



It's Not Fair

I KNOW IT'S HARD TO SEE PAST YOUR CURRENT SITUATION, BUT there is a tomorrow — there is a future past today. This is not the end of your story, however. That ending is up to you.

I want to talk about the “It’s Not Fair” syndrome. When people get divorced, it’s very rare that they both move on in the same way at the same pace. There is always one that appears to be living *la vida loca* while the other struggles. One ex seems to have it all together financially, is taking trips, hasn’t skipped a beat with his/her career, has a steady relationship and seems to have “won” old friends to his/her side. The other ex, however, is watching every penny and trying to figure out how he/she will retire, dealing with the daily issues of raising a family (God forbid if they’re teenagers) and hasn’t found the person of their dreams.

This is where the lamenting starts: “It’s not fair.” It seems to be every divorced person’s mantra. Sadly, some have had that mantra for years. And yes, it’s not fair; but (and I hate to say it) life isn’t fair. Go ahead and roll your eyes at me, but the truth is, life isn’t fair and things don’t always go as we had planned. However, that doesn’t mean that it’s not the direction you are supposed to be going in. Sometimes, our life is meant to take a turn so that we can get back on the path that we were meant to be on, whether we like it or not.

Now, here comes the really hard pill to swallow. You wouldn’t be so focused on it not being fair if you were happy with *your* life. So, the key to getting over this nonproductive syndrome is getting started with your new life — and that means finding happiness now and working on yourself instead of looking over the fence at your ex.

Please don’t get me wrong, I am 100% validating how you feel — and, truth be known, it’s not fair. But that is as far as I go. Are you going to be the victim, or are you going to turn all this around and live the one life you have, the greatest way possible? From here on out, it’s your choice how you want this to go. The following are some exercises/thoughts that will help you move on:

- » Get excited about your future. Imagine all the new things you can do and become. Make a list.
- » Know that the situation you are in is only temporary and a stepping stone to greater things. Your time will come.
- » This is not a competition between you and your ex.
- » Things aren’t always as they seem.
- » It is not the end of the world; it is the beginning of a new one.
- » Turn your anger around to motivate you, not destroy you.
- » Live with intention; find your passion.
- » Take comfort in knowing that there is a stronger Force that will turn it all around.
- » Find inner peace from meditation, journaling, being in nature or being creative.
- » Acceptance, acceptance, acceptance. Stop resisting.
- » Do a Life Inventory.
- » Write a Grand Design for your life.

So, instead of your divorce mantra being “It’s not fair,” make it “The best is yet to come.” See you on the other side!

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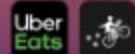


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