



Step One: Take Inventory of Your Life

Take a good hard look at your life and determine exactly where you are now. What is wrong and what is right in your life?

So often, we only look at everything that is wrong, especially when we are going through a major change in our life. If your husband suddenly left you for another woman, you may feel so overwhelmed and burdened that you would say there is nothing right in your life. On the other hand, if you left your ex husband you may be so full of anger, hurt and guilt that you believe there is nothing right in your life. Is this really true? Be honest with yourself.

Rate your satisfaction, 1 being the lowest and 10 being the highest, with the following areas of your life:

- Family
- Friends
- Health
- Spiritual
- Hobbies
- Professional
- Money
- Where you live
- Self Love
- Relationship with your ex

Going over the list, you may discover that you have a lot of family and friends, which would

In going over your list, you will discover what is right in your life. For example, you may have numerous family and friends or be in pristine health. Hold on to these things and practice being grateful for them every day.

Next, write down everything that you believe is wrong in your life. Do not hold back. While doing this exercise you may experience a variety of emotions. Allow yourself to feel them. Yell and curse at the wall or cry if you must. Remember, the purpose of this exercise is to determine where you are now and that includes emotionally.

What are your habitual thoughts and actions?

Once or twice an hour stop whatever you are doing, and write down exactly what you are thinking at that moment. Then take a moment to examine what you have been doing in the last hour, be it crying, cleaning house, working our aimlessly watching TV. Are you feeling tremendous anger or sadness at the moment? Did something trigger it? Maybe, you just got off the phone with a friend who said she seen your ex with another women or maybe your friend kept telling you that you are better off without him, but your heart was crying out that it's all so unfair!

By now, you should have a fairly good idea of where you are right now, physically, mentally and emotionally. You have determined what is not right in your life. Go over everything in your life that is not right and ask yourself this one provoking question "Can I change this?"

There is only one thing in this world that you are truly able to change. Do you know what it is?



Your Coach
Cindy Holbrook

Coaching For Divorced Women

Get Off the Emotional Roller Coaster and Reclaim Your Life After Divorce

It is you. You can change your feelings, your thoughts and your actions.

When going through your day, I recommend you remember the serenity prayer:

God please grant me the serenity to accept the things that I cannot change, the courage to change the things that I can and the wisdom to know the difference.

Taking inventory of your life is both a challenging and rewarding experience. Give it your all!

Step Two: How to Accept My Current Reality?

Your reality is exactly what you believe it to be.

Two women could be standing barefoot on a white sandy beach. Waves gently flow over their feet and then washes back to sea. The ocean breeze gently blowing through their hair. They hear the cries of the seagulls flying above. The sun is setting on the west horizon.

One woman believes this a wonderful experience. The temperature of the air is just right. Looking out into the ocean gives her a feeling of abundance and freedom. The sand gently massages her the bottom of her feet and between her toes.

The other woman is having an awful experience! The breeze is chilling to the bones. She is fearful that the impending darkness will overtake and trap her. The sand and seaweed wrapped around her feet from the incoming waves feed into her fears. As she hears the seagulls she is afraid that they might land on her, peck her or worse - dump on her.

Which reality is correct? Which woman is right?

NEITHER

They both face the same exact facts of nature. The difference is the way their unique perceptions and the way they respond to these facts.

What are the facts of your current reality after you take your perceptions?

Get out a piece of paper right now and list all of the facts about your current reality. Leave out your feelings when writing them down. Some examples are:

- I am a divorced woman.
- I choose to leave my ex because he did not fulfill my needs.
- My ex chose to leave me.
- My ex had an affair.



- I had an affair.
- My children are living with my ex.
- My children do not have a relationship with their father.
- My children are angry at me for leaving their dad.
- I can no longer afford our family home.
- I need to get a job to support myself and my children.
- I am now a single mom.

Read each fact aloud.

What are your perceptions of it?

Are other people telling you how you should feel about it?

What would happen if you decided to just accept it as is without judging it?

Can you change it?

If not, can you let it go?

