

Advice for getting through a divorce

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This is a dating question. I am currently dating a man who appears to be very attentive and sends me flowers on a regular basis and always wants to be with me, but not in a controlling way. My daughter says he is stalking me. Now I'm confused.

To Miss Lucky Lady; the only confusion is with your daughter. She is confusing stalking with good old-fashioned courting. Girls today aren't used to guys treating them like ladies and, in my opinion, that's a shame. It sounds like this man of yours is showing you how much he appreciates your company and, quite frankly, he's wooing you. Explain to your daughter that stalking is when a woman doesn't want the attention and has asked him to leave her alone and he doesn't. Let your relationship with him be a shining example to your daughter on how she should be treated.

My son constantly refers to himself as the "man of the house." I joke with him about it, but I've noticed that he takes it seriously. Is this a bad thing?



It happens when the man of the house leaves and the son voluntarily places himself in that role or, unknowingly, the parent realigns the family dynamics and places him there. Either way, it's not healthy for the child or the parent. Yes, we as single parents can always use the extra help, but in the framework of the child helping the parent and not as an equal. It adds stress to their lives and can rob them of some of their childhood. Let them be children, they have plenty of adult years ahead of them.

It seems to me that my children are misbehaving more now than before the divorce; not anything really bad or even specific, but I feel more unrest in my home. Any ideas?

Sometimes when we are trying to heal our own wounds, we inadvertently overlook our children's. Not tending to their hurt and confusion can make them act out. Also, divorce can be very overwhelming and perhaps consistency with rules and attention and love isn't what it was when you were

married. My suggestion is just to look at these things without being judgmental with yourself and make a course correction.

What is PAS?

PAS stands for Parental Alienation Syndrome. This is when the child aligns with one parent to the point where they don't want to see the other parent. The feelings they express often reflect the feelings of the parent they are aligning themselves with. The parent could have expressed these feelings directly or indirectly to such a point that the child takes them on as his own. If you feel that this is happening, consult your attorney and seek the help of a therapist for both you and your child immediately.

NOTE TO SELF:

I express myself in loving and positive ways

DEBBIE'S LIBRARY –

The Love They Lost by Stephanie Staal

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