

A close-up, black and white photograph of a woman's face, focusing on her right eye which is a striking purple color. Her hair is blonde and slightly out of focus. The image serves as the background for the text.

LIVE AGAIN AFTER DIVORCE

5 EFFECTIVE STEPS TO CONQUER DIVORCE TRAUMA

5 MISTAKES TO AVOID

**HOW TO BUILD YOUR HAPPINESS HABITS THAT WILL
LAST A LIFETIME**

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DEDICATION

This book is dedicated to those women who have gone through or are still going through the pain and trauma of divorce. I feel your pain because I have been there. I honor your resilience and your will to survive, to live a life that is better than ever life after you divorce.

WELCOME MESSAGE

Dear Divorced and Divorcing Friend,

I am very happy you are reading this book. You are welcome here. My goal for writing it is to open the doorway for your healing. Divorce experience is a terrible trauma (and you must know this by now). My first marriage ended in divorce. It was a very traumatic experience for me; I was devastated, shattered, and bankrupt and became a single mother of three boys. It was a hard road. But the good news is that I survived and created another life for myself. I am now a successful author, ordained minister, life strategist and spiritual leader. I am also married to a most wonderful man and my three sons are now successful men in their own right. How was I able to overcome this? How did I survive the worst time of my life? Well, the secret of how I made lemonade out of the lemons that life handed me lies in this book.

I survived and I want you to also survive. I really mean this from the bottom of my heart. You do not need years of unhappiness and devastation, what you need is a workable plan to be able to recover from the trauma of divorce or separation and live again. This is our joint goal, both of us. I will support you and give you tools that will help you to make this possible.

I pray that your joy, peace and love are full, and you feel the love of God completely in your soul eradicating the pain, trauma and distractions in your life.

Dr. Dee Adio-Moses

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Transitions are hard for most people. There is a disconnection between where you were and where you want to be. You have a foot in two worlds – the world you've been living in until now and the unknown world you're stepping into.

What makes transition so tricky? Well, most of us don't like uncertainty. It gets confusing, messy, and overwhelming. Transitions challenge our self-confidence. Living in that gap calls upon inner resources and emotional resilience we aren't even sure we have. Our comfort zone gets stretched. Sometimes we question why we even set out on this journey in the first place. Here are some practical to do and not to do as you make the transition through your own experience with divorce.

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1

AFTER THE DIVORCE: CAN YOU REALLY BE HAPPY AFTERWARD? OF COURSE YOU CAN!

After the divorce, you are probably having a lot of mixed feelings inside. On the one hand, you are finally glad this day has come. There have been a lot of problems, turmoil, and complications in your marriage for years, and you don't have to deal with them anymore. So you are relieved. On the other hand, you can't believe this day has actually come. Even though you've had tons of horrible problems in your marriage for years, you always hoped deep down that you could work out all the "issues" and live happily ever after. *Am I right?*

Well, divorce did happen. Now you need to move forward and live a *happy, full, and "exciting life"* after the divorce. Your life is NOT over, it is just beginning. Know you can be happy after the divorce; you don't have to wonder any more. Of course you can be happy...VERY happy.

You Can Finally Live Your Own Life...Your Own Way!

One of the biggest perks to finally being finished with the divorce and moving on is that you can live life your own way. You don't have to ask for permission, or make decisions based on anyone else but yourself. You can choose the future you've always wanted. It just takes a step in that direction... then another step, and another. Before you know it, you've made it through the divorce into the life of your dreams with success, achieving goals that probably wouldn't have been realized if you were still married."

First let's discuss the important areas that you should consider: then I will show you how to live a *happy, full, and exciting life; the one in your dreams.*

Before we even start talking about recovering from divorce, the first question is:

What's the quickest way to move from the pain of your divorce to a new better life?

The answer is by tapping into the minds of people who have *been through this and have moved on* to a new and better life. Successful single life means a move up for the recently divorced and being able to say, "been there, done that."

I have found that so many divorced individuals don't have anyone to fall back on, ask questions of, or learn from. They took years to recover. Have you "been there" trying to make your own way? It's frustrating and it takes time. Moving on from divorce is not easy and certainly won't happen overnight, especially when you blindly repeat the *mistakes others have made*. Are you tired of doing it on your own? Let me ask you: Wouldn't it be great to zip past the "experimental" efforts and avoid the slip-ups?

The Goal is to build and maintain a successful conversion to a new and better life in a *reasonable* short amount of time.

The tendency with many people especially after divorce is to look backward and with regret. The sad memories, burdens of the past..the blaming experiences...

The "looking" should be the other way-forward. Cultivating the mood of living regretfully in your past life takes you backward in every sense, mental and physical. The human mind just loves to hold tenaciously to the past. It likes to recall the past and mourn over it.

The change is in being able to renew your mind to care very little for its past. For your mind and to embrace change. The desire to the past pull us back from advancing toward greater power and greater pleasure. Leave the past behind so that you do not pay the price having to drag your dead life behind you. That dead life has done its work for you, and if we can be truthful, it probably brought you more pain than pleasure. Looking behind means carrying the memory and burden of that pain. It is like the bird that always insists on carrying the shell from which it was hatched. Fling away your sad memory. If you can't fling it off, ask for help from GOD, the Supreme Power to help you do so, and such help will come.

The eagle has been known, in a storm where the wind blew sixty miles an hour, to head into the face of the blinding storm and beat his way like a sailing ship right against the storm. God teaches us how to fly, and how to go through storms, stay alive and press on, willing to live by faith, to trust God for soul and body, to trust Him for all things.

