

Divorce: Get Over It!

Get Your Life Back



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Introduction

I really hesitated about using “Divorce: Get Over it!” as a title to my e-book as I didn’t want any readers to think that I was being callous or unsympathetic to those going through divorce or who have been through this most challenging journey. Far from it.

So why did I use it?

Well because, truth be told, I have come across enough people who choose to continue living in the shadow of their divorce even years after it’s happened. People who are still angry with their ex-spouses even after the children are grown, married and have had their own children. I have met people who will not attend a function, however important, because the other will be there with his new wife/husband.

So when I use “Divorce: Get Over it!” as a title to my book, I hope to be able to shake you off your dwelling place that’s, most likely, enshrined in anger, resentment and hurt.

I do apologise if any part of this book upsets you or offends you. That is not my intention at all. It is just very hard to watch someone sit and wallow in his/her pain and hurt seemingly unaware that they are the only ones who can change their state of being.

From the moment that you allow someone else to determine what you feel or how you behave, you have given away your power as an independent being.

If you want to get your life back and be happy again then you really do need to get over the divorce, your ex and the pain you went through.

Your divorce happened and it hurt. You “won”. You “lost”. Whichever way it went for you, it’s gone. The choice that you are left with is to decide whether to get better or not.

Divorces have been happening for so many years now but, despite this, they are still one of the most difficult and stressful experiences in anyone’s life.

It is still quite common for those who are going through divorce or who have been through it to feel ashamed that they have “failed” in this deep and significant relationship with another adult.

While going through divorce there are so many things that we let go off and some that we hold onto as steadfastly as humanly possible.

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We stop looking after ourselves, our wellbeing and welfare and begin to focus on our anger, resentment and retaliation, sometimes unconsciously so. We hang onto emotions that serve us no purpose at all except fan the flames of the same hurt and anger believing that we it's the other person we are hurting.

People who are important and dear to you, including your children, are pushed to one side as you work your way through this painful and challenging journey and as much as you wish to eliminate this stress associated with this state of being, you find it almost impossible believing that it is your ex-spouse who is responsible for making you feel and behave as you do.

1. You Need to Accept What is.

I was going to put this as the final point in this book but then I realised that if anything else, this is the true starting point of know what to do to get over your divorce.

This is easier said than done, I hear you say. Well, yes and no.

My questions to you would be the following:

If you don't accept that this is your current situation, that the divorce is happening or that it has happened, then;

- What does that mean for you and your well-being?
- Where does that leave you?
- How is that working for you?

To fully accept what is, you will need to distance yourself from the divorce and there are two ways you can do this.

Firstly, look at the divorce as a life situation. Yes it brings with it strong negative emotions that can and will affect you physically and mentally, but it needs to remain just that, a passing life situation outside of you that needs to be worked through, dealt with and packed away.

If you have ever been made redundant or lost your job then look at it in the same way. The feelings that you went through then were strong and painful but at the end of the day you had to deal with them, get up, put your CV together and look for something else.

One very easy way of creating a distance between you and the divorce is watch the words you use. Talk about "the" divorce as opposed to "my" divorce. Don't own it. It's not you and it's not yours. Leave it out there.

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Secondly, from time to time, stop and just breath that moment in and out while you allow yourself to come to terms with your new situation, not from a superficial place but from deep within you.

The divorce *is* happening or it *did* happen. There are no two ways about it. The more we resist it or fight it the more this state of unrest will persist.

Now, let me make this clear, I am in no way telling you to sit there and take whatever is coming your way, not at all. What I am saying is accept that it *is* happening and accept that it *is* or *was* extremely difficult, after all it is a divorce, what do you expect? Accept that it is as it is and know that this too shall come to pass. It's a life situation, part of a journey.

Accept too that it is possible and dare I say "normal" that you ex truly hates you at this very moment and you most likely feel the same about him/her. You probably feel so much anger that you have come to believe that if he/she decided to move to Alaska and live there for the rest of their days, you would be the happiest human being that ever existed!

I used the word "normal" because every situation brings on an accompanying emotion. It is normal to feel good when someone pays you a compliment. It's equally normal to feel a rush of anger and frustration when someone cuts in front of you at the lights.

So it is in divorce, the resentment and "hate" you feel for your ex spouse is normal – for that moment. And when someone hates you, they will call you all sorts of names and do almost anything they can think off to make your life hell. It's not ok, but it happens so don't take it personally. They are reacting to a situation that they have found themselves in and when you are cornered, you lash out.