Close your eyes and take 3 deep breaths, in through your nose and out through your mouth, as you tell yourself to relax. Next picture yourself letting go of your perceptions surrounding this fact.

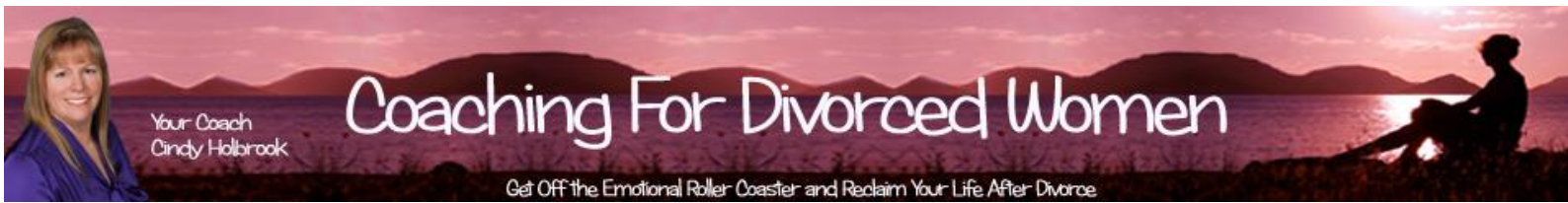
For example, you may feel your ex needs to be punished for being with another woman. The fact is he is with her. You cannot change that. What you can change is your perception that it is bad. As the old saying goes, do or did you love him enough to allow him to be happy without you? You don't have to like his decisions - but you need to accept and forgive them. Can you picture a life of just allowing him to be happy? Can you let go of the feelings that he needs to pay?

If the time is not right for you to let go, then accept the fact that you are angry and want him to pay dearly for his wrong doings. Meanwhile, keep practicing writing down the facts and asking yourself if you can accept it and let it go.

The same steps work if you feel guilty for leaving the relationship. What you want to work toward is:

- Accepting what has happened.
- Letting the past stay in the past.
- Look at today and be grateful for what you have NOW.
- Forgiving ALL parties involved (Forgiving means that you let go of the feeling that someone needs to be punished. This includes feelings towards yourself.)

Yesterday happened. Living in it will not change your tomorrow. All you have is now, today, this hour, this second and you can choose to be happy with what is before you and find the good in it or you can waste it by regretting yesterday and fearing tomorrow.



Step Three: Feel Your Feelings

Your first reaction to reading the words "Feel your feelings" might be I feel my feelings all the time! I am miserable, angry, hurt and upset by my divorce. I thought that it would get easier in time, but it is not. I am tired of feeling all the time.

Give me just a minute to explain that you have to FEEL your feelings in their entirety before you can let them go.

Everyone has coping mechanisms to hide their true feelings. Some women may eat to hide their feelings, while others may exercise or watch a movie. Most women do not take the time to truly feel their feelings.

During and after a divorce you may have feelings of guilt, anger, hatred and even murder! You were more than likely conditioned to believe that these feelings were bad. You then beat yourself up for having these feelings because you want to be a good person.

The biggest thing to remember is *It is OKAY to have these feelings*. However, it is not okay to allow these feelings to take control of your life. We are all human and we all have both good and bad feelings. Refusing to acknowledge and feel the so-called bad feelings can keep you stuck on a wild emotional roller coaster ride.

When you attempt to suppress the feelings you have towards your ex, his family or yourself the only thing you are doing is resisting your current reality. When you resist reality it brings about more stress and anxiety, which leads to a person, feeling drained both physically and mentally. Too much stress leads to a host of physical ailments.

Another result of suppressing your feelings is that in time the feelings overtake you, which results in confusion and the inability to make decisions. You will not know what you want or do not want. Do not worry if you have reached this level of suppression.

When you learn to feel your feelings, accept them and then release them you will become empowered to take responsibility and live your life the way you want to live it.

The Law of Polarity --one of the universal laws -- states that everything has an opposite. We would be unable to have feelings that make us feel good and be happy if we did not have bad feelings.