God stirs the nest and makes you fly,
Then you begin to weep and cry;
His hand has failed and down you go,
With naught in sight but rocks below.

A dreadful sight and fast the fears
Take place as all hope disappears;
Oh, how you miss the downy nest,
But God has stirred it for the best.

He knows your lack of faith and trust,
He knows how for vain things you'd lust.
He knows you'd lean on men and creeds,
And would not to His Word take heed.

So from your nest He picked the down,
Left naught but thorns and briars around;
Then gladly you step on His wing,
And to this thought you'd always cling.

But still on this you could not grow,
The way of God to fully know;
'Tis time to exercise *your* wings,
And get the faith that launching brings.

So—quick He lurches, down you go,
And help you cannot see or know;
Then to your wings you swiftly take,
While fears increase, your heart to break.

Far down, down, you swiftly go,
Until you're near the rocks below;
Then quick beneath your trembling frame
He darts: you're safe from care and pain.

This lesson He repeats quite oft,
Until you learn to soar aloft,
Above all troubles, trials and waves,
Until you learn Christ *always* saves.

Leave all regrets behind..do not allow it to make you grow old and weak when you should be enjoying your youth and living it up.

Your spirit demands to the body it uses, grace, agility of movement and personal beauty, for it is made in the “image of God,” and the infinite mind and life, beauty, grace and agility are the characteristics of that mind.

Let us start the unloading process now, resolve, with the aid of the Supreme Power, to fling off the remembrance of everything in the past that has annoyed you, everything you regret, and everything you have mourned.

Every regret, every mournful thought, takes so much out of your life.

It is energy you use to pile on more misery. It is energy you use to strengthen the habit of regretting.

It is energy you use to paint everything with a tinge of sadness.

The worst part of going back and living in the past, as opposed to the present, is that we are bringing back the old moods and mental conditions belonging to that past. Constantly indulging in this feeling will bring on some form of physical ailment. The ailment belongs to a condition of mind which we should be done with forever. If we are looking forward we shall shake it off and be healthier than ever. If the predominant mood of our minds is that of looking backward, the ultimate result will be serious to the body.

2

CONQUER DIVORCE TRAUMA

There are two types of trauma — physical and mental. Physical trauma includes the body's response to serious injury and threat. Mental trauma includes frightening thoughts and painful feelings. They are the mind's response to serious injury. Mental trauma can produce strong feelings. It can also produce extreme behavior such as intense fear or helplessness, withdrawal or detachment, lack of concentration, irritability, sleep disturbance, aggression, hyper vigilance (intensely watching for more distressing events), or flashbacks (sense that event is reoccurring).

I do not know how your own divorce or separation trauma is manifesting itself. Mine showed up in many unpredictable ways. I remember a dental visit to check about my teeth where the dentist looked...and asked me, "When did the trauma happen?. I looked at him with surprise, "What trauma?", "Trauma to your teeth! They had serious trauma and since then you have been losing the bones that hold your teeth inside your gum."

Suddenly, all the pain came rushing back...I remembered my last physical fight with my ex husband nearly cost me my life but I forgot that big blow that landed on my nose/my mouth. Even though I had medical assistance, my poor teeth were not taken care of enough to stop the continuing trauma. Many years later, the dentist asked me the question .. "when did the trauma to your teeth happen"? Since then I cannot count how many dental visits and surgeries I have had to get my teeth to look good again.

Trauma does come and linger in different shapes, sizes and intensity. Seeking medical help is your first point of call. The following are a few processes you can add to make overcoming your trauma smoother and easier.

1. KNOW EXACTLY WHAT YOU ARE DOING

Is divorce for you?

There is a lot of trauma in being indecisive...going backward and forward..it is like being on a roller coaster..it will leave you giddy in the head. It took me nearly ten years to be decisive about leaving...10 years??? And I had to suffer terrible physical and mental pain before I did.

I am not saying that all marriages will end up on the slaughter board, make sure you know if your own is worth saving. Know exactly what you are doing where your marriage is concerned. If you are not sure take a moment to think about several assertions. If you believe that you can accept the following assertions as true in your marital relationship, give the idea of divorcing your mate a second thought but also be truthful to yourself about your situation:

- I believe I still have love for my mate.
- I am prepared to seek counseling or marital therapy for the sake of the relationship.
- I want to transform for the better.
- I value openness and truthfulness in my relationship with my mate.
- It doesn't matter who's right or wrong, what matters is that I am willing to seek forgiveness or forgive when needed.

Your mate must also be in the same mindset about the marriage. If that isn't the case, for example if you are being physically abused or if he is now with someone else, ..there is nothing to think about..there is nothing you can do but end it, so that it does not end you... I will not encourage you to beat any horse (your marriage) that is already dead.

2. KNOW HOW TO EXIT A DEAD MARRIAGE

Exiting A Dead Marriage

Are you one of those that say things like *"My marriage is essentially over but I don't know if I should leave?"*

You are complaining how bad your marriage is, maybe you even know that your spouse is having an affair with someone else but you are still holding on to the dead horse..because of the conflicting messages your spouse is giving you...