So the next time your ex-partner does or says something to you, accept that they are being horrible because they are angry, it just happens to be you on the receiving end.

Yes, I know it's hard to do this but like I said, I have been through two divorces and this way of thinking really helped me keep my cool and kind of watch from a distance as my exes threw words of anger at me. It was a normal way for them to react but I didn't have to rise to it. That's just how divorces go.

You can experience it without internalising and housing it.

This doesn't mean that you will feel no pain, anger or resentment. You will. But, through acceptance, you will make wise decisions and you will be able to not only heal faster but also put the whole divorce experience in the past, where it belongs, instead of absorbing it and making it part of you.

It is what it is. Accept, move on and allow yourself to grow from this experience.

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As Eckhart Tolle put it:

“Accept – then act. Whatever the present moment contains, accept it as if you had chosen it. Always work with it, not against it.”
Eckhart Tolle

2. Don't let yourself go!

I'm not just talking about letting go off your physical appearance, I'm also referring to your emotions and mental wellbeing.

When the divorce first happens, it is actually advisable to just do whatever it takes to deal with all that this experiences brings with it.

If you want to hang around the house in your pyjamas all day, eat ice cream, cry and watch rubbish on telly, or if you want to just be alone and avoid talking about it for days then do so. You need that time to deal with the loss and grieve for it in the best way you know how.

So, I am not saying no crying and feeling terrible about what's happening, far from it.

Following my divorce, I started dating this wonderful man. He ticked most of my boxes and for a moment there I believed that he was the one, not only from the way that he was with me but even from the way we planned our future together. Where we were going to live and when, where we would be going on holiday etc. “Coupley” things

This wonderful man, had been divorced for 2 years and I four, so he was pretty young and new on the divorce scene. We had wonderful times together; loads of laughter, deep conversations and lovely memorable intimate moments. However, there was one major issue that remained a thorn in our relationship, which unfortunately grew to the point of total destruction.

My wonderful man was adamant that we would never or should never have an argument or disagreement. He believed that we should be able to live happily without any “problems” arising between us. Of course this was totally unrealistic, unless of course one of use was ready to compromise and do and be whatever the other wanted. To expect this is not fair on anyone.

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So it turned out that every squabble, however small, was, to him, a sign that we were not working out, that we were heading for a breakup. In the end, not being able to continue, consoling, looking after and being tired of walking on eggshells, I had to leave the relationship.

My wonderful man, had let his divorce experience become part of his being. He had let himself go and be taken in by his past experience unable to leave it behind.

Of course the fact that his marriage, towards the end, had been full of fights and arguments played a role in his seeing the world as he does today. He has now allowed that experience to change who he is as he builds this wall around himself, creating a new life, a new world that is at the same time, beautiful and safe yet as fragile as butterfly wings.

Even though he understood that a relationship without disagreements is completely unrealistic, he still couldn't move away from it all.

Don't let yourself go. Don't build a wall around you. Do look after yourself and allow yourself some joys and pleasures. Do what you need to make you happy while keeping you safe.

Looking after yourself also includes taking the time to learn from your past experiences. What is it that you, yourself, did to get the relationship to where it is today?

From the moment the divorce process starts to the very end, do not go it alone. Please, please, please! I tried this with my first divorce and, boy, did I pay the price; deep loneliness, sleepless nights, anger and resentment which unfortunately at times my darling daughter bore the brunt of.

“Don't try to be the strong one who can deal with anything. This is not just anything. “

Find someone who can walk through this time with you; friends, family and/or colleagues. Use them, speak with them and allow them to contain your emotions for you, to hold them and take care of them. Don't bottle them up so as to appear strong, brave and in control. This is not the time to be a warrior.

Following his divorce, a very close friend of mine went in total work mode. He spent every single minute at work and it all paid off. He got the raises he needed and longed for. He got the recognition and accolades that he lived and worked for.

Work was his life. His friends and family didn't know what he was up to and believed that he had fared better than they had expected.

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It was not until years later, when he suffered a major breakdown did they realise that all was not as it seemed. He went through a severe depression and began attending therapy sessions at the Priory.

He then came to understand that he had handled the breakup of his marriage the same way had every other difficult and challenging time in his life. Alone and in “control.” It eventually all caught up with him.

Today, following his therapeutic work, he is doing so much better. He has mellowed and his new family is the most important thing to him. The depression still lingers but he now knows how to handle it, manage and recognise it before its ugly head fully emerges.

