 10 uniforms and hit us with the bill. That is unacceptable. Here's a tip: it's called a washing machine.

#### Amendment X

We have the right to be guilt free. We will not live our lives feeling guilty over a failed marriage, a split family for our children or moving on to a new life. We will reconcile the old and accept the new.

And when all else fails, we have the right to plead the fifth.

*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](mailto:debbie@thepowerofdivorcecoach.com).*

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