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DEBBIE MARTINEZ, M.A., PH.D.

The Mindful Divorcee



Making It to the Other Side

IF YOU HAVE EVER GOTTEN DIVORCED, YOU WILL ALWAYS remember that moment in time when you realized your life was changing forever. I do. I remember where I was standing when that fateful text came through on his phone and I saw it. I remember the ground opening up in slow motion and me falling like Alice through the rabbit hole only to look up from below to see a very tiny prick of light so very far above and wondering how I was ever going to reach it again. But you do, and as you climb your way up, you learn and you grow and you emerge into the sunlight a different person.

Friends always asked, "How did you do it?" and as Peter Pan said, "Faith, trust and a little bit of Pixie dust." Well, actually, my Pixie dust came in the form of 3- by 5-inch index cards that lined my bathroom mirror. It worked so well for me that I have passed this exercise of empowerment on to my clients.

Below you will find motivational/empowerment quotes I used. Write them on 3- by 5-inch cards and keep them on your bathroom counter. Every morning, flip through them till one jumps out at you and tape it on your mirror. Sometimes I had three to five up there at one time because I felt they were so inspiring. Now, here is an added bonus: My kids saw them as well. One day I walked into my son's room, and he had two of his own on his mirror. By doing this, you are constantly empowering yourself and, in the process, teaching your children how to find the light in the darkness.

- How do you view your life? Are you a victim or an explorer on a quest for a new and exciting life?
- I am developing a new image of myself. I am a warrior. I have strength and peace. I am in control. I am not a victim.
- It's not so much *what* is happening in that moment or in our lives. It's our *thoughts* about what is happening that cause us great stress. Control your thoughts, and you control the situation.
- Always listen to your heart. Do not let it harden.
- The fear of something is always greater than the thing you fear.
- "The point was to free yourself from something that costs your heart even more." — Paulo Coelho
- "Everything that begins also ends. Make peace with that, and all will be well." — Buddha
- "In the midst of winter, I discovered within me an invincible summer." — Albert Camus
- Slide your Katharine Hepburn glasses on and face the day.
- A person can justify anything. Don't let their justification become your reality.
- Surround yourself with positive people and activities
- Divorce is a sad, traumatic "time" in one's life. Don't make it a "lifetime" event.
- When you fall into that abyss, take a deep breath, put it all into perspective and climb out. No relationship is worth residence there.
- Divorce is not the worst thing that can happen; losing yourself is the worst thing.
- Do not let fear cloud your decisions.
- Whoever angers you controls you.

People always say this is a new chapter, but I say, "Heck, this is a new book, and I am the writer, the director and the heroine." You be the same, and I'll see you on the other side and the *New York Times* best-seller list!

DEBBIE MARTINEZ, M.A., Ph.D., is a certified life coach specializing in divorce for over 14 years. 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. You can reach Debbie at 305.984.5121, transformationthrudivorce.com or debbie@transformationthrudivorce.com.