I would urge you to have at least one or two people whom you know will always bring you back to what is important right now, not someone who will fan the flames of your pain, hurt and anger. You don't need anyone to do that for you or with you.

This someone may turn out to be the person you least expect. In my case, it was a fellow student with whom I had exchanged barely ten words since we started studying together – one day, however, she found me leaving the college in tears. She stopped me and asked what was going on. She called that evening to check on me and today 17 years, we remain very close friends.

Divorce is a loss, and loss is tough, loss is painful. Yes, divorce is like death. You have lost plenty: not just your partner but also the unseen, namely the future that you had planned, the life that you once knew, companionship, friends and much more. You may have also lost material things, for instance, financial stability, income and the home you once shared.

Why talking is important? Simply put, because it helps you process what has happened.

During my training in working with children and adults of trauma, we learned how vital it is to process distressing experiences that have the potential of traumatising us.

You see, each time you talk about some aspect of your divorce, your move part of into your long term memory where it's stored and kept. Each time you speak about a particular incident and insert every detail that you remember from that moment, e.g. what she was wearing when she said she's leaving, what he was doing when he told you he was leaving, you increase the chances of processing that information and storing it where it's supposed to be, in the past.

With this storage and processing, you also diminish the feelings that accompany that experience. This means that the next time hear the name “Tom”, you won't immediately hate the person just because he shares a name with your ex.

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Letting yourself go and succumbing to the negative emotions that inevitably accompany divorce and allowing them to rule over you, your thoughts and your behaviour, may have serious repercussions on your well-being.

You will find, for instance, that your sleep may be terribly disturbed – you may not be sleeping at all or you may want to sleep all day. You are exhausted, which in turn may affect the decisions and choices you make.

The same may apply to your eating habits. You may either eat way too much or have lost your appetite and are just eating to stay alive.

So when people offer you help, accept it!

If you have children, is there anyone who can watch them, even for an hour? Do you have a friend you can call when you are low? Call the Samaritans if need be. They know what they are doing and are always at hand to help.

There are several ways to look after yourself and this list is by no means exhaustive. I'm sure you have some ideas of what will work best for you.

- **Get support**, accept it, embrace it and use it. Honestly, if you don't ask people don't know.
- **Eat well and healthily**. I'm sure you know what this means and why.
- **Exercise**. If the gym is not for you, walk - physical movement is said to help release tension – and stress creates tension and can make you sick.
- As difficult as this may seem, especially when you have children, try to find some time where you **just sit in silence**, even if this is just for five minutes when the children are in bed. This, however, comes with a word of warning – sitting still for five minutes when you are going through a divorce can be extremely difficult, but it is very, very beneficial. It is during these moments of stillness that your suppressed anger, hurt and resentment fight to get to the surface. It is at these moments when we come into contact with our deepest fears, worries and anxieties, and that is why we find it so very difficult to sit still, doing nothing. Then why do this? Simply because accepting these bone-wrenching feelings means that you are processing them, working with them, and eventually releasing them as opposed to resisting them, suppressing them and identifying with them.
- **Why not establish a routine for you and your children**. This is so important, as it provides a sense of security in knowing what is coming next. For instance, knowing what time the children are going to bed tells you that from a certain time you will be able to have time for you. Knowing what you are doing at the weekend means not having to wake up on Saturday morning and having to think up of an answer to the

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question, "What are we doing today?" because it's all been planned. You know what's coming next and so do they.

If establishing a routine or creating set boundaries is something you are struggling with or that you find challenging, speak with me and we can work something out.

- If the children have started playing up because of the divorce, then **seek parenting advice**. There is no shame in it at all. There has been a loss in the family and it has affected everyone. Use parenting forums, for instance, or seek a parenting expert's advice. Knowing what to do in these times can help alleviate months or years of pain and resentment on their part.

3. You Cannot be Fully Present with Those you Love until you Have Released your Emotions from the Past

You're hurt. You've lost a part of you that you believed would be part of you for the rest of your life. Maybe there's isn't just you and your ex-partner, maybe you have children too and they will no longer be part of your life as you would wish and want. You're in pain and you're lost. Please tell me which part in all of that is not enough to make you cry or feel such deep gut wrenching sadness?

And it's not just the sadness and pain, it's also the anger and the feelings of loss and bereavement.

"Emotions are connected to the body."

Just think about how you feel when you are nervous. Where in your body do you feel it? How do you know you're nervous or angry? That's how much our emotions are connected to our bodies.

