

Advice for getting through a divorce

BY DEBBIE MARTINEZ



I am getting divorced and I can't stop feeling like a failure. I feel like I have failed my kids and my family.

What can I do so I can move forward with a clear conscious?

Change your perspective. My question to you is if you stayed in your marriage, would you have failed yourself? Change requires courage and willingness to risk. Look at this differently. Instead of looking at it through the concept of failing your kids and family, look at it as you are showing your family lessons in acceptance, resiliency and strength. Choose to view this fork in the road as an opportunity for many possibilities. Because this marriage didn't last "til death do us part" don't dwell in the disappointment, but instead open yourself up to new potential. Because something didn't work out doesn't mean you failed. Zig Ziglar has a wonderful perspective when he says, "It's not where you start, it's where you

finish" and "Regardless of your lot in life, you can build something beautiful on it." Stop tearing yourself down, go out and build.

I've been divorced for a number of years and just always feel like I am on unsteady ground. Nothing seems to be going my way and I constantly feel overwhelmed. Shouldn't I be feeling differently by now?

It is not the ground that is unsteady, it is you. Perhaps it is time for you to start doing things in a different fashion and see things from a new angle. People tend to try to keep things the same and do things the same way after they get divorced, and that doesn't always serve them. If you have children, it is good to keep the same traditions and routine, but even then life has changed and you need to change with it. Take stock of what is overwhelming you and make adjustments based on you being a single parent or no longer having that shoulder to lean on. You can't do the same things the same way when there used to be two and now there is one. It might be that things aren't going your way because

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you are overwhelmed and once you make those needed adjustments, you will be more relaxed to let good things come to you. Take a deep breath and change it up.

Note to Self:

Today I will repeat to myself what a great job I am doing in my new life.

Debbie's Library:

The Gift of Change by Marianne Williamson;

When Everything Changes Change Everything by Neale DonaleWalsch

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