Acknowledge your feelings:

Know what they are and that they are a part of you. One way to know what you are feelings is to journal. Just sit down with a pen and paper and let your thoughts flow out onto the paper. You may be surprised what it brings up.

Once a feeling comes up you may need to do some digging to find other feelings that may be related to that one feeling. Ask yourself the following questions:

- Why do I feel this way?
- Is there truth to my feelings?
- Does this feeling bring up other feelings?



For example if you are feeling anger, ask yourself, *why do I feel angry?* The answer may be that your ex has a new girlfriend.

Is there truth to your feelings? Yes.

Does this bring up other feelings? Yes. You think it is unfair that he has found happiness (jealousy). He treats her better than me (unworthiness). I wish they would get into a car wreck or something (vengeance).

Accept your feelings:

Do not beat yourself up for any of the feelings you have. They just are. Feelings are a part of life. They can warn us of pending danger or fill us with joy. Be kind to yourself with loving words of encouragement and hope. If you are not accepting your feelings, you are resisting them. Accept that you feel this way. It does not define who you are as a person.

Release your feelings:

There are a few ways to release your feelings.

Act your feelings out in a healthy safe environment. For instance, if you are angry punch a punching bag. If you are sad, cry and cry some more until all the sadness goes away. If you feel guilt scream your lungs out.

Write about your feelings. On a sheet of paper write the words "I Feel Angry (or whatever you are feeling) Because ...". And then answer that sentence by writing down everything you can think of. Keep writing. Do not judge your answers. Get another piece of paper and write "What Am I Gaining from Keeping This Feeling?" Start writing whatever comes to your mind, regardless of how silly they may seem. Take your time with these exercises.

Be with your feelings. (This is my favorite way of releasing my feelings.) Sit quietly in a room by yourself. Say the words "I feel angry." Check your body and see where you are feeling tense while stating these words aloud. Repeat this sentence silently to yourself as you close your eyes and breathe into the feeling. See the feeling and just be with it. Do not judge or analyze it. The feeling is neither good nor bad. It just is. Keep repeating this process until you can state the sentence aloud without emotion and without stress in your body.

Step Four: Take Responsibility

In order to be truly happy you need to take responsibility for your life. It means to accept your thoughts, your feelings and your actions as well as both the positive and negative qualities that you possess.

Taking responsibility is not merely acknowledging actions that you did or did not take. It is knowing that you and ONLY you are responsible for your thoughts, feelings, successes, failures, happiness and the way you live your life.

I am sure you have heard of the "Law of Cause and Effect." It states that for every effect in your life there is a cause. If there is any effect that you desire, or desire more of, you can trace it back to the cause, and by duplicating the cause, you can have the effect.



Self-responsibility is instrumental in your overall happiness and your peace of mind. Studies have shown that there is a direct relationship between responsibility and happiness on one hand, and irresponsibility and unhappiness on the other.

To be happy and to have peace of mind you need to have a sense of control over what is going on in your life. The more you feel in control the happier you are.

An irresponsible person feels out of control and is subject to anger, fear, resentment, guilt, self-doubt, despair, depression and a host of other negative emotions.

In the [Psychology of Achievement by Brian Tracy](#), he states that "*All negative emotions, especially anger, depend on your ability to blame someone or something else, for something in your life that you are unhappy about.*" It is estimated that 99-percent of our problems exist only because we blame someone or something.

Negative emotions are manifested as anger directed inwardly or outwardly. The reason we experience anger is that we blame someone else, something else or ourselves for a situation that we find unsatisfactory.

Once we stop blaming and simply state "I am responsible for my thoughts and feelings," our negative emotions begin to go away. Taking responsibility and affirming "I am responsible" is the most powerful affirmation you can use to assert complete control over your thoughts, emotions and your destiny.

Every time you face a challenge and make an excuse (blame) rather than accepting responsibility it costs you something. It can be the difference between success and failure. Think of times in your life that you became angry and blew up, what did it cost you? If only your peace of mind. What is peace of mind worth to you?

