

A Womans Guide To Survive A Divorce

"Life is like an onion. You peel it off one layer at a time, and sometimes you weep." [Carl Sandberg](#)

There is no greater emotional pain that can be inflicted than the announcement by your husband that he wants a divorce. Even if both parties have "seen it coming" for some time, and the announcement really comes as no big surprise, the actual announcement is quite similar to a bomb exploding in your face.

Such an announcement is "out-in-the-open" admission that the person you held hands with so many years ago, and promised to love - honor - and obey - to be supportive of, to stand beside in good times and bad - through sickness and health - for richer or poorer - no longer wants you or your love. You have been rejected, and such a blow to a woman's emotional equilibrium is just about the most damaging illness you'll ever have to face in your lifetime.

Be that as it may, it is of the utmost importance that when such a pain descends upon you, you realize that you can recover -that you will recover - and that this is in reality, an opportunity for you to attain real and total happiness according to your own standards.

It will be hard, in fact, it will probably be just about the most difficult thing you've ever done in your life, but you must immediately and absolutely turn the page on that chapter of your life. You must quickly and absolutely sever all ties with that person - the one that has inflicted this pain upon you.

Get them out of your house. Get rid of all things that remind you of them. Change your phone number. If necessary, move into a new home or apartment. You must put an immediate end to your marriage. Once a man has announced to you that he no longer wants you for a wife, you have to start thinking about your own survival.

It's going to be similar to losing a vital part of your body, but you must let go, and the sooner you do let go - completely end that

chapter of your life - the sooner you'll be able to set about rebuilding your life and ultimately finding the happiness you want.

Between the time that your husband announces the end of the marriage, and the time when you'll find new happiness, you're going to hurt like you've never dreamed possible. You're going to go through a number of mental and emotional phases - all of which are perfectly normal and necessary in order for you to "heal yourself" of this great hurt. **You'll never be able to enjoy love or attain true happiness until you have discharged the past from your system, and healed yourself.**

Think of all you're going through as a wound similar to a gash on your arm or leg. It's going to hurt, and you're going to bleed, but with the proper care and time, you will recover. You must understand that divorce is quite common - you're not alone nor going through anything that a lot of other people haven't experienced - and that in order to "get well," you must understand the nature of the wound, what to do in order to heal it, and as much about the pre-requisites to total recovery as possible.

At first, you'll probably deny that this is happening to you. You may pretend that it's just a bad dream or some sort of bad joke he's pulling on you. This type of thinking is normal, but it only prolongs the agony of your hurt. You must face the reality of the situation - accept the fact that your marriage is over - and get on with the task of finding happiness for yourself, immediately.

You'll probably lay awake in bed at night and review "every minute" of your marriage - thinking that in this or that circumstance, you could've been a better wife, and from there beg for another chance. You'll want to accept full responsibility - at least a big share of the guilt - for the problems that caused the break-up of your marriage.

These thoughts are only natural, but they cannot put your marriage back together, and any attempts to "try one more time," at this stage will only cause you greater pain. You must accept the fact that your marriage is over, and busy your mind and yourself, with activities that don't allow you time to "rehash" the events of the past. Don't allow yourself to dwell upon guilt feelings.

It takes two people to make a marriage, and marriages come apart because of the differences in the two people involved.

No one is perfect, and happiness in life is a matter of learning from our mistakes. Accept your own short-comings; vow that you will profit from what you've experienced; and then get on with your life. You'll never be comfortable with yourself, nor find real happiness so long as you're dragging "guilt feelings" from your past around with you.

Somewhere along the way, you'll become so angry with your ex-husband - the world - and even God, that you'll be beyond yourself in your ability to express it all. It will be necessary that you express this anger - to get it all out of your system -before you'll be able to "feel good" around men again.

Anger is the process of projecting onto another person, your own sense of hurt and frustration. It's such a volatile and all-consuming emotion that unless you give it an outlet, it will literally eat you alive. The thing to do is to understand your anger, and manage it in a manner that will benefit you - in such a way that your expression of it is constructive to your regaining your emotional health.

A few things you might think about doing: Write out for your kids, the complete story of your marriage; how you met, your dreams and hopes, the good and the bad, the sacrifices each of you made, and how - beyond either of your capabilities to control - the marriage just came to an end... Write out in precise detail exactly what is making you angry, and why. Put it in letter form to your ex-husband and really tell him everything that has been, and is bothering you. Let him know that you are a person with wants and needs too... Stand in front of a mirror and "rehearse" an angry confrontation with your ex-husband and/or anyone else involved.

