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COLUMNS

THE MINDFUL DIVORCÉE

Debbie Martinez, Divorce Coach



Being Grateful Through & After Divorce

NOTHING WILL MOVE YOU TO A HAPPIER AND MORE PEACEFUL PLACE faster than gratefulness. I know you are scratching your head and wondering how you can possibly be grateful when your world has changed overnight and yes, it is difficult but not impossible.

When you are in the throes of divorce, it seems that there is nothing to be grateful for. Your life has changed beyond your comprehension, your sense of who you are has been challenged, you are worried about your financial future, your children are devastated and not one thing about your life seems familiar. At this juncture, gratefulness or the act of feeling gratitude is definitely a choice.

You can choose to see your present and your future negatively or you can choose to walk through the process of divorce with an attitude of gratitude. I am a firm believer that a person's attitude is the biggest determinant to how one feels. One of the hardest things for my clients to achieve is forgiveness but without forgiveness of your ex, you cannot move on. You might think you are moving on but you truly aren't and those chains will weigh you down and keep you from your happiness. The first



step to forgiveness is gratefulness. When you are saying thank you, you cannot be saying anything else, so consequently, you are filling your life with positive thoughts, which brings positive things to you.

I give my clients two exercises to prime the pump for gratefulness. The first one is to write 10 things you are grateful for every morning. Aren't you grateful for your health, your children, your eyesight or your pets? Then, I ask them to write why they are grateful for those things. The second exercise, which I always get a few negative choice words on, is to write 10 things you are grateful for when it comes to your ex spouse. Don't you love your children? Can you imagine living without them? Well without your ex they would not be here. Were you able to share every moment of your child's school years because you were able to be a stay at home mom? Well, your ex gave you that gift by supporting the family. As hard as it is to feel grateful towards someone who hurt you, it is necessary so you can move on to forgiveness of that person.

When you are grateful, you also are hopeful. Keep your life and all that has happened in perspective. Your divorce and this chapter is just that, a chapter and you have many more chapters to write. Despite our circumstances, we can find things to be grateful for and you will be shocked at how your life will change for the better if you practice gratefulness throughout your day, even through your divorce. Remember, divorce does not define you, how you navigate it and what you do with your life afterwards does. Being grateful for what you have had and what you currently have will ensure that your future chapters are rich and worth reading.

Debbie Martinez, MA is a certified mindful life coach specializing in divorce. She is the founder and president of Transformation thru Divorce, LLC where she provides divorce, post-divorce and co-parenting coaching to clients in the U.S. and Europe. 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. Debbie brings her life experience and formal training into her coaching practice to empower and educate clients on their divorce journey and their new beginnings. You can contact Debbie at debbie@transformationthrudivorce.com