Going through a divorce is hard. Being a divorced woman can be hard. Your coping mechanism may be to blame other people - especially your ex. By holding your ex responsible, you are making an excuse to keep all the negative emotions. You are also giving him power over your life. The minute you decide to take responsibility and stop "blaming" him for everything that is wrong in your life, you will feel a weight lifted off your shoulder.

In the spring of 2011, Brian Tracy found that he had cancer and wrote a blog post stating that cancer can be a metaphor for any unexpected setback in life. He states that you react with surprise, shock and dismay before accepting the facts just as you do when you experience big problems like divorce, bankruptcy or losing a job. Mr. Tracy states that the only thing that matters is how you deal with it. Do you accept the new reality and get busy doing what is in your power to do, or do you become angry or depressed and blame other people or circumstances?

take complete responsibility for your life beginning right now. This means that you will stop making excuses and stop blaming your problems and your life situation on other people or things. Do not criticize others. Ask yourself what is within your power to change and get busy taking action with all aspects of your life that you want to improve.



Step Five: Get in Touch with Who You Are

After years of living with somebody, you may have got out of touch with your true likes and dislikes. In the name of compromise, you may have started "liking" what your husband and children liked and forgetting about the things that you really do like. It is quite common for people to say they like or dislike something in order to avoid confrontation or in order to please someone. Many women are taught from an early age that it is their responsibility to please everyone else.

A scene from Runaway Bride demonstrates this:

In the movie, Richard Gere plays Ike a New York columnist who is investigating Maggie, played by Julia Roberts, who is preparing for her fourth wedding. During three previous wedding ceremonies, Maggie fled from the altar leaving the groom standing there. During his investigation, Ike discovers that Maggie always tells her potential groom that she likes her eggs the same way that they did - poached, over-easy, scrambled, sunny-side up. When Ike asks Maggie how she likes her eggs, she asks him how he likes his. This leads to a scene where Ike sits Maggie down and has her taste eggs cooked in a variety of ways to see which way she truly liked the best.

So let me ask you, how do you like your eggs?

Discovering who you are takes some work and some soul searching.

Sit down in a quiet place with a pen and paper. Answer the following questions and just write the first thing that pops into your mind. There is no right or wrong answer. There is NO ONE standing over you judging what you do and do not like. The purpose of this exercise is to help you find the things in life that really bring you joy. This is your true essence. This is where you will find your passions and your purpose in life.

Think back to when you were a little girl - maybe five or six years old, and write down your answers to the following questions:

1. What did you dream of being when you grew up?
2. What did you like to play with?
3. What were your favorite games?

Think back to when you were around thirteen years old and answer the following questions:

1. What did you dream of being when you grew up?
2. What was your favorite activity? - Hobbies, sports, hanging out with friends, shopping etc
3. Whom did you look up to?

Think back to when you were around eighteen years old and answer the following questions:

1. What did you dream of being?
2. What were your aspirations for your life?
3. How did you spend your free time?



As you look over the list, does anything jump out at you? Maybe you wanted to be a writer, but never drafted your first page or you gave up pottery for a husband, job and children. Perhaps someone ridiculed your dreams so you hid them away deep inside of you or they just flitted away as you became busy in daily life.

Take a few breaths, relax, and start writing down everything that you have done that brings you enjoyment and things that you think may be stimulating and fun to try.

Pick three to five things from your list that you will do this month. This could be something as simple as watching a romantic comedy to something wild and daring like hang-glider. Other things may require time and money such as enrolling in an art class. The important thing is to start doing these things. It is only by doing them that you will find if you actually enjoy them or not.

For everything you do in life - your job, your hobbies, the movies you watch, the books you read and the people you hang out with - ask yourself, is this really how I like my eggs?

Step Six: Discover Your Gifts and Talents

If you have answered the questions from yesterday, you probably already have a general idea of where your gifts and talents lay. What you want to do is to dig deeper and find your true passion.

Once a woman is divorced, she often finds it scary to think that she is her sole support. You may have to begin working full time, whereas before you only worked part time. On one hand, you may be working in a job that you despise just to meet your obligations; on the other hand, you may be one of the lucky women who are working in their dream job - or at least in a field that can get you there.