Make an appointment with a counsellor, your priest or minister; or find a friend who'll listen as you explain the frustration, hurt and futility you feel.

Regardless of how you do it, it is an absolute necessity that you let it all out. This anger and bitterness you feel is like a poison that you must cleanse from your soul.

The sooner you get rid of it, the sooner you'll be able to get on with your life -regain your mental health and position yourself for happiness.

Finally, there'll come a day when you'll no longer be bothered by thoughts of your ex-husband. It won't even bother you when you see him with another woman, and that'll be the day when you've finally accepted the fact that your marriage to him is over.

You will have truly let go of him, and will be ready for a new try at happiness.

Your progress from being rejected by your husband to acceptance of the fact that you don't want him if he doesn't want you, and positioning yourself for a second chance, won't come easily. In fact, it will take you about two and a half to three years. You must understand the damage you've sustained, the healing that's required, and the time it's going to take to get well. Too often, women still in the recovery stages of a divorce, jump into a new marriage before they're ready. And when the "bomb explodes" the second time, the trauma is more painful and the recovery even harder than the first time.

It's imperative that you "cut yourself off" from your husband as quickly as possible. It's just as imperative that you immediately set about analyzing what it is you want out of life, what you need to do in order to get what it is you want, and then take the necessary steps towards achieving whatever it is you want.

First, you have to **KNOW** what it is you want. Then, you have to know what you **HAVE TO DO** in order to get what it is you want. And finally, you have to **START MOVING** in the necessary direction to end up with what you want. In other words, if you don't know what you want, nor how to get it, you'll be without purpose or direction in life.

This is "goal-setting," and unless you set goals for yourself, you'll just be allowing yourself to be pushed through life by whatever happens next. Use this "terrible time in your life" as a time for introspection and a new start. Think about yourself, and start taking the "baby-steps" necessary to making you proud of yourself.

Stop mourning the loss of your marriage; pick yourself up, and determine within yourself that you're on your way to bigger and better things - total happiness and love!

Rebuilding your self-esteem - your ego and how good you feel about yourself - is one of the first steps you must take. There are many ways to move in this direction...

You might get a new hair-do; rearrange the furniture the way you want it; take a trip to someplace you always wanted to visit; go to see a special movie or any number of other things. The important thing is that you do something that makes you feel good.

From there, comes the introspection of where you are, and what you're going to have to do in order to survive. Plan it all out on paper, and then do what you have to do in order to make it come out as you've planned.

Most important - don't be afraid of making mistakes or of 'falling down' once or twice along the way. It's just as if you were seventeen years old again, and just beginning a life of your own. It's like when a baby learns to walk - he's going to stumble or fall a couple of times, but by continuing to try, he eventually not only walks but finds he can run as well. So it is in rebuilding your life after a divorce.

It'll be hard, but the sooner you start dating, the easier it'll be for you to regain your emotional well being. At first, even though you have to force yourself, you should just go out and associate with other people. See for yourself that other people don't "immediately recognize you" as a divorced woman - a loser, or a failure.

In the course of recovering from a painful divorce, it's not unusual for a woman to go through a number of brief sexual affairs. With some, there's a flurry of sexual activity -followed by periods of celibacy - and maybe a "special steady" for a while. This kind of activity is really sometimes necessary, and definitely a part of the healing process as some women rebuild their self-esteem.

Almost all people who have gone through a divorce, go through at least one transitional partner during their healing process. This is a person that seems to be the answer to all your dreams - they're the "special boyfriends" that ease a divorced woman through the trauma

- they're good to them; they listen to them; they're sensitive to their needs but never demanding; and they fulfill their sexual hunger.

It 's great to find and be with such a transitional partner, but be aware of your own situation and their usefulness to you, and don't allow yourself to end up marrying them. You may care about them a great deal, and feel sure that they're the answer to all your dreams - that they have all the love you could ever ask for - but don't marry them -what you're feeling is only the peace of an oasis in the middle of a desert. And don't feel badly when eventually you break off such a relationship.

Some people are born to nurture others back to good health, and seeing you on your feet again, and on your way to real happiness is the only reward these people really want. Then too, who's to say that you won't someday be a transitional partner for someone who's hurting just as you once did...

Finally, there's the problems of boredom and loneliness. In order to eliminate boredom and loneliness from your life, you must first understand that both of these problems are self-induced. That is, if you are bored or lonely, it's because you are allowing yourself to be...

