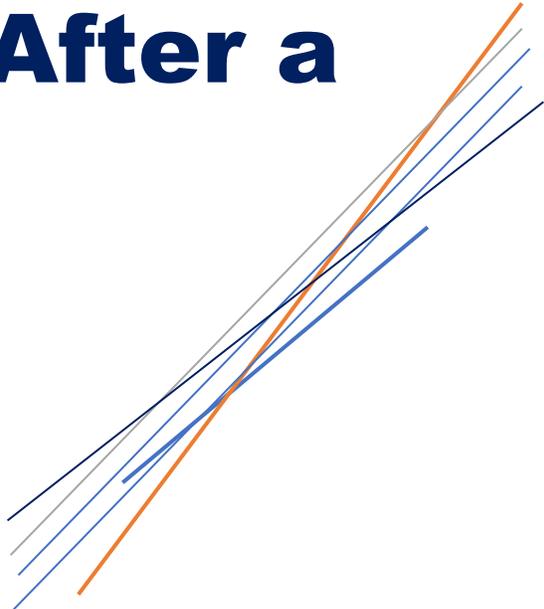




Six Steps on How to Move Forward After a Divorce



 *Patricia Lavigne*
Separation & Divorce Coach



I have a lot of people telling me how difficult it can be after a divorce. They feel alone, they can't stop crying, they don't know who they are anymore, and they feel awkward and can't seem to connect with new people. The list goes on and on.

KEY TAKEAWAYS

- 1. Connecting with new people** can be awkward at times. You don't know what to say or you could be shy or you're feeling uncomfortable.

Some things to consider when you meet new people:

- I always tell people the best way to get to know someone is to first start by saying HI! My name is what's yours.
- Have you heard about what happened in the news?
- What is your favorite activity
- Do you like to travel and what is your favorite place?

KEY TAKEAWAYS

2. Bringing up the past. Once you gotten divorced it can get difficult to let go of the past.

- It is important not to talk to new people you meet about your past.
- When you are asked about your past keep it brief if a person hardly knows you and you talk about too much information. It can throw them off and lose interest in getting to know you better.

3. Marital Status you're finding it difficult to accept that you are no longer married and difficult to claim the status as divorced.

- As much as it is difficult there comes a time you will have to let it go and come to terms on your divorce.
- When signing new documents your status will be no longer be marital it will be divorced.
- Look at the bright side after the divorce and all assets etc. are separated you now have the freedom to be an individual and build your independent life and create a new lifestyle.

4. I will never marry again. After a major divorce your feeling that you will never meet or want to be with anyone again.

- Don't worry you're having normal feelings. This is called holding on to your fears because of your past relationship and the hardship you faced. But you are basing your fears on one person or one relationship.
- You need to face your fear and allow yourself to grow and experience dating. That is how you will determine on whether you want to bring someone in your life again.
- I always say get your life in order and the right person will come along.
- If you base your life on your fears, you will never be able to let someone else come into your life.

KEY TAKEAWAYS

5. Don't lose yourself; take time to figure out who you are.

- Don't allow yourself to fall into a trap of being stuck
- This is the time to discover who you are and bring the passion of life back
- Start your picking up on your old hobbies that you once enjoyed.
- Find new hobbies
- Find your personal space and be content with being alone

6. Be confident don't rely on anyone once you are capable of doing things on your own that will build your confidence.

- You can always trust yourself and if you put in the effort you can succeed.
- Do what you believe in to be right
- Create your personal bible that is a combination of your faith, integrity, honesty, value, morale's, etc. once you have a clear vision of who you are that will build your confidence, and no one will sway you.

If you reviewed the above steps and still feel you're struggling and need additional support having a personal coach can offer one-on-one support to get to the place in your life that you can move forward.

You can contact me via email at info@patricia-lavigne.com and book a 30-minute FREE session.

Moving forward will help you make better choices and build a healthy life.

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