Wouldn't it be nice to earn money by utilizing your gifts and talents doing something that you love? Get out your pen and paper to do some more soul searching.

What is it that you could do day in and day out regardless of how much income you were making?

What do you dream of doing - or being - that is almost too scary to share with another person?

What do people compliment you about?

What makes you feel alive?

If you were to win ten million dollars today, how would you spend the rest of your life?

These questions may seem trivial at first. It is important to sit with them and to explore various answers of each question.

Your unique gifts and talents lay in what brings you joy in happiness. Your gifts and talents inspire you. They make you lose track of all time. They bring you into a world all of your own.



If you are miserable performing a certain task, you are not utilizing your gifts and talents. Regardless what your gifts and talents are, they always bring you joy while you are doing it.

Write down a list of your gifts and talents

Brainstorm ways that you could utilize your gifts and talents to earn a living. This could be selling your paintings, public speaking or becoming an attorney.

Make a list of all plausible answers.

Research your answers to determine the first step to taking the path you have decided to take.

Take the first step. Do not worry about if this is the right or wrong thing to do. If it feels good in your heart, then it is the right direction for you at this point and time in your life. Listen to what your inner voice is telling you. Once you take the first step, the other steps will reveal themselves.

Being divorced gives you the freedom to pursue your dreams and to live your life the way you want to live it. Take a deep breath, face fear in the face and take the plunge out of your comfort zone.

Step Seven: Find Inner Peace

We are living in a very fast-paced society. You may be one of the millions that rush around doing what you think needs to be done now, being stressed about time, and worried about the future.

Everyone has had a sense of calm and inner peace at some point in his or her life. The problem is that many people do not know how to sustain it or how to obtain it when it feels as if the world is crumbling down around them.

When you begin to practice feeling peaceful, you will be able to remain calm during the storms of life. To be at peace you need to be in the moment. You cannot be at peace if your thoughts are focused in the past or the future. You have probably heard it a thousand times but deep breathing really works!

When you begin to feel stressed and overwhelmed close your eyes, take three deep breaths, inhale through your nose and out through your mouth. As you breathe, tell yourself to "relax" and tell your shoulders to release the tension as you loosen up your arms and as they hang down your side.

This may be difficult at first. This is because you have not trained your mind and body to relax. Here are some things for you to try on a daily basis. The more you practice, the easier it will be for you to obtain and sustain inner peace during the storms of your life.

Practice Gratefulness - Get a notebook and keep it by your bed. Every night just before you turn out the lights, grab the notebook and write down five things that you are grateful for. This could be something that happened during the day such as the smiling young man that held the door open for you at the post office.



Live in the Present - When you find yourself thinking about the past or the future bring yourself back to what is happening right now. The future can even be an hour from now. Maybe you are feeling rushed to get the kids off to school and yourself to work. You can see all the thoughts racing through your mind but cannot really decipher any of them. It is at these times, you need remind yourself of the present. It only takes a few seconds to stop, take a deep breath and say, "all is ok in this moment." Concentrate on what you are doing at that moment - such as getting dressed, brushing your teeth or fixing lunches - and be conscious of what you are feeling, seeing, hearing and doing.

Meditate - Your first thought may be, "I don't have the time to meditate." I beg to differ. I say, that you do not have the time to NOT meditate. I am sure that you can find 5 minutes a day to sit in silence. This is difficult at first, because we are taught to go-go-go and then go-go-go some more. We are taught to be more active than the energizer bunny! To meditate, all you need to do is sit in a comfortable chair, with your feet on the ground. You can rest your hands on the arms of the chair or on your lap. Close your eyes and breathe in and out. Focus on each breath that you take.

Eat Healthy - Food is fuel for your mind and body. When you eat nutritional foods, you are enhancing your ability to avoid stress, to think clearer and to have more energy. It is like putting the highest quality fuel and oil in your vehicle. On the other hand, eating lots of sugar and fatty foods is equivalent to putting watered down gas in your car. It will not run very good and will cause other mechanical problems.

Exercise - Regular exercise keeps you limber, energizes you and reduces stress.