Boredom is generally a form of emotional anesthesia brought about by the person who is bored, because she doesn't want to experience her own feelings. It 's also a form of mental laziness which keeps people from changing and growing.

The bottom line is simply that people are accountable for their own boredom, and if you feel bored, then you had better remember that boredom breeds even more boredom.

Whenever you think of yourself as being bored, get involved in something. Don't allow yourself to sit and do nothing. Write letters to relatives or friends or visit them. Join up with a singles social club and attend some of their functions; enroll in a self-improvement course or two; visit a show or exhibition.

To alleviate boredom, you have to do something that might stimulate your interest. Thus, if you don't want to do anything other than what you've been doing - if you're waiting for a bolt of lightning to spark your interest in something - you'll continue to be bored.

Loneliness is basically a different form of boredom. A person feels lonely when they "can't think of anything they want to do," and thus, they begin feel sorry for themselves "because no one cares about them."

In order not to be lonely, you have to start thinking of things you might enjoy doing with other people, and then invite other people to join you in doing those kinds of things. Really, it's just as simple as that - take a trip to one of your shopping malls with a friend and do some window shopping; meet a friend for lunch or dinner at a new restaurant; or invite a friend to join you to see a movie, a play, or even a concert.

So long as you shut yourself away from other people, and do not get out into the world amongst people, you will be lonely. To be happy, enjoy life, and know love, you have to make yourself available to other people.

To recover from the trauma of divorce, you have to understand the injury - apply the proper medicine - allow enough time for the healing process to be completed - and all the while, be positive that tomorrow will be a happier day for you. It's a kind of recovery therapy that only you can apply and control -the results are up to you.

The Basic Steps To Recovering From A Divorce

When you've been the "victim" of a divorce, the first thing you **MUST UNDERSTAND** and **BEGIN BELIEVING** is that **YOU ARE NOT GOING TO DIE BECAUSE OF IT**- Regardless of how badly you feel, you must realize that it has happened to millions of people before you; it is happening to countless people every day; and it will continue to happen to millions of people so long as there is love, marriage and divorce.

Although you may never have felt such pain in your life before, **YOU WILL GET OVER IT**. It takes time, but you will recover and find love again. It's imperative that you understand this, and believe it, even if you have to write it in big letters on your bedroom mirror, type it out on a 3 x 5 card you carry with you in your wallet, or say it aloud to yourself every hour on the hour.

You must at the same time, understand that people suffering from divorce go through certain predictable phases of thinking and acting as they begin to recover. In order to cope with the insecurity, uncertainty, and emotional damage you've suffered, you should understand that it's only natural that you go through each of these phases, and that as a result, you will again be a happy person.

Perhaps the second hardest thing the person who has been "victimized" in a divorce has to do is let go. It's vitally important that you immediately let go of the other person; realize that the marriage is over, and begin setting your own life in order.

Of course all of this is much easier said or written than done, but these things you must do, and you must do them - or get started on them - immediately.

You've got to think about yourself - finding some sort of work with which to support yourself, and maybe your kids; writing out a plan for the management of your money; figuring out your transportation needs; and what you're going to do to fill your spare time.

You cannot allow yourself to just sit and waste away! You've got to take hold of yourself and go on living! You can do it, and you must!

The best way is to busy yourself with all the planning you've got to do, and all the things you've got to do to make those plans pan out.

Sit down with paper and pencil immediately, look at your situation as it really exists, and lay out a "road map" of things that you're going to have to do in order to survive.

In the meantime, the pain will still be there but you've got to keep forcing yourself not to think about it or dwell upon what was yesterday. The more you think about the past - what went wrong and why it happened to you - the worse it's going to hurt, and the longer it'll take for you to recover.

What has happened to you can be likened to a cut on your hand: It hurts, and you bleed, but you wash it off, perhaps apply some medication, then a bandage and allow time as well as the healing processes of the human system to make it all well again. So it is with the dissolution of a marriage, but the bottom line is still: You must cure yourself of the hurt before you can be happy again.

You're going to feel lonely, lost and deserted. You're going to grieve. You are going to mourn the loss of your loved one. You're going to deny that it's over, and think of it as a bad dream. You may fall into a state of deep depression and pretend that it's only a game that will soon end.

In order to counter these feelings, you must try to keep yourself busy - cleaning the house, washing your car, writing out a budget, studying and/or working - you must force yourself to "keep moving and working" on the kinds of things that make you self-sufficient as well as a person that can hold his or her head up in any crowd or situation.