Letting out those emotions is truly one of the best things you can do for yourself. Honestly. And the earlier the better. Don't save them for...whatever you might be saving it all for. Get it over and done with. If you cannot cry in front of others, like me, then do it alone. Then you can even cry ugly ladies, with tears and mucus running down your face!

This is one of the most important steps, and I could go on and on about why this is so vital but there isn't enough space to do it justice here.

You need to allow yourself to let your emotions and feelings out.

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I use the word “allow” here because when we don’t permit ourselves to feel, then we have *chosen* not to. We then do the opposite: our emotions arise in us and we put a huge heavy lid on them and continue with our day while the emotions slowly marinate and cook within us.

When you feel them, when you allow yourself to go “there”, it basically means that you are processing what is going on mentally, emotionally and making sure you remain physically well. You have to live through this very painful moment in order to live in the present and the future without the risk of carrying your negative emotions with you for however long. Like having very necessary surgery in order for you to live longer and healthier.

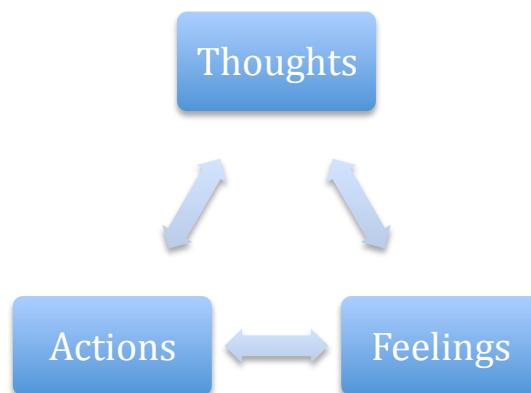
I am not saying that you must *act* on your feelings, by going out and smashing your ex-partner’s car windscreen. No, this is between you and you. If you choose to smash up your own stuff then that’s up to you, and those are your actions against you and you’re the only one who will have to use the dustpan and brush later. Take full responsibility. Do not turn around and say, “He made me do it”. He didn’t.

What happens when you don’t let these negative feelings out? Well, they will only grow and fester in you causing you to be and behave as someone else. From here on, people who meet you, will only meet this other person whom you have become and not who you really are.

What do I mean?

Well, Cognitive Behaviour Therapy or CBT as it’s commonly known, teaches us that there are three areas in your life that are inextricably linked; your thoughts, your actions and your behaviour. Yes, your environment can play a role too but let’s leave this for now.

What you think will determine how you feel which will then determine how you behave. Basically it all comes down to your thoughts, your cognitive behaviour.



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So, if like my wonderful man you think or believe that a disagreement, however small, is a sign of an impending breakup or a messed up relationship, then you will feel terrible about each tiff and you will behave as though it's the worst thing that ever happened. You may then react by shutting the other person out believing that they are the cause of your bad feelings and so it goes.

So anger changes who you are. Hate changes who you are. Resentment changes who you are. Let them out. You cannot be fully present with those you love until you have released your emotions from the past.

What happens when you don't let you negative emotions out?

One thing that I have learned from my divorces is that I need to stop being strong and showing that I can cope. It is sad to say that this was so ingrained in me that I still find it hard to cry when I am on my own but I am working on it and getting quite good at it.

Recently when I accepted that my friend's cancer was worse than I wanted to believe, I broke down in front of my daughter. What was really sad about this situation was that she had never seen me cry and couldn't read my "new" face. So just before I finally let the tears out, she followed me around asking me "What's that face you have on Mama? What's that?"

When I finally fell apart, she went to her father and said, "I have never seen Mama cry." She is 9 years old.

A couple of questions for you:

- *What is the one thing that you can do today to resolve your pain?*
- *How will you know that you have resolved it?*

4. *It's your Fault too.*

"Nobody but you is responsible for your life. It doesn't matter what your mama did; it doesn't matter what your daddy didn't do. You are responsible for your life. ...

You are responsible for the energy that you create for yourself, and you're responsible for the energy that you bring to others. Please take responsibility for the energy you bring into this space."

Oprah Winfrey

Aside from the title of this e-book being a provocative one, I think that this section's title is too and whenever I have had to say this to a client I have had

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the most interesting reactions, some of surprise others of anger and irritation. Yet so it remains, you too are responsible for the breakup of your marriage.

This can be one of the hardest things to hear you did play a role in getting your relationship where it is now, and the sooner you realise that and accept it the better for you.

It *wasn't* all him/her. You were in it too, and you have to own this truth before you can even begin to fix anyone or anything.

“You cannot change what you don't acknowledge and this is one thing that you must embrace – that you did play a role in seeing the relationship where it is”.

