

# Advice for getting through a divorce

BY DEBBIE MARTINEZ



*My ex-husband is always calling me on his weekend with the kids complaining that the kids are not doing chores at his house, talking back to him,*

*etc. I have tried in the past to have us work together on "house rules" so we are consistent in both households but it hasn't worked. I'm tired of him calling me and demanding that I step in and do something. What can I do?*

What you can do is tell your ex that on his weekends he needs to handle his household issues with the children. As with anything that has to be conveyed, do it nicely, but firmly. Realistically, him bringing you into the mix to "do something" actually takes the power away from him as a parent. That is between him and his children. I'm not talking about major issues when the two of you should be on the same page, but the day-to-day "stuff" can frustrate any parent. When he has the children, that is your time to give your mind and nerves a break and to rejuvenate so upon their return you are refreshed and on your game.

*My ex has taken to picking and choosing what he will and will not follow through on according to my MSA. What can I do, I'm getting overwhelmed and frustrated, not to mention exceedingly angry. This was*

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*an agreement we both agreed to.*

Welcome to the real world. Lesson #1 in the divorce game is whatever you both agreed to doesn't necessarily translate into following it. My suggestions are as follows: 1) Take a deep breath and don't let this consume you, because it can if you let it and, quite frankly, that is probably what he wants. 2) When he doesn't follow through on something, send him an email with the infraction listed in the subject and in a very business like fashion, address the infraction referencing the page and paragraph that clearly outlines his obligation from the MSA. 3) Create a folder on your desktop for these emails so they are all in one place. 4) The least expensive way to resolve this would be to mediate; but if he is unwilling, I would suggest seeking legal counsel to discuss your options. Just remember that divorce is not fair on many different levels and you can lose a lot of happiness trying to make it so.

*My ex has moved on rather quickly and it appears that he hasn't missed a beat. His business is flourishing, his mistress has moved in with him, they travel all the time and, oh yeah, he got a new car.*

*Meanwhile, I have to start all over and am struggling in every aspect of my life. When is it going to be my time?*

I hear you and I understand. You, my dear, hold that answer and no one else. Your time starts when you decide it starts. Stop looking over the fence in his backyard and put that energy and focus on your Plan B. First step is to change your thoughts from that of a victim to that of a warrior. You can make a better way for yourself but it begins with one simple thing — your mindset. Change that and brace yourself for an amazing ride.

*Note to Self: My life begins with me and no one else. I have the power to direct my destiny.*

Debbie's Library – *I Will Not Die an Unlived Life* by Dawna Markova

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