

MOVING ON AFTER DIVORCE



Surviving Divorce: David Sbarra at TEDxTucson 2012

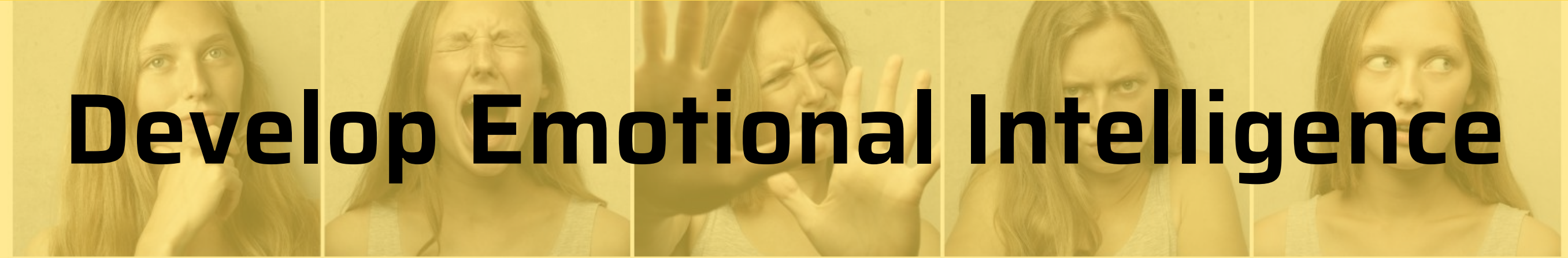


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Self Compassion

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Develop Emotional Intelligence

- **Accept your emotions and then let go of the feelings.**
Research shows that people that accept their raw emotions right after a divorce are able to positively move forward later on.
- **Give your feelings space.** It is common to have conflicting emotions after a divorce. But remember that all your feelings are valid and should not be ignored.
- **Recognize the emotion you are feeling.** Try and identify it and why you are feeling it.
- **Don't get stuck.** If you feel like you are still experiencing emotions and don't feel like you are improving. Seek professional help.

The definition of emotional intelligence is the capacity to be aware of, control, and express one's emotions.

“

I think it is important not only to recognize but also [to] acknowledge how you feel. We don't want people just suppressing things or criticizing themselves constantly because then there's a lot less [of a] chance that we can grow from those experiences. — MARK BANSCHICK, MD

”

Practice Acceptance

When you get married you never expect that someday you will divorce. It is normal to feel regret and wonder if there was something you could have done to save your marriage.

But the fact still remains: The marriage had ended.

It's time to accept your divorce so you can move forward. You can practice acceptance by redirecting your thoughts.

When you you start having thoughts like:...

- “If only I had...”
- “But we were so good together.”
- “How could they throw it all away?”

Replace them with thoughts like...

- “The divorce happened, and there’s no changing that.”
- “Life may not turn out as I planned, but I can still find contentment and peace.”



Self-Love Inventory

The best way to love yourself is to take care of yourself in the following areas. Take a few minutes and answer the questions below to evaluate how well you are taking care of yourself.

- **Physical Care**

- Are you getting adequate sleep?
- Is your diet fueling your body well?
- Are you taking charge of your health?
- Are you getting enough exercise?

- **Social Self-Care**

- Are you getting enough face-to-face time with your friends?
- What are you doing to nurture your relationships with friends and family?

- **Mental Self-Care**

- Are you making enough time for activities that mentally stimulate you?
- Are you doing proactive things to help you stay mentally healthy?

- **Spiritual Self-Care**

- What questions do you ask yourself about your life and experience?
- Are you engaging in spiritual practices that you find fulfilling?

- **Emotional Self-Care**

- Do you have healthy ways to process your emotions?
- Do you incorporate activities into your life that help you feel recharged?



Make New Friends

You may have lost some friends in the divorce because they picked sides. Finding new friends can help ease loneliness that provide you new experiences.

Ideas for making new friends:

- Volunteer in your community
- invite a coworker to lunch
- Take a class in art, music, or cooking.
- Join a divorce support group



Forgive Yourself

Stop feeling like you should have made it work. Beating yourself up with "would of," "should of," or "could of" will make it difficult to move forward. Continuing to look to the past will negatively affect the people around you, especially your children. Work to forgive yourself for past mistakes whether you wanted the divorce or not.



Avoid Casting Blame

Pointing fingers and casting blame toward your ex or yourself will not accomplish anything at this point. If you are trying to move forward you need to stop the blame game and look to the future. Developing a workable relationship with your ex is important for your kids to also move forward.

Focus on Your Kids

- If you and your ex are sharing custody then you should have a co-parenting plan in place. This plan should include a schedule, routines and rules/consequences.
- When your children are with you spend quality time together doing activities, relaxing together, and talking about everyday life.
- Avoid talking negatively about the other parent in front of your children.
- Remind your kids that the divorce was not their fault.
- Focusing on your children will keep your priorities straight while focusig on what is important.



Stay Connected



Do not disconnect from family and friends because you feel like you are ready to move forward. Emotions have a way of sneaking up on you and you will still need support as you continue to navigate your new life. Your children also need the support that extended family and friends can provide.



Stay Positive

- **Be Optimistic:** Have hope that things will get better. Envision how you would like things to be.
- **Be Grateful:** Pay attention to the positive aspects of your life and show gratitude for them. The more grateful you become the more you will see the positive parts of your life.
- **Avoid Negative Thinking:** Change negative self-talk by paying attention to when it's happening and replace your negative thoughts with positivity.

It's okay to feel good again with your life even though you got divorced. You deserve all that the world has to offer to you.

-Arllin Cunic, MA

You may feel like you are wondering life aimlessly now that you are single. Setting goals can give you purpose and direction. You may want to set some career goals, personal goals, or a goal to learn a new skill or hobby. If you don't know where to start, make a list of things you enjoy doing and base your goals on an item from your list.

“No matter how hard the past, you can always begin again.”

-Jack Kornfield

Set Goals

Learning how to make S.M.A.R.T. Goals can help you achieve your dreams.

S	M	A	R	T
Specific	Measurable	Attainable	Relevant	Time-Bound
Make sure your goals are focused and identify a tangible outcome. Without the specifics, your goal runs the risk of being too vague to achieve. Being more specific helps you identify what you want to achieve. You should also identify what resources you are going to leverage to achieve success.	You should have some clear definition of success. This will help you to evaluate achievement and also progress. This component often answers how much or how many and highlights how you'll know you achieved your goal.	Your goal should be challenging, but still reasonable to achieve. Reflecting on this component can reveal any potential barriers that you may need to overcome to realize success. Outline the steps you're planning to take to achieve your goal.	This is about getting real with yourself and ensuring what you're trying to achieve is worthwhile to you. Determining if this is aligned to your values and if it is a priority focus for you. This helps you answer the why.	Every goal needs a target date, something that motivates you to really apply the focus and discipline necessary to achieve it. This answers when. It's important to set a realistic time frame to achieve your goal to ensure you don't get discouraged.

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