As compassionate as I always feel for the person in this kind of situation, because I know the pain

you must be going through, but I also know that what is needed here is tough love..so if you are in the same situation here is your answer:

Your spouse is only trying to have his cake and eat it, and to your detriment. When you know in your gut that the marriage is over, do not overstay your welcome. This is the worst trauma you can inflict upon yourself. Do not think that if you leave now it may be too soon. I have never seen or heard of a situation where the woman will think in future that she left her bad marriage too soon. Many always have regrets that they should have left long before they finally did. I waited another 10 years and paid dearly for that. Don't be one of us who wastes valuable time in a dead situation, hoping and wishing while destroying more of our emotions and self esteem.

Getting off and out of a long term relationship...is a real problem for most of us, because many of us are "relationship addicts" and often do not have the courage to leave cleanly and end it completely. We just sort of painfully try to pull apart gradually....like trying to quit smoking by smoking less and less cigarettes every day.

Agonizing, does not work. You have to quit completely and totally and go through a lot of pain and then get it over with... The explanation I use in these situations that everyone seems to understand is that staying in a situation like this puts you in this scenario:

You complain your marriage is not working, making your life miserable. You should know that you 're in jail and you (fortunately) are the jailer and you have a key on the inside. Only you can let yourself out of this. So if you stay in your present situation....you have no one to blame but yourself.

- Decide, is this working?
- Are the odds great that this is never going to work?
- Would an intelligent person stay in this type of miserable situation?
- Are you an intelligent person?
- Are you like the cigarette smoker who can't stand having to go through the pain of quitting, even though they know it is killing them?
- Do you know that staying with this is ruining your chances of a normal happy life?
- Do you have the courage and the good sense to go through the necessary pain connected with your getting out?

The decision is yours and the sooner you step out of your comfort zone the easier your life will become.

3. GETTING PAST THE TRAUMA

Even when both parties in a divorce want out, the divorce is still traumatic. It still hits you right between the eyes. Even if you feel the divorce was long over-due, when it finally happens you still feel a terrible *sense of defeat*. It brings shock, depression and a personal sense of loss.

Transitions are hard for most people. There is a disconnection between where you were and where you want to be. You have a foot in two worlds – the world you’ve been living in until now and the unknown world you’re stepping into.

What makes transition so tricky? Well, most of us don’t like uncertainty. It gets confusing, messy, and overwhelming. Transitions challenge our self-confidence. Living in that gap calls upon inner resources and emotional resilience we aren’t even sure we have. Our comfort zone gets stretched. Sometimes we question why we even set out on this journey in the first place!

Getting past this traumatic time in your life may be the biggest challenge you will ever face. Sometimes it seems like the worst thing that ever happened to you. It doesn’t have to be. A year from now.....I want you to be able to look back and say....”My divorce was the best thing that ever happened to me”. Most women are literally wasting their lives, compared to what they could be doing during their recovery time. Even long after recovering from the divorce process, many of the most successful and happy people continue studying and learning what it takes to make their new life work.

What is the Secret of moving effortlessly beyond divorce? You must have the desire, dedication and discipline to commit to the changes ahead with a mindset of “I can do this.” Here are some helpful tips I came up with:

- Dig in and set aside some time and energy for doing what I call your “emotional homework.” Every challenge has an important lesson and until we learn it we tend to keep recreating the same kind of situation over and over again. Always being in some level of resistance to what is happening to you or the tendency to dwell in the past or worry about the future takes a lot of our time.
- Most experts claim that it can take up to *two years* to heal from the divorce process. If you are constantly *blaming* your ex spouse then you have not healed, if you are always talking about your divorce then you have not let go. It is important to let go and let God in order to be healed properly. Why do you want to waste your precious time living in the past when you can have a happy, full, and exciting life now!
- Be committed to your success. You do not want to grow old still dealing with divorce issues when you could have been spending that time in happiness and joy. I believe that your level of commitment has a bearing on how long it will take you to ‘heal’. Two years is a long time, especially if you can avoid giving it. Why should you give another 2 years to something that has taken too many years already? Your commitment will ensure the shortest possible recovery time.

- Study and be mentored by those who have done it in a short period of time. I am one of those people, and my purpose is to teach as many women as possible how I did it. I am not alone. A whole army of people and I have overcome divorce in a short time and will hold you by the hand, walk you through all that you need to learn and help you put it into practice. I believe that if you want to live to be a hundred...a good idea would be to interview lots of people who are 95 and ask what they did differently that made them survivors when all their classmates were deceased. If you interview several thousand people you will get, I am sure, many similar answers. Of course you will have a zillion different ideas and concepts that hold the secret to living until one hundred. Out of that you will find certain things that seem to work for a lot of people and though there are no guarantees, odds are you can sort out the gems and pass them along to people who are looking to do the right thing to add years to their life. Life is made up of many years and when you reach middle age, the years become more precious. Here we noted that people were hung up on being miserable for many years because of their divorce, literally throwing away what could be “good years” needlessly. We discovered that if these people had simply taken the steps and followed the actions of those who moved on from their divorce and became “better than ever” after divorce”, they too could have experienced the same thing.

We ask that you make a definite commitment to yourself to change and to stick with it. What I am saying is, “When life has given you divorce lemons, make a ‘new life’ lemonade” that is better than ever.

4. KEEP THINGS SIMPLE

- Part of the reality of going through a separation and divorce is that it is incredibly stressful. Even the most ordinary of daily tasks can feel like a big challenge. Your emotions are in a huge state of flux, plus there are a lot of new things on your to-do list, like meeting with lawyer(s), pulling together your financial documents, maybe making plans to find a new home or a job, while taking care of yourself and your family too. Time is incredibly precious and a finite resource. Make the decision to keep things simple. Take one baby step every single day by breaking things down into your next actionable step.
- Commit to crossing the finish line. We start one thing and don’t finish it because we get distracted thinking about something else. Then we have to regroup, go back to where we were and get into the flow of that first task. So, as much as possible, focus more on completing projects before you take on new ones.