You're going to become so angry that you'll want to do things "just to spite" your lost loved one. Some in particular, have a difficult time coping with the anger phase. They become bitter because of the rejection they feel, the abandonment, and what they consider the lack of honesty on the part of their former partners. It manifests itself as a result of final property settlements and child support agreements. They sometimes dispute or withhold visitation rights with the children in order to punish or get their point across.

You must understand that anger is the process of projecting onto another person, your own sense of hurt and frustration.

Anger is a natural feeling in a stressful situation. Regardless of how it's done, you must express the feelings of anger you're carrying or they'll "eat you alive!" The important thing is to understand that it's a natural feeling as a result of a divorce, and that you have to let these feelings out - get rid of them -before you can truly go on to become a happy person.

The best way to deal with anger is to know precisely what you're angry about - write it down on paper - and then pick the most appropriate method as well as time, to express your anger to the person that has made you angry.

Another phase you'll be going through is one of all-consuming guilt feelings. If I hadn't of, or if I had done this or that differently, or if only I had been a little more understanding. The more you dwell upon this kind of thinking, the deeper you'll fall into the trap of self-martyrdom which allows you to think of yourself as a loser, a failure, and not deserving of happiness.

You must drive those feelings of guilt from your mind as quickly as they appear! Simply tell yourself that it didn't work out; it's over, and you've got to things to do in order to survive. Understand and believe that you will recover; then plan what you're going to do, and start moving in that direction.

Still another phase you'll experience, is one of reconciliation. This is when the victim calls the lost loved one on the phone or writes letters, expressing undying love - acceptance of all the blame for the divorce - and promising to change to fit the needs and demands of the other person. This is when the victim disregards all his or her own needs and reaches out for the other person without pride.

Remember this: If your lost loved one does not want you, then you must cease to worry about him or her. You must take hold of yourself - your own ambitions for happiness and the kind of love you want - and first plan how you can attain these things, and then set about towards the eventual achievement of these goals.

You must forget about your ex just as quickly as you possibly can!

You must immediately see yourself as someone who's self-supporting and the only person on the face of this earth with the final say about how happy you can be. Difficult, yes - but the sooner you realize this and take charge of your own life, the sooner "what once was" will be forgotten and You'll find happiness again.

No one should throw themselves at the mercy of someone who doesn't want them. Each and every human being in this world is ruled by personal pride in themselves. To "give up" one's pride is to give up one's life. Compromises and promises to make changes - followed by sincere efforts to do so are necessary to the ability of "couples" to get along with each other. But to disregard one's personal pride, is to become a non-entity.

The final phase you'll be going through will be one of acceptance.

This is when you are no longer bothered by thoughts of your lost loved one all day long; when you're able to talk about them without a tug at your heart, and when you've accepted the fact that your marriage is really over: This is when you say to yourself that if they don't want me, than I don't want them. This is when you've got a handle on what you have to do in order to rebuild your life and get on with it, and you're doing just that!

As human beings, all of us have a brain. Because each of us has a brain, we all have feelings that manifest themselves emotionally in one form or another. No one is perfect, and thus, though we usually try with everything we've got to handle our problems with expertise, we usually fall down at least once or twice along the way. It's important to understand one's self as a human being, and to try to get a handle on our ambitions for true happiness - but if we should fall down along the way, we have to pick ourselves up and try again.

This is likened to a baby learning to walk - they may take a small step or two, and then fall down, but unless they pick themselves up and try again, they'll never learn to walk.

Don't be afraid of being alone! Think about your own ambitions, and the kind of happiness you'd like to enjoy. Remember that loneliness,

boredom and unhappiness are indeed, self-induced -determine that you want to be happy and then reach for it with all you've got!!!

How To Rebuild Your Life After A Divorce

Suddenly you're single after years of marriage. This always results in a serious blow to the old ego of at least one of the persons involved.

It's a traumatic experience - a time that's very difficult to live through - and a feeling that isn't easy to recover from - yet life does and must go on.

When divorce occurs, and you feel as though your life has been shattered, the first thing you should do is start leading the life of a single person immediately! You should force yourself to make a date at least once a week. Start noticing other people, join in the activities of the singles crowd, and get back into the swing of things.

Indeed, the sooner you start dating, even if it's only dinner with someone you work with, sooner the pain will subside. Basically, you should just go out and not concern yourself with the "yes or no" possibilities of a sexual encounter.

It's most important however that you don't expect too much of yourself too soon. Generally it takes about two years for the victim of a divorce to get over the hurt and for most of the scars to heal.

Anyone thinking or believing they're ready for any kind of permanent relationship in less time, is probably living in a world of make believe and heading for a repeat of past mistakes.

