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Advice for getting through a divorce

BY DEBBIE MARTINEZ



I am so frustrated being out in the dating world again, it appears that so much has changed while I've been married.

Have you any sage advice on how to navigate this battlefield?

Funny how you use the word "battlefield" to describe the dating world. If that is how you perceive it, then that is what it will be to you. No doubt, dating is a challenge due to where you are in your life at present, but choose to look upon it with excitement and find the humor in it (God knows, there is plenty of that in the dating world).

My "sage" advice is quite simply to be yourself and be smart. When I'm out at happy hours, I can't help but notice women of all ages strike up a conversation with a complete stranger and then promptly pull out a business card and hand it over. Not smart; you wouldn't give him your home address, but it's ok to let him know where you work? I never quite understood the logic there.

Don't make this a competition, it's not about you versus a 20-something; it is about you being

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you and happy in your skin. Accepting that you are 40-something with the demands of work and children and yes, there is someone out there who will be thrilled to be part of your life, but first you have to be thrilled to be part of your life.

Be true to yourself and don't settle for someone just because he's a warm body. Know your deal breakers and don't compromise on them because you're afraid this is your last chance at love. Remember, everyone has some baggage, but you don't want to take on someone with steamer trunks and a valet to carry them. Don't feel pressured to give more than you are ready to give; and last — but far from being least — for God's sake, use protection. STDs in older people are more prevalent than you think.

While dating in your 40s, 50s and 60s is not the walk in the park it was in our 20s and even your 30s, it isn't a battlefield. The only "battlefield" in dating is your own mind, so change your perspective.

I find it hard to date because none of the men I have been with make me feel like my husband. He was my soul mate.

Stop right there. There is a reason why you two split up. You can remember the good times, but don't get caught up in romanticizing the relationship. Comparing men to an ex is a sure fire way of missing out on a potentially good relationship. You are holding on to your past when you compare; enough with the checklist and date with an open mind. Have fun and you will see how much easier it will be to let go of the past.

Note to Self:

I choose to see things in a more positive light.

Debbie's Library – *Mars and Venus Starting Over* by John Gray

Mars and Venus on a Date by John Gray

Debbie Martinez is a Certified Life Coach specializing in divorce, relationships and women's issues. She has given workshops on various topics and has offices in South Miami. For more information, go to <www.thepowerofdivorce-coach.com> or call 305-984-5121.