

Advice for getting through a divorce

BY DEBBIE MARTINEZ



I've been divorced for a while and just never found someone I wanted to spend time with. I finally found someone and I thought all was well, but he broke up with me abruptly. I really thought we had something special. He was everything I wanted in a man. What can I do at this point because he says he just wants to move on?

There is one thing you can do and that is to be honest with yourself. Sometimes the break up is out of the blue, but more times than not there were signs and you just didn't want to see them. It could be that you were focused on what you wanted as opposed to what was really before you. The potential of what he/we could be overrides the actual behavior/reality. He might have been everything you wanted but you might not have been everything he wanted. I know that sounds a bit harsh, but step back and depersonalize it. Haven't you ever met a man that was nice and there really wasn't anything "wrong" with him, but you just weren't interested? Women tend

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to throw themselves under the nearest bus when someone breaks up with them because they think they are not good enough. It's not that you were not good enough, just not "right for" and that door swings both ways. What you can do at this point is accept him moving on and you do the same, knowing that it just was not the right fit and that perhaps you chose to see your own reality. Next time around, take off the rose colored glasses, see the relationship as it truly is and possibly spare yourself some heartache.

My husband constantly puts me down. I'm always walking on eggshells to please him and, in the process, I've lost who I am. He claims he loves me, but everything is conditional with him. I fear divorce is just around the corner as he refuses counseling. Are there any other steps I can take?

It's difficult to work things out

and make your feelings known when your spouse refuses to get marriage counseling. Perhaps you meeting with a therapist to work out your own feelings would at least allow you the clarity you need to either move towards divorce or learn ways to deal with his behavior so it doesn't adversely affect your self esteem. When love is conditional on your behavior, it is being used to control you. A love that seeks to keep you from being you is not love at all, no matter what the other person insists. Good luck!

Note to Self:

To love and be myself is the most important gift I can give myself.

Debbie's Library:

Mars and Venus on a Date

By John Gray

The 30 Day Heartbreak Cure

By Catherine Hickland

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.