Numerous "brief" sexual encounters are the usual pattern of recently divorced persons. They are usually quite useful in rebuilding one's self-esteem. By the same token, extended periods of celibacy usually follow a couple of weeks or a month of feverish sexual activity. These times are also normal and useful in the overall healing process.

Often-times older persons suddenly find that achievement makes them attractive to the opposite sex. Prestige and age are attractive,

but in divorced persons, they are very often an aphrodisiac. The bottom line is simply that younger people often have "affairs" with those older than themselves, but usually, they want "permanent partners" closer to their own age. In other words, prestige and age will get you sex, but it will very seldom bring you love.

As a newly divorced person, you'll probably experience several "transitional relationships." These are also a necessary part of your healing process, and though you may think you care a great deal about them at the time, it's best that you remember these are only temporary encounters with transitional partners. You needn't feel guilty about breaking off one of these relationships because you may very well be someone's transitional partner later on in your life.

Your best opportunities for meeting new friends and possible marriage partners are within the normal course of business and social events. It's also generally within your best interests to join in the activities of a local Singles Organization such as Parents Without Partners or Singles International. Then too, you should ask your friends and co-workers to introduce you to people they know that you might enjoy.

With your dates, you should avoid talking about your ex-spouse. If you feel you have to talk about your divorce, pick a special friend or attend some of the organized "rap sessions" for divorced persons in your area.

You should also avoid introducing your dates or new friends too quickly to your children. Such introductions too quickly can have innumerable adverse effects on everyone concerned but especially the children.

Much of the romance and magic of the traditional courtship game still works. Soft music, candlelight, and good food are still very much in vogue. Even the grand gesture of an evening on the town in style or a spur of the moment trip to the beach or to a hideaway in the mountains.

Regardless of the pain, the bitterness, or exasperation, it's essential that you remember your children and continue to be a good parent.

In fact, you should do all within your means to be a better parent than you may have been before the separation. This is because regardless of how they seem to be taking it, or what they do or don't show, divorce is often harder on the children than on the parents. They usually become much more curious about your day-to-day routine, who you're seeing and your happiness.

Just remember, time and people will cure all your ills, and you will be happy again!

How To Rebuild Your Self-Esteem After A Divorce

Your self-esteem - what you think of yourself in relation to other people - is the basic secret of your success or failure in life.

It's really as simple as that... Think well of yourself, and you'll do well. Think disparagingly of yourself, and you'll probably not do very well at all .

Regardless of whether you're the perpetrator or the victim, the experience of going through a divorce is going to damage your self-esteem. In fact, the blow dealt to one's self-esteem by divorce is lethal enough to drive anyone to the brink of insanity.

What you must do is think of your divorce - the end of your marriage - as you would the death of a loved one. Basically, that's what it is!

There is a period of burial or of letting go; a period of feeling guilty because you didn't do or say all the things you might have; a period of anger because it didn't work out the way you dreamed it would; a period of reconciliation in which you think maybe if you try again, it'll all work out; and finally, a period of acceptance.

Everyone who has ever been through a divorce or is still recovering from one, has either lived through each of these "recovery stages," or is still in one of them. It's all normal, and a part of the necessary healing that has to take place before you are able to recognize and enjoy happiness again.

Even so, the most important and the very first thing you must do following the break-up of any kind of relationship, is to get started on the rebuilding of your self-esteem.

This means that you have to accept the fact that neither you or anyone else is perfect - determine that you will learn from your mistakes - and that you will become whatever it is you aspire to be...

Immediately, do something that makes you feel good - something you've been wanting to do for some time - or always wanted to do. This could be getting a new hair-do, buying a new suit, enrolling in a special self-improvement course, starting a business, or even taking an extended vacation.

You musn't lock yourself in your house or apartment. You musn't be afraid to get out and associate with people. You musn't stop wanting to enjoy life!

You may have to force yourself, but you must "forget" about mourning your loss and continue on with your life. You must go on with your life with a stronger determination than ever, to be the person you want to be. Don't "beat yourself over the head" with feelings of guilt.

Get rid of your anger as quickly as possible. Forget about the past. **Get on with the rest of your life without delay!**

Revitalize those ambitions that have been "hidden away" in the back of your mind, and consider this particular time in your life as an opportunity for a new start.

Do some introspection relative to what it is you want out of life; reorganize your time and efforts to attain those objectives; **and go for it with all you've got!**

After all has been said and done, the kind of person you are and how you get along in the world you live in, is up to you. The most powerful assistance for attaining happiness anyone has, is in what he or she says, feels, and believes about himself or herself. When things are not quite right, the first thing that needs to be changed is your disposition - your attitude, feelings towards other people, and your emotional responses.

