

# Pinecrest

ONE OF MIAMI'S COMMUNITY NEWSPAPERS

SEPT. 24 - OCT. 7, 2012

## Advice for getting through a divorce

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I am totally confused. I have been married for 12 years and for many reasons, I am contemplating divorce. How do I know if

I'm leaving for the right reasons?

Let's talk about the reasons you would stay. There are many reasons why people stay married: finances, familiarity, kids, guilt, fear, maintaining the extended family and friends, avoiding the pain of divorce, security, love, religion and appearances. Some of these are healthy reasons to stay and some not so much. Look at each of these and be honest with yourself how they factor into your decision. But to me, one of the most important questions that few people ask is the following, By staying in this marriage, what am I modeling to my children regarding marriage, respect and relationships? What are the messages that you are sending that they will base their future relationships on?

I am getting divorced and we are set for mediation. I have to admit, I was the one that had an affair that ended our 20-year marriage. I am so guilt ridden that I am tempted to bypass alimony.

My attorney is livid with me and keeps reminding me to think of the future. What are your thoughts?

I think you need to heed your attorney's advice. I understand why you would have guilt but bear in mind, it takes 2 to make a marriage and it takes 2 to break a marriage. Both of you have responsibility here for the breakdown of the marriage. Not knowing if you were a stay at home wife or your financial status, I would question how you plan on living through your Golden Years? Come up with an equitable distribution and don't let your guilt cloud your judgment. Once that Marital Settlement Agreement is signed, sealed and delivered, it is costly and difficult to get it changed. You both had lessons to learn in this marriage, learn them and move on.

My soon to be ex is adamant that I have everything out of the house by the day the divorce is final. I am working, trying to find an apartment and stressed to the max, I just think he could be more flexible.

Well, could he choose to be more flexible? Yes, but I have to say it is probably in both of your best interests to have everything that you agreed on that is yours out by D Day. I can't tell you the



number of times I have heard exes complain about not getting their things after the divorce is final. People can become bitter after the divorce and even though they had the best intentions prior, human nature takes over after the first alimony check goes out. My suggestion is to bite the bullet, get your things out even if that means a month in storage and make a clean break.

Note to Self: I will keep things in perspective as that is for my highest good

Debbie's Library — *The Other Life* by Ellen Meister (This is not a self-help book. Sometimes you just need to read a good, thought provoking book with a glass of wine!)

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