At the very least, take responsibility for not only getting into a relationship with your ex-partner but for going all the way into marriage with him/her. Start from the moment *you* – and no one else – said, “I do”.

It can take a while before you fully understand how you came to be in a broken relationship, how you too played a role in its demise, but know and understand you must.

A very close friend of mine, recently broke up with a woman he was seeing. It was a short and very intense relationship.

When I asked him what he learned from that relationship he declared, “Nothing, I don't need to learn anything from anyone!” What he won't accept is that he has a pattern, like we all do, where he gets together with the same woman and for the same amount of time and finishes it with the same complaints. He is the common denominator but he says and believe it is “they” who have the problems.

On my side, I am the common denominator in both my divorce journeys. I called it quits even though they were not “bad” people. They were just not for me but neither were any of my boyfriends before or after my marriages and now I realise what my problem has been all along. I held a core belief or a deep thought about marriage and I didn't realise it at all, until much later.

I believed that marriage never last. So I thought and so I lived. I could even go as far as saying that, that belief, that thought made me marry men whom I subconsciously believed were not for me. I sabotaged my own marriages.

Can I just say here, before I forget, that my exes and I are really good friends to this day. We do meet up and our children are good friends who often have play dates and attend each other's birthday parties. It's a wonderful world for us and for that I will forever be grateful.

Right, back on track.

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You see, when I was 16 years old I attended a wedding in Mombasa, Kenya. I knew neither the bride nor the groom. I was there with my best friend at the time and her brother whom I fancied to death!

During the church ceremony, when the couple were declaring their vows the church was as silent as can be. When the groom uttered the words, “forsaking all others”, these two ladies seated in front of me, older than me but maybe 10 years or so, turned and looked at each other with a smile of that said, “yeah, right”

I later recounted this moment to my crush and his sister. He smiled and said, “Yes, no point in getting married as it never lasts and if it does, someone somewhere will cheat or remain miserable. They never last” His sister agreed with him.

That day, those words were my defining moment. Don't ask me why or how but that became the root of a deeply held belief about relationships, unconsciously so, but I now see the role that moment played in my life. From then on all I could see were broken relationships, infidelity, resentment etc.

Every broken relationship that I came across, came to be proof and evidence of the truth that those words held. I didn't see the successful ones at all because I believed that even those would end. By the way, last year, my parents celebrated 50 years of Marriage! One of the most successful relationships was under my very nose and I couldn't even see that.

When I got married the first and second time, thinking that it will last but not believing it. So every little argument or disagreement was proof of the imminent end of my marriage.

I had never made this link, how far reaching my core belief, my thought was.

So accepting your role in the demise of your relationship is so vital, if you are to create another one that will last and in a much happier way than your last one.

My questions to you:

- *Today as you are, would you date you? Would you marry you?*
- *Why?*
- *Why not?*

Knowledge is truly power! The more you know about yourself the closer you get to being truly you and getting the type of relationship you want.

5. Don't Turn out to be the Toxic Parent

This is a huge topic and one that is very close to my heart. I will only say a bit here hoping that it will help you, as a parent, do what you can to care for your children post divorce.

As a parent going through divorce, it's so hard to remain civil with your ex-partner with regards to finance and property but when children are involved too, it makes your life even more complicated and can be extremely emotionally charged.

When children get involved in the divorce process, in a way that is detrimental to their wellbeing, it only causes you and them more pain and more distress.

It is honestly much easier to do the right thing by them in the long run than react now and wait for the consequences and repercussions later in both your lives.

Two reasons to do right by your children:

Firstly and plainly put, if you don't do right by them, if you deliberately keep them away from their other parent they will grow up to resent you. They will hate you for it. There's no two ways about it. So think twice before inflicting this on your children.

Children need both parents and this you can see so clearly when you watch TV programs like ITV's "Long Lost Family", common chat show programs and even the now not so recent changes in the area of sperm donations where children born in this type of family are now able to trace their biological donor fathers.

Secondly, as much you may dislike your ex and his/her new partner, doing right by your children and not using them as messengers etc (see below) and providing them with the love and security they need, you will be teaching them a valuable lesson in being able to move on no matter what.

Keeping in touch with your ex for the children's sake doesn't have to be hell anymore. Luckily, in this day and age, we have so many ways to communicate. If you cannot stand the sound of his/her voice then you have, text, email and letters. Otherwise there is the phone, Skype if s/he is far away (and, no, you don't have to have the camera switched on) and face-to-face if you can manage that.