Think about your facial expressions and the tone of your voice when you're talking with other people. Being aware of these things with consideration towards other people, will "bring you out of your-self" and allow other people to want to know more about you.

You have to forget about, and let go of, the past. Anything and everything that happened yesterday is long gone and cannot be changed. **You have the rest of your life from this moment on, to achieve love - happiness - fame and fortune.**

Whatever it is you want in life can be yours. All that's necessary to make any dream come true is a true understanding of what you want, and determination on your part to make it all happen according to your plan. Think about what you want -prepare yourself to get it - focus your efforts on the fulfillment of your ambitions - and there's nothing that can stop you from total realization!

So, the first thing relative to rebuilding one's self-esteem -following a divorce, or the loss of a loved one by any circumstances - is to understand why you hurt, and what is necessary in order to be happy again. It essential that you think of YOURSELF in terms of the kind of life you want for yourself; know that you can have it all because you've laid the foundation, done your homework, and you're on a positive road towards achievement; and then get busy "making tracks" in that direction.

In simple terms - it hurts, but you're not dead - you're only wasting time thinking about or rehashing the past because there's no way anything that happened yesterday or the day before can be changed - so quickly pick up the pieces, and get on with your life!

Wanting to "get well," and/or to "make something out of your life," is half the battle!

How To Regain Your Self-Confidence After A Divorce

Regaining one's self-confidence following a divorce is not an easy thing to do. As we've stated in all the chapters within this book the blow to your inner-being can be traumatic and long-lasting.

Probably the first thing you should do is to take stock of yourself and set about improving the way you look. This could mean a new hairdo, a haircut, new makeup, and new clothes. Get yourself organized to look your best, because when you feel that you look good, you will look good.

It's easy to spot people who have suffered traumatic experiences because of the way they look. Their appearance, their clothes, the way they talk and act - it's all quite apparent to an observer that these people feel down and out - they feel that life has played a dirty trick on them - and their self-esteem is not very high.

The next thing you should do is get involved in some sort of meaningful work.

If you're already employed, ask for more responsibility or more challenging assignments. Get involved in the areas in which you excel, and show your bosses as well as yourself what you can do with exemplary expertise. Take stock of the promotional opportunities where you work - set your sights on a better position - and go for it.

You might want to check out an excellent book called '**WorkPlace Warrior**' <http://www.info-publisher.com/>

If you're out of work or don't have a job, then take stock of the things that you can do, make up or have a resume of your capabilities typed out, look in the newspapers - the yellow pages of your telephone book - visit your local employment office, and the employment agencies in your area - submit your resume and get yourself a job.

Nothing boosts a person ego, self-esteem, personal confidence, and inner dignity like getting a job Don't be discouraged - part of the reason it's so hard to find a job is because of the trauma you're experiencing - keep trying and you'll succeed.

If you're retired or well-off to the extent that there's no need for you to find a wage-paying job, then volunteer your expertise to organizations and people who will benefit from your knowledge and experience.

The welfare agencies are always looking for people to help and teach others.

You might even consider organizing a business or putting together classes of some sort to help people with their problems and/or inexperience.

The next thing you should do is make up a budget to live by, and determine to become the best "money manager" who ever lived. Few people live according to a budget, and consequently, most people are over their heads in debt.

Relative to the kind of person you want to become - you want others to think of you as - and the kind of happiness you seek -it is imperative that you learn to manage your money intelligently.

Money by itself won't bring happiness, but by using money properly and making it work for you, it can alleviate many of your problems.

Somewhere along the line, you've got to know, understand, and work out your transportation requirements. In this day and age, you have to have transportation to get to the places downtown, across town, or even to the grocery store.

Don't take anything for granted or expect it to work itself out. Analyze all of your possible needs, consider all your options, and then plan for every situation, including emergencies.

Very definitely, you should give yourself time to relax and socialize with other people. If you haven't been too friendly of late with your next door neighbor, or the people in your block, then get out and renew those acquaintances.

Get out of your "closet" and pay them a visit, or invite them into your home for coffee. Let people know that you're alive and well - that you're worth knowing as a friend and neighbor.

It may be difficult during this time to do much socializing because everything you see or do reminds you of the past - and with this in mind, it's a good idea to check into the social activities sponsored by your local churches, civic organizations, and even the singles clubs.

