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Your Community News

## THE MINDFUL DIVORCÉE

### Let the Healing Begin

BY DEBBIE MARTINEZ, DIVORCE COACH



RECENTLY RECEIVED AN EMAIL FROM A WOMAN WHO RECOUNTED a scenario all too familiar to me, so I decided to address it in this month's column. Here is her email and my response.

*Debbie,*  
 I am writing in the hope that you can shed some understanding as to why a person I believed was the love of my life would treat me in such a hurtful way. We dated for 2 years and then because of outside circumstances, broke up. He immediately took up with another woman but continued to play with my emotions by telling me that I was the love of his life, that he didn't know how to get out of the relationship because he didn't want to hurt her, that he can't stop thinking of me, misses me and blah blah blah. He made it appear that he was stuck in this loveless relationship with her, that she even knew he still loved me and they had spoken many times of breaking up. This continued for 4 years. I admit I tried to move on but I was still very much in love with him and held out hope he would reconcile all that he needed to within himself and come back. Well, long story short, he got found out by his girlfriend and she contacted me. What I read in the 2 days of us emailing left me wondering where did the truth end and the lies begin with all that he told me. I've been walking around in a fog for days asking, "Who is this man?" and "What kind of person plays with people to this degree?" How could he hurt not just me but his girlfriend like this? I never would have suspected this; I feel like such a fool.

Cindy (name has been changed)

Cindy,

He is a narcissist, and to be betrayed by someone like this can really mess with your head. The fact that you never suspected doesn't surprise me, as narcissists are master manipulators and can be whoever they need to be at the moment as long as it benefits them. Unfortunately, they have no conscience and think nothing of playing with others emotions, they lack guilt, remorse, are very persuasive and feel entitled. Their relationships are usually marked with infidelity and their needs are always number one. They are in a relationship because that person serves a purpose, not for love, since narcissists are incapable of genuine emotion. As much as it hurts, he kept playing the "game" with you because you boosted his ego, which is something they need constantly. They are a group of individuals with issues and maladaptive coping skills. Their life is about feeling good even at the expense of others.

Please don't feel like a fool because the behavior of a narcissist is so inconceivable to most that it isn't even on our radar. It is so bizarre and maladaptive, it is beyond a "normal" person's reasoning. Be thankful that what was created in the dark, has now come out in the light. Moving forward, ask yourself, "Does this person's words match his actions?" If the answer is "No", don't second guess yourself or make excuses for him; if a man wants to be with you and loves you that much, he will find a way. I'm sure looking back now, things that didn't make sense to you have become clearer; the puzzle pieces fit. Be liberated by this "blessing" and put this guy in your rearview mirror fast. If he thinks you are a game, show him how it's played by walking away with dignity and having no further contact with him. Let the healing begin.

*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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