

## Advice for getting through a divorce

BY DEBBIE MARTINEZ



In a previous column, someone raised the question of fear. Fear is the overwhelming emotion when faced with divorce, so I thought it deserved a column all its own.

Divorce can be a time when every emotion comes to the surface, and one of them is fear. Fear of the unknown, being a single woman again, being a single parent, finances, change of homes, routine, status and who we are. Everyone who has walked the path of divorce remembers that split second when we came to the realization that life as we knew it was over, gone, never to be the same. And fear sank in.

What do we do when we feel fear? Most of us try to avoid it in some way, whether it is dating, drinking, shopping, denial or engrossing ourselves in a project or work. The problem is, the fear is still there tugging at our mind, and until that fear is faced we as divorced women cannot move on in a constructive way, an empowered way. Don't make the mistake of putting it on the back burner. As the saying goes, just do it!

### DIVORCE COACH

Face it, conquer it and move on; momentum will lessen the feeling of fear.

We prefer things that are familiar, we fear the unknown, even if the thing that is familiar is our own pain. Fear is a perception, so change your perception and you will go from fear to empowerment. Approach your reaction to these changes in your life from a position of strength, not weakness. Look deep within yourself and know that you are not a victim and you have the control. You are a woman of power. Do not hand that power over to anyone or any situation. Let your mantra be: I can do this!

Acknowledge the fear, take control of it and control the negative chatter in your mind. Have confidence in yourself, see these changes as growth and stepping stones to a future of promise and view your life with anticipation, not apprehension, and you will become powerful over your fears of divorce.

Consequently, the flip side to fear is hope. Hope is something we create by our own attitude, not by what is going on around us. Hope is what spurs us on to new and better beginnings, to go further than we ever thought possible due to our newly acquired strength from facing our fears. An unknown author said, "Sometimes in the wind of change, we find our true direction."

Robin Sharma sums this up quite well: Run toward your fears, embrace them; on the other side of your greatest fear lives your greatest life.

#### Note to Self:

I am stronger than fear and fear does not control my destiny; I do!

#### Debbie's Library –

*Feel the Fear and do It Anyway*

by Susan Jeffers;

*The Gift of Change*

by Marianne Williamson

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