5. FRIENDS-Out with the Old, In with the New

Your newly single life is like a maze and you do not know the friends you can trust to guide you through.

Even though you need the support of your friends, be careful who you rely on. Old friends tend to take sides or they just disappear, Remember-Do not ask friends to take sides. If they take your side they aren't doing you a service. Do not encourage the kind of allegiance that will tell you what a brute your husband was for leaving you, sing your praises - the lovely, wonderful, adorable wife he left for that call girl, model, or rich bitch.

Friends should offer *a shoulder to cry on* and ears to listen **but not take sides**. The issue of who was right and who was wrong or who failed whom should not be a social judgment.

Divorce becomes more of a disaster because when you **need friends the most** - you oftentimes don't have them. Most of your old friends will be of little value - often making things worse by trying to get you and your ex back together again, or irritating you by constantly reporting what your ex- said or did. You may now need better friends, friends who are completely new or the best out of the old group. We call this type of person a "security blanket friend", one who can be of the same or opposite sex. This is a friend who calls and listens to you, and when you're alone, takes you in, supporting you at any time day or night.

When you feel like dating this friend helps you meet a good prospect. Everyone who's going through a period of adjustment needs a "security blanket friend", basically to always have someone to talk to when you need help, they help. When you have doubts, they give you self-confidence.

When you feel weak, they share their strength. You need to have understanding people around you, ideally someone who has solved and adjusted to the problems of being suddenly single. I found encouragement from Celine Dion's song "Because You Loved Me":

For all those times you stood by me
For all the truth that you made me see
For all the joy you brought to my life
For all the wrong that you made right
For every dream you made come true
For all the love I found in you
I'll be forever thankful baby
You're the one who held me up
Never let me fall
You're the one who saw me through it all

You were my strength when I was weak
You were my voice when I couldn't speak
You were my eyes when I couldn't see
You saw the best there was in me
Lifted me up when I couldn't reach
You gave me faith 'coz you believed
I'm everything I am

Because you loved me
You gave me wings and made me fly
You touched my hand I could touch the sky
I lost my faith, you gave it back to me
You said no star was out of reach
You stood by me and I stood tall
I had your love I had it all
I'm grateful for each day you gave me
Maybe I don't know that much
But I know this much is true
I was blessed because I was loved by you

You were my strength when I was weak
You were my voice when I couldn't speak
You were my eyes when I couldn't see
You saw the best there was in me
Lifted me up when I couldn't reach
You gave me faith 'coz you believed
I'm everything I am
Because you loved me

You were always there for me
The tender wind that carried me
A light in the dark shining your love into my life
You've been my inspiration
Through the lies you were the truth
My world is a better place because of you

You were my strength when I was weak
You were my voice when I couldn't speak
You were my eyes when I couldn't see
You saw the best there was in me
Lifted me up when I couldn't reach
You gave me faith 'coz you believed
I'm everything I am
Because you loved me

I'm everything I am
Because you loved me

In colleges, they say that the highest suicide rate is among freshmen students.

They have been uprooted from a lifetime of family and well-established friends and find themselves in a *strange place* with no family and no ready-made friends.

The adjustment period is highly traumatic. Many drop out - not because they fail academically..... but because they *just can't take this intolerable loneliness*.

You are going through a similar experience, having to find and develop new single friends, people you can interact with. So, you will need to go out and associate with other singles, not so much to develop relationships with the opposite sex but friendships with singles of either sex.

It is best to have plenty of friends and completely get the former mate out of your system as soon as possible by eliminating all but essential contact.

You will have times when you feel absolutely desperate. Your stomach will feel like you are *free-falling* from a plane and your parachute won't open. Yet, you may be the world's most successful person in your field. You may be able to handle anything - business-wise - but you may still find it very challenging handling the pain and trauma of divorce.

Maybe you were planning to leave your husband but he beat you to it. Nevertheless, it still hurts. You may find yourself checking on him to see how he is doing without you.

Any news of the ex's activities you eagerly seek out - no matter how long the communication chain.

You have to let go- recognize it is over.

Turn off the blame-making machine and allow yourself a mourning period.

Do not deny the reality that it is over. You need to recover from separation shock and realize that it was not an amputation; you are still whole.

Be by yourself for awhile and get the sobs over with, but don't try to deny your grief.

As soon as you are tired of the tears get yourself busy with something (anything). Force yourself to get out even though you really don't feel like it yet.

If you begin dating you may find yourself going out with only the most attractive and desirable men, anticipating the effect it would have on your ex- if you happened to run into him. Move on to picking your dates strictly for companionship and pleasure and learn to leave your ex- completely out of the picture.

There will be times when you have a relapse and wonder if you shouldn't have tried harder to make it work. Why should you try to do something you don't want to do?

You mulled it over and knew you were unhappy for a long time before the divorce. You know you made the right decision.

Once again, no back-tracking, you are burning your bridges behind you and letting go of the past in order to get with the program of building a great new future.

You can now get on with making life meaningful once again. True, you will undoubtedly have some relapses. You may fall into periods of hostility, guilt or even back to bewilderment, but you will not get locked into going back. Eventually you will fall less and less and for shorter and shorter periods of time, then finally not at all.

When you let go, you will eliminate the pull of the past, move into the most enriching period of your life and become a happier, stronger individual, someone special with your own identity.

