

# Your Best Years Can Be Your Post Divorce Years

BY DEBBIE MARTINEZ, DIVORCE COACH



IF I HAD ONE DOLLAR FOR EVERY TIME I HEARD "I GAVE HIM the best years of my life," I could shut my practice down. What I try to help my clients see is that they made that statement based only on what they know so far. The future is still not known, so in actuality they are making not only a false statement, but setting themselves up for a self-fulfilling prophecy.

Yes, I will concede that in present time they have that feeling/emotion, but having the willingness to believe that it might not be true is the first step toward imagining a better future. Bestselling author Spencer Johnson writes, "You cannot always control external events, but you can control your personal peaks and valleys by what you believe and what you do." Divorce is your valley and the path out is your belief system.

One thing I have noticed is that people tend to equate "the best years of my life" with age. As if being younger really means the best time of your life. Perhaps the wisdom and knowledge you have acquired will make the years to come the best years... even if you are 50 or 60.

I would like for you to write down how your post-divorce years can be the best years of your life. What are some things you can do now that you couldn't do while married or in your younger years? What are lessons you have learned that have been transformative for you and will impact your future? Has the divorce shown you your purpose that you might not have found if you were married?

So maybe the phrase should be, "I gave my all in my marriage." I am a firm believer in your thoughts dictating what comes to you. Phrase things in a positive form and see how your mood and energy shift, all for the better, as you walk the path out of your valley.



Debbie Martinez, MA is a certified, mindful life coach specializing in divorce (aka: heartbreak coach). She professionally coaches clients on how to avoid the breakup backlash and live better, not bitter. As a Florida Supreme Court Certified Family Mediator trained in collaborative divorce, Debbie gives clients the tools they need to successfully untie the knot and stand strong in the wake of adversity. She brings her formal training and life experience into her coaching practice to empower and educate clients through their divorce journey and onto new beginnings. You can contact Debbie at [debbie@thepowerofdivorcecoach.com](mailto:debbie@thepowerofdivorcecoach.com).



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