

Advice for getting through a divorce

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My children want to leave pictures of my ex up in the house. Help, I can't stand looking at them!

I'm sure the impulse to use them as target practice is overwhelming so let's try this. Let your children

know they can keep whatever pictures they want of him and or the family in their room. If that doesn't pass muster with them, pick out a couple of pictures that are less bothersome to you and put them in places that you won't see them as often. FYI, the foyer table would not be a good place.

I have always had a great relationship with my ex's family before and after the divorce. It's been four years and I'm sensing they are pulling away and when I voice my concern they make light of it. I don't understand.

Unfortunately, divorce separates families and in-laws are no exception. As difficult as it may sound, try not to take it personally. They could be getting pressure from your ex or they are just tired of trying to juggle the relationship. It's not because they have stopped loving you, but when life situations change, sometimes relationships have to change with them. Maybe you can think of a way to restructure your relationship with them and then sit and be honest in your discussion. By you being proactive, they will feel the pressure has been lifted from them and you quite possibly will be able to maintain some type of relationship.

Now that I'm divorced and the dust has settled, I'm overwhelmed with all the life changing decisions I'm faced with. Where do I even begin?

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Where do you want to end up? Go from there. How are you going to reinvent yourself? Recognize that all things don't have to be accomplished in one day or one month. Take one day at a time and pat yourself on the back at the end of the day for what you got done. Don't focus on the few things that didn't make it off your list. If you've been one that has always had your life planned out, accept that right now you might not know where you will be in four years. But, do one thing and that is to learn to enjoy the journey.

What is Collaborative Divorce? I've heard the term before but don't really understand what it is?

Collaborative divorce is where the two parties agree not to litigate their divorce and work together. It is a non-adversarial approach. Each has their own attorney, but there is a joint accountant and a mental health professional present at the meetings. If at any time one party wants to litigate, the process is broken and the parties have to start from scratch with new attorneys. It is a great way to get divorced because it is a team approach and encourages the parties to work together and not against each other, which as we know, will draw the divorce process out unnecessarily.

Debbie Martinez is a Certified Divorce Life Coach. She has given workshops on divorce and women's issues and has offices in South Miami. For more information, go to <www.thepowerofdivorce-coach.com>.