



There Is Power in Divorce

IBELIEVE IN THE POWER OF DIVORCE. SOUNDS WEIRD, doesn't it? But there is power in everything you do and every situation you are exposed to, as long as you have the power mindset. Having been there, done that and got the T-shirt, I know through the experience of my own divorce how the process can wear you down, raise self-doubt and cause you to not be able to see past your present situation.

Every challenge in life comes with its rewards, and divorce is no different. You are free to choose a different future for yourself. Don't turn away from the obstacles presented to you during this transition. Instead, view them as a challenge, learn from them, conquer them and emerge a stronger person. We are a mixture of our past, present and our vision for our future. Plan B in life could be better than Plan A, as long as you have the right attitude. Your life is not behind you; it is ahead of you.

This is where a Divorce Coach comes in. I didn't have one, and knowing what I know now, I wish I had. It would have saved me endless hours of unnecessary angst, time, money and, yes, some regrets.

Divorce coaching is the bridge to the other side of your life — a life filled with endless possibilities. Working with a Divorce Coach during this time will not only aid you through the divorce process but will give you the tools to deal with postdivorce issues that may arise as well as guide you into your next chapter:

1. Guide and support you during and after the divorce
2. Be the "go-to" person for any nonlegal questions
3. Teach you problem-solving skills
4. Assist you to determine what is most important to you in the divorce process
5. Assist you to create goals for what you want for you and your family during the process and moving forward
6. Identify and prioritize your concerns
7. Assist you to strengthen your communication skills and communicate your needs
8. Assist you in developing your co-parenting skills
9. Assist you in keeping organized and on track during the divorce process
10. Assist you in developing a co-parenting plan
11. Assist you in developing a postdivorce plan
12. Give you the tools needed to interact with your ex
13. Help you move through the grieving, the regrets and the bitterness and into a place of peace and happiness that you deserve
14. Help you reinvent yourself and adjust to your new life as a single parent

I encourage you to use this time as an opportunity to take inventory, see yourself more clearly and rediscover the amazing person that you are. Remember, your divorce does not define you. Rise above it and emerge victorious.

Martin Luther King Jr. said something I would like to pass along: "The ultimate measure of a person is not where she stands in times of comfort and convenience but where she stands at times of challenge and controversy."

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, transformation@truedivorce.com or debbie@transformationtruedivorce.com.



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