My friend and mentor, Mary Allen wrote a wonderful book "[The Power of Inner Choice: 12 Weeks to Living a Life YOU Love](#)" which transformed my life. If you are on the fence about buying the book, sign up for her newsletter and get the two chapters, free. Mary is known as America's Inner Peace coach and is the person whom helped me find my own inner peace and live a life that I love.

Step Eight: Love Yourself

You have probably heard that you need to learn to love yourself before you can love another. The question many people have is how do I love myself?

Women today are in transition. If you stop and think about it, women have come a long way in the last 100 years, however old patterns and old beliefs have been passed down from our mothers and grandmothers. One of these beliefs is that a woman should be the primary caretaker of her home and that everyone else's needs come before her own. This belief causes many women to neglect themselves, thinking that they would be selfish if they put their needs above others.

A huge step towards loving yourself is to begin to do things that make you happy. Do things that you enjoy. Pamper yourself. Enjoy a night out on the town with the girls. Have a spa day and get the full treatment. Get regular pedicures and manicures. Treat yourself to a massage. Soak in a hot bubble bath or curl up with a good book. Make time for you.

Make a list of everything you love about yourself such as your big blue eyes, your caring nature, your body or that you are a good mom.



Learn to accept compliments graciously. When someone compliments you, take it as a fact. Add that to your list of things to love about yourself.

Start a gratitude journal. Everyday find things that you are grateful for. Things can include the beauty you see in the world around you to a child smiling at you in the grocery store.

Forgive yourself. No one is perfect and making mistakes is a part of being human. Learn from your mistakes and put them behind you. Dwelling on them will not change them.

When you love yourself, you are able to embrace all of you. You love who you are and accept all of your flaws.

Here is a beautiful quote from Virginia Satir. Print it out and read it every day. Learn to live it. You are OK and you are beautiful just the way you are 😊

"I am Me. In all the world, there is no one else exactly like me. Everything that comes out of me is authentically mine, because I alone chose it -- I own everything about me: my body, my feelings, my mouth, my voice, all my actions, whether they be to others or myself.

I own my fantasies, my dreams, my hopes, my fears. I own my triumphs and successes, all my failures and mistakes. Because I own all of me, I can become intimately acquainted with me. By so doing, I can love me and be friendly with all my parts.

I know there are aspects about myself that puzzle me, and other aspects that I do not know -- but as long as I am friendly and loving to myself, I can courageously and hopefully look for solutions to the puzzles and ways to find out more about me.

However, I look and sound, whatever I say and do, and whatever I think and feel at a given moment in time is authentically me. If later some parts of how I looked, sounded, thought, and felt turn out to be unfitting, I can discard that which is unfitting, keep the rest, and invent something new for that which I discarded. I can see, hear, feel, think, say, and do. I have the tools to survive, to be close to others, to be productive, and to make sense and order out of the world of people and things outside of me. I own me, and therefore, I can engineer me. I am me, and I am Okay."

Step Nine: Where do you want to be a year from now?

Whether you are just beginning your journey of self-discovery after a divorce or have been at it for awhile, the one thing you can count on is change. You have two choices:

Sit back, watch the world happen around you and react to it

Or

Create the changes you want to see in your life.

The serenity prayer states "God, grant me the serenity to accept the things I cannot change, The courage to change the things I can and the wisdom to know the difference."



There is ONLY one thing that you can change. Do you know what that is?

It's YOU! You can change your thoughts, your words, your actions and your destiny. Consider this poem with an unknown author:

"Be careful of your thoughts, for your thoughts become your words.

Be careful of your words, for your words become your actions.

Be careful of your actions, for your actions become your habits.

Be careful of your habits, for your habits become your character.

Be careful of your character, for your character becomes your destiny."

Now it is time for you to spend some time thinking about what you really want out of life. Get out a pen and paper and write your answers to the following questions. Don't think about them, just write from your heart.

If you could do anything you wanted without regards to money or education what would you do?

If you were to win ten million dollars today, what is the first three things you would do or buy?

