



Making Friends After a Divorce



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I believe there are various levels of friendships. There are your coffee friends to chat with or your friends you hang out with at the mall or your dinner night friends or your very close friends. You know the ones you talk about your personal feelings and the trust and mutual respect you have for each other. **Never judge each other, be honest to each other with the best interest of the friendship.**

Friendship for most people is a combination of caring, honesty, loyalty, love, respect, and trust. The general traits of a *friendship* include similar interests, mutual respect and an attachment to each other, and to experience *friendship*, you need to have true *friends*.

If you're not able to receive that from a friend, then it is time to evaluate your friendship and ask yourself. Is this **person a devoted friend or is it time to let it go and make new friends?**

Making a New Friend

New friendships need some time to develop properly, so if you push a new friend to be your BFF right away, you may lose them all together. Don't rush it. You need to know when to step back and allow the friendships.

Take it One Step at a Time

Let the relationship build gradually. This way the new friend can find out who you are and what your all about. **We all have different personalities** and set in our ways, so a new person has to discover you for who you are. **Allow your friendship to progress and take it slow** so you can both feel comfortable sharing and extending trust. **Don't smother a new friend with time or attention** to the point where you become overwhelming.

Getting to Know Your New Friend

Allow people to express their opinions freely, and don't judge them until you understand where they are coming from. **Listen and get to know them.** Don't judge, give them time to express their opinion. Don't discuss your own personal issues until you get to know them better.

Allow Your New Friend to Get to Know You

Let the new friend discover who you are and your personality traits. Being open and honest is sincere and they will figure that out over time. Saying you're an honest person is one thing but showing them is better. **This will create a true friendship** right from the beginning and discover who you really are.

Build an Everlasting Friendship

Give you friendship time to grown and **ensure you are a good fit.** It requires a little patience and time to find a good friend. But if you give it time **you'll have a better chance of developing a strong bond** for a lasting friendship.

MEET YOUR COACH



Thank you for taking the time to read my article.

I am honored and humbled to be able to share all my experiences, relating to separation and divorce. I have achieved balance through a healthy lifestyle, created a solid foundation for myself and my kids as a successful, single parent.

I am grateful for the enormous growth I experienced during and after my own devastating divorce. I call myself the subject matter expert because I know the heartbreak and pain of going through a divorce.

Through my coaching and programs, I manage to get people from an uncomfortable insecure situation to a happier and balanced life. My clients emerge with renewed vitality, confidence, and overall well-being. They look and feel better than ever, and they are eager to embrace the next phase of their life and to live it abundantly without guilt, shame or fear.

I'm here to guide you throughout your journey in life and achieve your goals.

Join us at one of our local events www.meetup.com/Friends-Date-Night/

WHAT PEOPLE ARE SAYING

Last year my miracle was reconnecting with Patricia Lavigne. At the time we reconnected, in February, I did not know how much I would depend on her friendship by June. In the darkest hours of my life she was there to coach me through my most miserable moments. She was in the lifeboat throwing me a lifeline and urging me to grab hold and swim on.

I am deeply indebted to her understanding, guidance, compassion and love. I say love because helping people achieve success through her coaching and programs is a passion of hers. It's a gift she willingly shares with others and coaching others through Separation and Divorce is where her future lies.

Anonymous