You learn to come to terms with the past, recognize what is self- defeating behavior, and work on changing it.

You are now improving on the past and taking the time and making whatever effort is necessary to create a fuller life.

In getting across the divorce adjustment stream in a short time, you need to get all of the “stepping stones” in place. Missing even one can hold things up.

3

MISTAKES TO AVOID

a). DATING TOO SOON

The mistake of dating or getting into a serious relationship too soon after a divorce is the possibility that if the relationship breaks up, your sensitive emotional side will take it very hard - it will feel like a “second divorce” since you haven’t properly healed.

For those who haven’t yet gotten their self-esteem back, a break up from a new relationship will often result in the person deciding they are defective, “not relationship material” and then withdrawing from relationships for life.

Until you have worked through your divorce trauma, you aren’t yet playing with a “full deck”. You will do a lot of “dumb” things, including getting together with the “wrong for you” people.

Being “rescued” from relationship withdrawal pain by Mr. Wonderful means your processing phase has been put on hold. Your emotional “mixed up” unresolved issues will affect the new relationship.

You are giving control of your “happiness” to someone else who can and is likely to leave and take it with them.

Not waiting until your emotional handling capacity is fully available and tuned into the normal ups and downs of dating, after you’ve had the time to learn and practice dating skills again, will likely result in a disastrous experience. And this can be a major blunder setting you back for a long time.

b). HAVING SEX WITH YOUR EX

When you are recovering from the trauma and pain of a long term relationship, you cannot afford to backslide. You need to stop the contact totally.

It's like someone who has an addiction and must stop contact with the alcohol or drug. The withdrawal pain will be more and more difficult each time, beginning the painful journey all over again. You have to stop the contact so that you can work through the withdrawal pain.

Do not buy into all the stories that you may hear about needing to be nice to the "ex" and the niceness must not include any physical contact. It is a terrible road to take and can be very devastating.

c). USING SHORT CUT TO GET OUT OF PAIN

Some individuals will turn to the use of alcohol, prescription drugs, or maybe illegal drugs to try to numb the divorce. This is not a short cut at all!

Most people do this to drown the pain so they can get on with life. This never happens, because the wound hasn't properly healed so it adds more problems to the already difficult, emotional situation.

The side effects of alcohol and drugs are known deterrents to healing. It is nothing to play with especially because of the your emotional state. This can cause a serious addiction that will create a disaster on your road to recovery. The turmoil that you are dealing with would be magnified and your life could spiral out of control.

d). NOT ACCEPTING BECAUSE OF SUDDEN DEPARTURE

The advantage the widow or widower has in adjusting to the death of a relationship over those in the divorce process is that they know positively the relationship is over.

In cases where one party decides the relationship has died, there is often no clue given to the person being left and therefore it often comes as a total surprise.

Thus the person left is often in "shock" and will naturally need time to deal with the reality that the relationship is indeed over. The problem is in trying over and over to complete the impossible task of trying to put humpty dumpty back together.

e). NOT FACING REALITY ABOUT FINANCE

Men sometimes find it difficult to pay alimony and child support, and statistics show its newly single mothers who have the most money problems. This is especially evident when a woman must suddenly afford childcare or is swept into a new work environment. After divorce, kids typically must adjust to a lower standard of living, just like their parents.

An entire family structure gets disrupted from divorce and not only effects the personal relationships, but the overall economic situation of all involved. And these financial issues are deep and complex and have enduring effects.

The best advice for you, the soon-to-be-divorced, is to remind yourself that the financial turmoil is only temporary and it can be dealt with the most adequately if you can keep your cool and think practically. While it's tempting, dividing up property and debt is probably not a time for vengeance or proving a point. The divorce will go quicker and more amicably if you try to stay as calm and rational as possible!

The fundamental problem here is fear of the unknown and here is a poem that we use in our classes to put fear in its right perspective.

Fear is a challenging element of life

It speaks to the distrust of eternal love

It is a disbelief in oneself

It is not knowing who one is

It is not knowing who God is

It is an extreme perversion of truth and light and love,

Fear is a fungus that grows rapidly in dark places of the consciousness.

It is the most powerful of doors that closes off the possibilities and the Light of God.

Fear is the dragon at the gate. It is denial of light, and that denial is resistance to God.

Fear must be healed, the dragon must be tamed, and the Light must come in for the darkness to disappear.

4

HAPPINESS

Happiness is an inside job. Being happy is something that you must make sure you learn and practice.

- **CHANGE YOUR OUTLOOK-** Our outlook and attitude on life in general plays a huge part in how happy we are and how successful we become. A person who thinks positively about everything will be more relaxed, calm and smile more often than someone who is always looking on the bad side, lets stress get to them and constantly wears a frown. Not only does the way you think and feel affect you, it also affects those around you. In short, our mood affects our day. Developing and keeping a positive outlook is essential if you wish to lead a positive and fulfilling life.
- There are many ways in which you can develop a more positive outlook and change the way you think and feel about many situations that you encounter in your daily life. Changing your attitude and not slipping back into negative thinking will take time but eventually the new outlook will become second nature.

The five key points to remember when changing your outlook are:

1. Eliminate negativity from your thoughts. Focus everyday on every thought that goes through from mind. If there is any negativity, change it to positive, and practice this on a daily basis.

2. Complete one task at a time to give yourself clarity. Think only about a positive outcome of the task and how good you will feel when you have completed it. Never give in to doubt or believe that you have taken on too much. Just keep going.