When you were a little girl, what did you want to be when you grew up?

What is something that you would like to do that is almost too exciting and scary to write down?

If you could live anywhere you wanted, where would you live?

What is something you have always wanted to try, but have been to afraid to do?

If you were to FULLY live your life, what is the first change you would start to make?

What is one thing that could happen that would make the biggest difference to your life?

List at least 10 things that you would like more of in your life.

What would you try now, if you knew you could not fail?

For your life to be perfect, what would have to change?

Write down what your perfect day would like a year from now, if all of your dreams came true.



Step Ten: How to Write a Plan of Action

Choose 3 goals based on what you discovered you wanted out of life in yesterday's exercise.

You should have at least 3 goals that you would like to achieve in the next 12 months. They should be SMART goals - Specific, Measurable, Attainable, Realistic, Timely

Specific - A specific goal will explain in detail Who, What, Where, Why and How the goal will be obtained.

Measurable - If you can't measure it, how will you know how close you are to obtaining your goal?

Attainable - You need to set goals that you believe you can accomplish. They cannot be too simple or difficult. Your subconscious needs to believe that it is possible. Any goal is reachable if you can clearly visualize it.

Realistic - Realistic does not mean simple. It means "Doable".

Timely - Your goal needs to have a deadline. This gives your goal gives you a clear target to work towards. When will it be accomplished? How much time is involved?

Write steps to achieve your goals. If possible your goals and steps should be something that is 100-percent in your control. For example, you may want to lose 10 pounds, if you have a step to lose 2 pounds a week - that is not in your control. However, stating a step such as I will eat 1200 calories per day, or I will eat 7 servings of vegetables per day is in your control.

Click here to download your [Smart Goal Guide](#). Print it out and write down your plan of action to create the life that you desire.

Step Eleven: Step Out of Your Comfort Zone

Do you feel as if your going around and around in circles never getting anywhere?

This is likely due to you being in your comfort zone. This is a place where you feel safe and secure. Everyone likes feeling safe.

On the flip side, your comfort zone could be limiting you. You could be missing fantastic opportunities. You could be missing out on new friends, fun, wealth and the thrill of life itself.

Expanding your comfort zone can bring a whole new world of excitement, passion, experiences, friends, financial opportunities, and knowledge into your life.

Life is full of changes.



Embrace change by developing the habit of finding good in it. You will become more comfortable with the changes in your life and will begin looking forward to new adventures and opportunities that await you. With this mindset, you are ready, willing, and able to expand your comfort zone.

Here are seven Simple Strategies to help you step out of your comfort zone:

1 - Take Baby Steps:

Learn to tread lightly. Remember the phrase you need to learn to crawl before you walk. If you are trying to immediately take large leaps and bounds fear will set in and you will go running back to your safe zone.

When a baby begins walking, they first let go of what they are holding on to. Then they begin taking little steps without even realizing that they are moving. Then they fall. Babies do not give up and repeat the process until they can walk across the room.

Each step forward is just that: a step forward. These steps will add up to something big as long as you keep trying.

2 - Do Something Differently:

Make little changes in your regular everyday choices and activities. Drive a different route to work. Listen to a different radio station. Try a different type of soap or shampoo. Use a different type of dressing on your salad.

Add vibrant colors to your living space. Decorate with different curtains, throw rugs, tablecloths, or pillows. Arrange plants or fresh flowers around your home. Re-arrange your furniture or your kitchen cabinets.

Making these small changes can make you feel like you are a brand new person in a brand new living space. As you experiment, you will find its fun stepping out of your comfort zone.

3 - Try Something New:

You do not have to do anything dramatic like jumping out of a plane (unless you really want too). Try a new sport. Play a new game with your kids, grandkids or neighbor kids. Take swimming or tennis lessons. You could take a cooking class or try new exotic recipes. Be brave and try a new food every day. You will find many delicious foods you may have never thought of before.

4 - Use Your Imagination:

When you are stuck in a rut, in your comfort zone you are actually limiting your imagination. Your imagination is a great source of energy and knowledge. Using your imagination is a great way to exercise your mind and it is so much fun!