I heard of a lady who had a friend of hers vet email communication from her ex. This friend would then just pass on the relevant information that was needed. All the messy and unnecessary stuff was deleted and she never got to see it, making her life much easier to get on with.

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“Yes, there will be fights and arguments, but you will need to talk”.

Here are some questions that you could ask yourself when you find yourself considering cutting off communication or reacting to something that she/he has said.

- *What is unreasonable about this request?*
- *Do I need to respond to this, or can I just acknowledge receipt?*
- *If I need to respond to it, do I need to do it right now?*
- *How can I best respond with minimum negative effects and maximum positive results?*

Finally if you find yourself practicing any of these, then I urge you to stop. It's really not doing your child any good whatsoever! They need your guidance, support and help right now and not get involved in adult issues.

Do you:

- i. Try and make your children choose between your ex and you?
- ii. Withhold access because child support has not been paid? Basically hold your child hostage? Keep in mind that this is not punishing your ex alone but the children especially.
- iii. Ask your child questions about the other parent's lifestyle, activities or relationships? You may think they don't realise what you're doing but they do. "I don't like mummy/daddy asking me questions about daddy when I get home," is a statement that has been uttered way too many times.
- iv. Discuss your personal problems and matters with your child or with someone else but in your child's presence?
- v. Make promises you don't keep. If you cannot make it on Saturday, let them know. If you cannot deliver, let them know. That hurts much less than consistent disappointment.
- vi. Often argue with the other parent in front of your child?
- vii. Put down the other parent while your child is within earshot or in their presence?
- viii. Physically harm, hurt the other parent in front of your child?
- ix. Use your child as a spy, messenger or mediator, relying on him/her to solve issues between you and your ex?

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If you are doing *any* of this then you *are* harming your child and need to stop.

6. *Decide to get better*

“Some changes look negative on the surface but you will soon realise that space is being created in your life for something new to emerge.”

Eckhart Tolle

I once read an article in a magazine where a lady who had been through divorce had, for the hundredth time, called her mother in tears. She was lamenting what had happened and how her ex had ruined her life. She kept asking her mother what to do. Her mother didn't know what more to say – she had already said it all. They had been here before.

On this particular day, she asked her mother one more time, “What do I do?” And the reply that came was what forced her to act on her life situation – “You have to decide to get better”.

Is it really as simple as that? Yes, it is. You make that decision and keep reminding yourself of your goal – to get better and continue getting better.

Divorce is, after all, a life journey. It is something that is there, in our lives, at some point or other, and which needs to be dealt with and as painful as it may be, it shall come to pass...if we let it.

Here are some steps that will help you along:

- a. **Decide what getting better or being in a better place will look like for you.** What images, sounds, smells, tastes would there be if you were better and not in the situation that you are today?

Once you conjure up your images, sounds and smells, notice the feelings that you get. Note the relief, happiness and joy that follow. Hold on to them and when things look grim, grey and stormy, go back to that place and make it your goal.

- b. If your ex-partner is being unreasonable and/or is perpetually trying to hurt you, learn to see it as just that. **Something that is happening outside you**, attempting to come in. Don't indulge him/her. This is very hard to do initially but, with practice, it helps tremendously and it's a skill that you will use over and over again.

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- c. Try to see this challenging and difficult life situation as an **opportunity to grow**. During a divorce, it is extremely common for other areas in your life to suffer, but if you begin to see this life crisis as the door that becomes the opening i.e. as an entrance to something bigger and better, then you not only distance yourself from it, as opposed to internalising it, but you also live through it much more smoothly.
- d. Going back to point number one of this article, to get better, you must acknowledge and **accept the facts of your situation**. You must be able to accept your role in it, and release yourself from victim mode. This is not to say that you have to accept the divorce or separation as entirely your fault – not at all – but it is not all your ex-partner’s fault either.
- e. Ask yourself **what other option** there is. “If I don’t get better, what is the alternative?” “Am I ready to live this way?” and “If not now, when will I decide to get better?”
- f. Ask yourself – and be as honest as possible – “By continuing to live like this and feeling like this, **what am I getting or gaining from this?**” Because, you know what? We automatically always move away from things that are not working for us or things and people who are not conducive to our well-being. Yes, we do, unless at some very basic/minimal level, we are gaining something positive from our current situation. Is it sympathy from others? Is it attention? What are you gaining from this remaining in this situation?

I hope this has helped you. Do let me know. I would love to hear from you:
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Don’t just read this through once: look through it time and time again.



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