3. Don't let your conversations turn negative. When in conversation it's easy to let others discourage you, particularly if they have a negative outlook on life. Don't be tempted to fall back into your old ways; turn negative talk into positive and look for the good in everything and in any situation.

4. Look for the positive in those around you and point it out. This way you can encourage a positive attitude all around you.

5. Whatever you are doing in your day-to-day life always look for the good in it, although it may be tedious and a task you hate doing, one that promotes negative feelings, try to find something about it that turns it into a more positive situation.

6. Never let yourself become distracted or blindsided into going back to negativity.

It takes time to change the way you feel and think and if you have been down on yourself and the world for a long time then your new outlook will take a while to register and stay around.

You will find over time that many areas of your life can be changed just by changing your outlook from a negative one to a more positive. You will find that as your self-esteem improves, you will become more popular; you'll feel happier and more confident than before, and will be able to tackle the tasks you once avoided.

Know your self-worth

Realizing your self-worth has nothing to do with checking your bank balance, it is about you, the person you are in life. We give others respect, love and consideration but how often do we give ourselves what is due? How you value yourself is based on your self-esteem. Healthy self-esteem leads to independence, happiness, flexibility, and the ability to adapt easily to change, cooperation and a positive outlook. On the other hand, unhealthy or low self-esteem only leads to irrational thoughts, unhappiness, a fear of the new, rigidity, defensiveness and a negative outlook on life in general. How we see ourselves has a lot to do with how others see us. If we are happy, smiling and full of confidence then others see us as someone they want to be around. If we respect ourselves and portray this, then others will respect us too, after all how can you ask for respect from others if you don't even respect yourself? So finding and developing your self-worth is all about developing your self-esteem, so let's take a look at esteem:

High self-esteem

If you have self-esteem there are certain traits that define how you see yourself. Traits that are linked with a high self-esteem or self-worth are:

- Security about who you are and confidence in your abilities
- The ability to allow yourself to show your true feelings to others
- No intimacy problems in relationships
- Recognition and pride in your achievements
- The ability to forgive yourself for mistakes and also to forgive others

Low self-esteem

Similarly, if you have problems with self-worth or low self-esteem your thoughts and ways will follow a certain pattern. If you have problems with low self-esteem then you will see the following traits in yourself:

- A lack of belief and insecurity in yourself
- Problems showing and accepting intimacy in relationships
- The Inability to let your true feelings show
- Failure to recognize or give yourself credit for your accomplishments
- The inability to forgive yourself or others
- Resistance to change

Developing your self-worth

After divorce there are plenty of ways in which you can boost your self-esteem and change to a more positive and healthy outlook about yourself, irrespective of what is happening around you. Here are some tips for developing and boosting your self-worth, even during the upheaval of divorce:

- Don't take criticism to heart, instead listen to what people are saying and learn from it.
- Take time out for yourself every day. Meditate, look inside yourself and realize all your good points; imagine changing your bad ones into more positive.
- Celebrate and take pride in yourself, even in your smallest achievements.
- Every day do something that you enjoy, e.g. take a walk in the sun, relax in a bubble bath
- Never deprive yourself of something you enjoy, even if you know you shouldn't be doing it.
- Talk positively to yourself, repeat affirmations to chase away negative thoughts and feelings.

The benefits of using positive self-talk

One of the biggest forces that we can use to our advantage in life is ourselves. In particular, we can use our thoughts because they influence our feelings and therefore can have a profound effect on how we deal with life in general. By learning to control your self-talk, turning it into positive rather than negative, (which most people do unconsciously throughout the day), you can begin to gain more control over every aspect of your life and make essential changes.

Your ability to succeed in life largely depends on how you deal with life. Divorce is stressful, so don't add to the stress by what you say or think. A positive mental attitude leads to a confident and ultimately more successful divorce rather than one full of negativity which leads to a lack of self-confidence and low self-esteem. By taking a positive attitude, no matter how minute your focus is, you are looking at life in a different way. A positive attitude leads to seeing good in people and the world which leads to optimism and success.

Your quality of life is based on how you think and feel from moment to moment; changing the way you think can drastically change how you see and deal with life. In general, if you go through life with a positive attitude you are more able to deal with life and bounce back from the problems it sometimes throws at you. The optimistic person will see the problem for what it is, nothing but a temporary set-back which can be overcome. When looking at life in this way that person is able to take full control over her thoughts and feelings and turn a negative situation into a more positive one by simply altering her perspective. Since thoughts can either be positive or negative and you can only have one thought in mind at any one time then choosing the positive will keep your thoughts and actions optimistic which makes you a happier person, better able to achieve

Using positive self-talk in your daily life

You should use positive self-talk throughout the day in order to establish a new thought pattern. You probably developed a pattern of negative thinking over many years and especially while your marriage was falling apart. This will take time to overcome. To begin, you should aim to repeat positive self-talk approximately 50 times throughout the day, which can be achieved by repeating positive statements quietly to yourself or out aloud. Positive self-talk can be used in many different aspects in your life. It can help you to overcome difficult situations, gain more confidence in yourself, quit bad habits, bounce back from a failed marriage, recover more quickly from illness or make overall changes in your life.

Popular phrases or sentences that can be used in positive self-talk include:

“I have an interesting challenge facing me” – This could be used when a problem occurs or there is some difficulty. Rather than looking at the situation in a negative way, thinking you have a problem, see it as a challenge.

“I like the person I am” – This could be used to bolster your self-confidence and gain respect for

yourself. Similar statements could be, “I am the best” and “I am a good person.”