Dare to dream. Dare to be a kid again. Let your mind wander. Let your mind dream big. Daydream. Your imagination can lead you down the path of a fun wondrous and adventurous life.



5 - Meet New People:

Be open to meeting new people. Take a genuine interest in them by striking up casual conversations. You will make new friends and acquaintances that can bring a fresh perspective to life. They can help you step out of your comfort zone with new ideas and concepts.

6 - Accept Help:

Your friends and family want to help you. Let them. They can help alleviate fear and stress in new situations that you may make you feel uncomfortable.

7 - Think Positive:

Everything begins with your thoughts and your feelings. When stepping out of your comfort zone you will probably feel fear. While you are afraid, you need to think positive thoughts

Wouldn't it be great if ... I will feel so excited when This is an exhilarating experience ...

Have faith that this new opportunity will bring you to a new, comforting place.

The more you experiment with change the more daring you will become. You will be ready to tackle other areas of your life that have become stale and dull.

You will become more playful and adventurous once you consciously make the effort to step out of your comfort zone. Before you know it, you will be living a happier more fulfilled life.

It's a promise!

Step Twelve: Get Support

We all need support in our life. It is not good for us mentally to hold everything in. It's also good to talk things over with a caring person who can give you unbiased advice.

While it is true that you can get support from friends and family, they may not be able to give you unbiased advice. They may also wind up bashing your ex. Your mother or your sister could say things like "I never really liked him" or "You are better off without him." Though these statements may be true - they do nothing to help you get through the inner turmoil you are feeling.

You may be in the situation where you feel as if your friends have abandoned you. Your married friends may feel threatened by your divorce and your single friends may feel like you are being overly dramatic.

Getting divorce support is a part of the healing process. It allows you to let go and move on with your life. You need to be able to feel safe in sharing your feelings and the support needs to be able to allow you to be in the drivers seat.



It may appear to be difficult to get the type of divorce support you want and need. You may have a hard time opening up and sharing intimate details that led to the divorce. On the other hand, family and friends may be more in the mood to “Bash [the Ex](#).” They may tell you things like you are better off without him, especially if you were in an abusive relationship or if he had an affair. Even if these situations did not apply, your family may not have ever seen any good in your ex.

For some reason, you were drawn to this man, you fell in love with him and married. At the time you married him, you believed that it would be forever. You had high hopes and dreams. You had a picture in your mind of what your life would look like. You saw the two of you growing old together, celebrating loving holidays with your [children](#) and grandchildren.

Now reality hits you smack dab in the face. The marriage is over. Your dreams are squashed. You feel lost and alone. You know you need divorce support. You do not know which way to turn. Even if you may not have like the way things were in your marriage, you knew what to expect. There was a routine. Now you have no clue what lies ahead. You feel terrified that you will have to face it alone. Getting support after your divorce is a part of the healing process that will enable you to move on

There are three types of divorce support to consider. You may want to utilize them all or just one.

1. **Family and Friends** may be able to offer divorce support and advice if they are able to refrain from voicing their own opinions. If possible, choose a few close family members or friends to be your confidants. Explain to them exactly what type of support you want and need. You might want to tell them, that bashing your ex is not helping you to heal. To be supportive, they will need to be willing and able to listen to you when you need to talk and allow you to feel however it is that you need to feel at that moment. If you are remembering good times about your ex or bashing him, they need to be able to restrain from bashing him. When people bash your ex, you may go into a defending mode.
2. **Groups**. There are many online and offline divorce support groups for women. Depending upon the women involved these can actually be a great way to get divorce support. On the other hand, they can be just a group of man hating women, who sit around bashing men telling one another that they do not need a man in their life and that they are better off without one. You may need to check out several groups before you find one where you feel connected to the other women.
3. **Coaching or Counseling** for private one-on-one divorce support. There is a BIG difference between coaching and counseling. A coach will help you to develop a plan to create the life that you want and support you along your journey. A coach can offer solutions and advice from a different perspective, since they are not involved emotionally. A counselor will rehash your past from your childhood to your present.