Don't "go out" to replace the love you've lost or to find the "real true love" of your life. Just go out to be with people, to enjoy yourself, and get your mind off your problems.

No, you won't be able to forget the hurt you've gone through nor become a new person overnight. It will take some time, longer for some people than others. But the important thing is regaining your confidence following a divorce is to know that you are someone of worth - believe it - acknowledge that you can be the kind of person you want to be - set your sights on becoming/attaining all your ambitions - do what's really necessary to fulfilling your dreams, and go for them.

This is a new beginning for you.

A chance to really prove to yourself that you can do it.

Know what you want - be honest with yourself in understanding what you have to do to get what you want - and then let nothing stand in your way until you get precisely what you want.

It can be yours, but you have to make it all happen!

How To Reorganize For Happiness After A Divorce

The big thing about going through the experience of a divorce is that it leaves you completely worn out and drained of desire to go on with your life. Typically, divorces shatter the hopes and dreams - the ambitions - of both parties involved. Most of the time, the one who's been victimized feels that they have no more purpose or inspiration for achievement.

You may feel that whatever you do, it won't matter to the person you most wanted to do it for, so what does it matter what you do with yourself.

This is the wrong kind of thinking!

You musn't let yourself think along these lines! Divorce is terribly hard and an emotional blow that's difficult to recover from, but it should not be "taken" as the end of everything. You have to accept it as the end of one period or chapter of your life; look at it as an opportunity for a new beginning, and build a better you from there.

Above all else, don't panic. If you panic, you can't think, and in order to make any progress in life, you've got to think. Don't get dramatic and over dramatize your woes either in your imagination or in words - spoken or written.

If your immediate situation seems overwhelming and you're unable to see how you'll ever make it through the next week, don't start crying and feeling sorry for yourself - it will only bog you down with the inability to think clearly.

Don't allow yourself to engage in post-mortems and/or nurse regrets. It's important that you forget about the past - let it rest - there's nothing you can do to change it - accept your situation as it is, and build your life to what you want it to be from this moment onward.

One of the most important things for you to do is to list on paper exactly, your present situation and then, one at a time, list your options and possible solutions to each problem.

Don't worry about finding a solution for everything all at once; just try to see clearly what your next step ought to be.

Always ask yourself what the right course is - remembering that if what you do isn't right, then it's wrong; and no wrong action ever works out right.

It's imperative that you understand the emotional injury of your situation, but at the same time, it's also imperative that you not stand still. In other words, you must quickly - without delay - regain control of your life and get on with the attainment of all your ambitions.

You do this by expunging the past, taking stock of your present situation, and making plans for the rest of your life - by deciding what you want out of life and how you intend to get what you want. Do it on paper and set realistic goals for yourself, as well as dates for attainment.

Happiness in life is a feeling of inner satisfaction you feel when you enjoy whatever you do - your work, your leisure time activities, the people you associate with, and acceptance by the people you most to impress...

It doesn't come from harboring grudges - from attempting to be something you're not - from expecting the world and/or the people around you to cater to your problems or desires - or from your position or status in life...

Indeed, happiness comes from your association and inner-action with other people. Thus, following a divorce, you must immediately begin mingling with other people and not only be empathetic relative to ways in which you can help them, but also interested in them as people.

The more you reach out to help others, the more help you'll receive in return; and at the bottom line, the greater your own personal happiness.

So, in order to attain happiness after a painful divorce - you must "close the book" on everything in the past; take stock of your present situation; lay out a "game plan" for what kind of life you want; start

moving in a positive direction to achieve your ambitions; and even if you have to force yourself, make new friends and enjoy yourself.

Don't go around sizing up or evaluating every man or woman you meet as a possible candidate for your next marriage - get on with your life - do what you have to do to attain your ambitions - intermingle with people and be a real friend - give yourself and other people a chance - and when the time is right, love will find you again.

You musn't go looking for happiness or love for as surely as you do; you'll never find it. You must be satisfied with yourself as a person - whatever it is you're doing, you're doing your best; attempting to always improve yourself; and you're moving in a positive direction towards the fulfillment of the kind of person you want to be - and, you enjoy mingling with people; talking with them; helping them; and doing things with them.

Remember, to attain success in life you have to know what it is you want and how to get there. Once you're on a positive road towards the attainment of success, you'll find that it will come easily and quickly. With a positive direction in life, you'll feel better about yourself and associating with other people as a friend will come about automatically.

You'll no longer think about the world or other people as threatening - in fact, you'll enjoy being alive and the dawning of each new day - and that's when you will really be happy.