“I have many excellent qualities.” – You shouldn’t allow divorce issues to take anything away from you personally.

“I know I can do this” – or “This isn’t a problem for me.” – Repeat these statements if you are faced with a certain task and have doubts that you are capable of doing it.

“I am full of health, energy and vitality” – Say this to encourage good feelings about your health either after you have been sick, while you’re recovering from an illness, or simply not feeling like yourself.

“I am fulfilled as a person” – This can be used to encourage general positive thoughts about yourself and the world. Being fulfilled is knowing that your needs have already been satisfied, so you must recognize it

5

AFFIRMATIONS

Sometimes you aren't even aware of the negative language running through your head. Negativity leads to low self-esteem which causes you to miss out on so much in your life. Often you talk yourself out of things without even realizing it. Each day hundreds of negative thoughts drift through your mind causing you to put yourself down and sow the seeds of doubt. There is a tool that you can use throughout the day to help change these negative thoughts and instill a more positive way of thinking – a positive affirmation.

What exactly is a positive affirmation?

It is a simple technique that is used to change negative self-talk to positive. Used daily, positive affirmations can change your life drastically for the better. They can make you more confident, more aware, and more sure of yourself. Positive affirmations can be used throughout the day, anywhere and anytime you need them. The more you use them, the easier it is for positive thoughts to take over negative ones. Changing your thoughts and the way you think won't happen overnight, but if you regularly use affirmations they will help to retrain your way of thinking. There are many affirmation techniques to deal with different situations. The most popular and successful are listed below.

The Mirror Technique:

This helps you to appreciate yourself and to develop self-awareness and self-esteem. Stand in front of a mirror, preferably a full length one, in your underwear or better still, wearing nothing. Start at your head and work down your body, saying out loud what it is you like about each part of your body. For example, you could say, "In the light I like the way my hair shines with many different shades of color." or "My eyes sparkle and are a lovely shade of ____." Take the time and go slowly over each of your body parts and build a more positive image of yourself.

The Anywhere Technique:

This can be used where ever and whenever you catch yourself thinking a negative thought. If you are having a negative thought, visualize yourself turning down a volume knob inside your head. Turn it down low enough so you can't hear it any longer. Then think a positive affirmation and gradually turn the volume back up as you keep repeating it.

The Trashcan Technique:

When you are having negative thoughts, write them down on a scrap of paper, crumple the paper up into a ball and throw it into the trash. In doing this you're telling yourself that these thoughts are nothing but rubbish so that's where they belong.

The Meditation Technique

Find somewhere quiet where you can relax for 5 or 10 minutes, close your eyes and let your mind be empty of all thoughts and feelings. Repeat your affirmation over and over again; concentrate on the words and believe in what you are saying. The big question is, "How do you stay positive when things get tough, like your divorce?" Staying up beat at times like this is the last thing on your mind, but it should be the first. You need to think positively now more than ever. The key to staying positive is to take your mind off your problems and worries and re-energize your mind. This is especially true when you are having a bad day, feeling lonely or dejected and sorry for yourself. You want to just sit down and cry. Here are some excellent tips for keeping a positive outlook no matter what's going around you.

If you find yourself around people who are negative then break free from them. Negativity has a way of passing from person to person and they will drag you down with them. Don't sit in front of the TV for hours at a time. The news is depressing, cop shows feature violence, and death, and negativity in some form is found on almost every show. If you do watch TV go for a more positive program such as a nature documentary or a comedy.

In those times when you are feeling particularly low and negativity starts to creep in, listen to a Motivational CD or repeat positive affirmations to bring yourself back a positive attitude.

Take time out each day to

- Do something that you enjoy that doesn't require you to make choices or decisions. Pick something that relaxes you to the fullest.
- Do something that you wouldn't normally do, something that is totally and out of character. Take up a new hobby or sport that you would never have dreamed of doing.
- Get some exercise. This could be something as simple as taking a walk in the fresh air - it is totally free - or go to the gym or take a yoga class.

- Set goals for yourself and when you accomplish a goal give yourself a small reward.
- Learn techniques that allow you to bring your attention and focus back to the task on hand.
- Use affirmations throughout the day to instill self-confidence, positive thoughts and feelings.
- Always look for the best in bad situations, even in your divorce. While things might not be what you expected, you may find they are not as bad as they seem.
- Remember that the situation won't last forever. This is only a temporary stage and it will get better.

The Sky is Your Limit

You can accomplish anything you set your mind to, the sky really is your limit, and providing you follow a few simple steps, you will be able to accomplish anything in life even after divorce. The key to success is being absolutely committed to achieving what it is you want. Set your mind on taking whatever steps are necessary to accomplish your goals and stay on this course until you achieve what you want. The steps are relatively easy to follow. Changes can be made easily that will lead you to success in any aspect of your life. Let's take a closer look at the above steps.

Commitment

You should take positive action. Decide exactly what it is you wish to achieve in life and set your goal. Once you have focused your mind on what you want you should go for it with utter conviction and commitment. When you are planning the best path to reach your goal, you need to have firm belief that you will achieve that goal whatever it takes. Visualize the route to your goal from beginning to end and see yourself achieving it.

Take Whatever Steps are Needed

Once you've decided to go for it and have made the commitment then the next step is to start taking action towards reaching your goal. Taking the first step is actually the hardest part because it means going out and actually doing something. Thinking about what it is you have to do is the easy part as is saying you are committed, but doing it means putting your plan into action and facing the unknown. This stage is often where people fail, because fear stops them from moving forward.

