

Advice for getting through a divorce

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Ladies, don't be so quick to shuffle out of one relationship into another without first looking at your relationship with yourself. The relationship you have with yourself is the most important and the first step to having a meaningful relationship with someone else.

A lot of women make the mistake of going from one relationship to another without taking the time to get centered and know who they are first. They are under the assumption that the man or the relationship is what is going to fill that sense of loneliness or unhappiness they feel. It is, in fact, their lack of connection with themselves that brings on that sense of longing that they mistakenly associate with a man.

Here are 14 sure-fire ways to shuffle your relationship with yourself:

¥ Have a willingness to change
Take an honest inventory of yourself and know that change is good.

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¥ Change from negative thinking to positive thinking. Your thoughts dictate your life, not the other way around.

¥ Overcome self doubt. You have all the answers inside of yourself; you can do it.

¥ Trust your inner wisdom. Listen to that still, small voice; very rarely is it wrong.

¥ Have your own purpose/passion. Be clear on who you are and what you want your life to look like.

¥ Reconnect with your inner child. Acknowledge the pain of your childhood and regain the playfulness and innocence of a child.

¥ Go inward to your spirituality. Connect to the divine that resides in all of us.

¥ Let go of all beliefs that no longer serve you. As we grow, we recognize false beliefs we have told ourselves or been told by others.

¥ Let go of the outcome and live in the moment. Don't be so invested in the outcome that you lose the joy of the process or the flexibility to go in a different direction.

¥ Step outside of yourself and do for others. A random act of kindness will bring a smile to someone's face and a smile to your heart.

¥ Do what makes you happy. Life is too short to do otherwise.

¥ Keep moving forward. Don't dwell in the past.

¥ Keep your heart open. Don't let the challenges of life harden your heart; love begets love.

¥ And last, but certainly not least, believe in miracles! Miracles come in all sizes and sometimes not as you expected. Once you get right with yourself, step back and brace yourself for an amazing ride through this journey we call life.

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