Again, it's a matter of getting on with your life - of forgetting about the past and moving positively towards the things that you want in life.

Give in to the hurt you feel and you'll surely waste away - Consider this a new start in life and it can all be yours - whatever you do, the choice is yours...



Natural Help for Anxiety & Depression

Dealing with Anxiety

A fast-paced modern lifestyle can be difficult for both adults and children. Trying activities such as work deadlines, job interviews, school competitions and public interactions don't make it any easier either.

It's **not uncommon to find oneself a little overwhelmed** at the thought of a particular upcoming event or situation. Sometimes demands may be so great that it is difficult to slow down and take a deep breath, causing us to worry about everything.

The natural way

A lot can be done to **support a healthy ability to relax** and slow down. One way of doing this is to keep your mind producing its own natural feel good chemicals by eating lots of fresh fruit and vegetables and whole grain foods, getting plenty of fresh air and sunshine and exercising regularly.

Practicing relaxation techniques, meditation or even taking time for a regular walk on the beach can all help to reduce stress levels and facilitate a feeling of calm – helping us to wind down and relax.

Natural remedies can also help to **support the nervous system and to keep nerves settled and soothed** – to enable us to cope more easily with the everyday stresses of our modern existence. In fact, natural remedies have been used in traditional medicine for thousands of years **to support the healthy functioning of the brain and nervous system.**

In more recent times, research has confirmed this traditional wisdom. There are now many published clinical studies demonstrating the ability of a range of herbs to support the normal functioning of the brain and nervous system and maintain a healthy equilibrium - which will assist with staying calm under pressure.

PureCalm is a 100% safe, non-addictive herbal remedy that has been specially formulated by a Clinical Psychologist for adults and children.

PureCalm can be used to safely **maintain harmony, health and systemic balance in the brain and nervous system**, without harmful side effects. This remedy contains a selection of herbs known for their supportive role in maintaining healthy nervous system function. Due to the concentrated tincture formula, PureCalm Drops work quickly to maintain balance and harmony in the nervous system – exactly when you need it!

Naturally Helping Depression

Serotonin is an important neurotransmitter manufactured and found in the brain. Along with other neurotransmitters, serotonin helps to support **emotional wellness and sleep patterns as well as energy levels, sex drive and appetite**.

Serotonin also promotes healthy concentration, a positive mental attitude, memory and mental alertness. Other neurotransmitters such as dopamine, as well as **certain hormones like cortisol** are also involved in maintaining balanced mood and feelings of confidence and well-being.

While your feelings are not all about brain chemicals, the delicate balance between neurotransmitters and other hormones can play a big part in **maintaining emotional stability**, wellness and a positive outlook. Lifestyle, stress management and maintaining healthy relationships all contribute to happiness.

However, when there are challenges to face, a solid foundation of emotional health, **balanced brain chemistry** and a healthy self esteem will make all the difference to how we are able to cope or have the emotional strength to make changes necessary to improve our lives.

The natural way

A lot can be done to naturally **maintain emotional health and a healthy positive mental attitude**.

It is a good idea to keep your natural feel-good chemicals flowing by eating lots of fresh fruits and vegetables and whole grain foods, ensuring plenty of fresh air, adequate sleep, moderate sunshine and regular exercise. Many healthy foods (e.g. bananas, turkey and carbohydrates) contain nutritional precursors of serotonin and this makes them natural ‘mood foods’ to

maintain healthy serotonin levels!

Also, never underestimate the power of a few stolen minutes during the workday (or school day) to rejuvenate the spirit and relax the mind – **meditation, yoga or listening to a calming CD can all promote relaxation.** Smoking, recreational drugs and alcohol can all depress the nervous system and affect the balance of neurotransmitters like serotonin – so try to cut back or avoid these habits for the sake of your emotional as well as your physical health.

MindSoothe is a 100% safe, non-addictive, natural herbal remedy that has been especially formulated by a Clinical Psychologist for adults and teens, and comes in a compact capsule form, making it easy to take.

MindSoothe can be used to **safely maintain emotional health, balanced mood and systemic harmony** in the brain and nervous system, without harmful side effects. This remedy contains a selection of herbs known for their excellent and supportive function in maintaining brain and nervous system health, **emotional balance** and overall emotional well-being.

While the herbal ingredients in MindSoothe have been used for thousands of years in traditional folk medicine, more recently extensive research has supported the therapeutic and tonic benefits, as well as the safety profile of these herbs – meaning that you can use MindSoothe with confidence and without fear of side effects.