

# Advice for getting through a divorce

BY DEBBIE MARTINEZ



*My divorce has been settled for a while now and I have managed to move on quite nicely, except for one thing — my house. It appears that it is the one last hold out and it is a necessary change at this juncture. I have tried for months to be logical about the necessity of selling it, but I can't make the phone call to the Realtor. Any ideas on how I can let go of this one last dream of my marriage and conquer my fear?*

A marriage is made up of many dreams both present and future. To the woman, the family home has so many dreams tucked away in its four walls. We, as moms, equate our family dreams with the marital home, but the truth is home and hearth can be somewhere else with new, fabulous dreams to accompany it. Sometimes we mistake moving past what is familiar with fear. You have become familiar with something and now have to change. Do yourself a favor and don't attach the word "fear" to it. Don't read more into your feelings than what is there. Fear is a very strong word and as I have said

DIVORCE  
COACH

many times before and will continue to repeat, is that you are what you say and think. My suggestion is that you change your perspective. Instead of viewing selling the marital home as giving up on your dream, see it as making room for an even better dream. Sometimes you have to let go of the old to make room for the new. Two things cannot occupy the same space at the same time. Change your perspective, open your mind to a bigger picture and view this change as a step on your adventure path. You just might be surprised.

*I'm getting divorced and I'm thrilled. I don't have any of the baggage that some of my friends have, but the one thing that I need some guidance on is the rut I've gotten in. I need to change it up a bit, but I'm not certain where to begin. Help, I want a new me!*

Ok, girlfriend, hold onto your hat and get ready for a ride. Starting out fresh with a blank canvas is going to be fun with a capital F,

but there is a caveat. This is about you and not about wanting to attract a man. If you're doing this to attract a man, it's not going to work. But if you're doing this for you, the end result will be a secure, centered, vibrant woman that will more than likely attract the right kind of guy for you. So, here goes, one question: Do you feel like you light up a room? Make a list of everything that would make you feel that way. You are making a grand entrance into your new life. What do you need? What is going to make you feel like a woman, sexy and captivating, not for the male persuasion, but for how you feel? Write it down. Don't get caught up in how you've always dressed or cut your hair; be daring (FYI — it feels sexy to be daring)! And remember, nothing is etched in stone; you can always go back to your tried and true ways. But, chances are you will love how those Manolo Blahnik's make you feel!

*Debbie Martinez is a Certified Divorce Life Coach and has offices in South Miami. For more information, call 305-984-5121 or go to <[www.thepowerofdivorcecoach.com](http://www.thepowerofdivorcecoach.com)>.*