Sticking With It

When you are committed to making your dream or goal a reality, you need to persevere and be willing to modify your approach until you finally reach your desired goal. Depending on what that

goal is, it could take some time, but it essential that you stay as committed to seeing the project through as when you first started.

It can help to keep a journal of your project from start to finish, that way you will be able to see how far you have come, and keep your mind focused on the goal. Life takes many unexpected turns and can throw anything at us so it is important that you continue pushing yourself continually onwards towards your goal.

Once again fear is the main problem and the biggest reason why most people fail to achieve and give up what they set out to do. If you give in to fear it will only continue to put bigger blocks in your way until eventually it will overcome you and you give in. The sky really is your limit if you set out with perseverance and determination to overcome anything that is thrown into your path.

6

DEVELOP YOUR CREATIVITY

Divorce trauma can be drastically reduced when you focus your attention on the better things that we have going for us. Developing your creative side is one of the best things you can do at this time. Many people already know what they enjoy doing, the “gift” they have.

Whatever this is: dancing, singing, painting, crafting, sports, and no matter how absurd it is to others, if it brings you lots of joy, this is the time to pull it out storage and put it into practice. Everyone has a creative side although sometimes it is hidden. Here are some top tips for helping you to draw out your creative side and expand on your creativity.

- Create lists – You get your creative side working by making a list whenever you have a problem that needs some creative thinking, List as many ideas as possible for solutions - let your creativity flow.
- Make changes in your life – Sometimes we can get a creative block if we are stuck in a rut, so make some changes to your daily life to get the channels flowing again.
- Work on the bad ideas – Even if you are only coming up with bad ideas you are still being creative so work on the bad ones and develop them. Who’s to say if it is a bad idea any way. It could turn out to be a great idea and the solution to your problems.
- Brainstorm in a group –This is a great way to develop creativity.
- Challenge yourself and others – Challenge yourself by telling yourself you can’t do something the way you’ve always done it. Then you’ll have to think of new ways to get around the problem, which can lead to some very creative suggestions.

- Encourage the logical side of your brain – The right side of your brain is where creativity lies so give it a jolt and wake it up by activating the left side, Try breathing out using only your left nostril a few times.
- Hire a life and divorce coach – If you feel unclear or your creativity is truly depleted then consider working with me or another coach to help you revive it. I will help you identify the areas where your creativity is lacking and work with you to strengthen it.
- Think like a child – Let go of all your adult obligations, stresses, strains and worries and go back to your childhood. Children have the best imaginations; their creativity knows no bounds. Think like a child when you are stuck for creative ideas and they will soon flow freely once again.
- Relax – Energy can often become depleted if you are under great stress, so learning a relaxation technique not only makes you feel better but can help to clear your mind, give you a fresh start and get your creative side flowing again.
- Use some mind games – Keep a few mind games on hand such as logic puzzles. By taking your mind off your problem and solving a puzzle you are using your brain and using your brain leads to positive and creative thinking.

7

DEVELOP CHARM OF PERSONALITY

1. Create a Mental Atmosphere of Cheerfulness: One of the first things that should be cultivated if you wish to develop the Charm of Personality is a mental atmosphere of Cheerfulness. There is nothing so invigorating as the presence of a cheerful person – nothing so dispiriting as one of those Human Wet Blankets who casts a chill over everyone and everything with whom they come in contact.

Remember the old lines:

*Laugh and the world laughs with you;
Weep and you weep alone.
For this sad old earth is in need of mirth,
And has troubles enough of its own*

2. Cultivate the Smile that Won't Come Off: It is a valuable asset of personality. Not the silly, idiotic grin, but the smile that means something – the Real Thing. And such a smile comes from within, and is more than skin deep. If you want a Verbal Pattern upon which to model the mental state that will produce this outward appearance of Personality, here it is: “BRIGHT, CHEERFUL, AND HAPPY.” FRAME IT AND HANG IT in a prominent place in your Mental Art Gallery. Commit it to memory and visualize it, so that you can be able to see it before you like an illuminated electric sign – “BRIGHT, CHEERFUL AND HAPPY” – then endeavor to transform the idea into reality within your mind. Think it out – act it out – and it will become real to you. Then will you have something worthwhile in the shape of Personality? This may seem simple and childish to you – but follow this and it will be worth thousands of dollars to you, no matter your station in life.

3. Self Respect in your personality. If you have real self-respect it will manifest itself in your outward demeanor and appearance. If you don't have it, you had better start cultivating the appearance of

self-respect, and then remember that you are a WOMAN, as the case may be, and not a poor, crawling worm on the dust of a Human Door Mat. Face the world firmly and fearlessly, keeping your eyes well to the front. HOLD UP YOUR HEAD! There is nothing like a stiff backbone and a raised head for meeting the world. An erect head enables you to walk past the dragons at the door of Success. A writer gives the following good advice on this subject: "*Hold your ear lobes directly over your shoulders, so that a plumb line hung from the ears describes the line of your body*". Be sure not to carry your head either to the right or left, but vertically. Many women make the mistake, especially while waiting for a customer to finish some important piece of business, of leaning the head to the right or left. This indicates weakness. A study of men discovered the fact that the strong men never tilt their heads. Their heads sit perfectly straight on strong necks. Their shoulders, held easily, yet firmly, in position, are inspiring in their strength – indicating poise. Every line of the body, in other words, denotes the thought of the bearer. "The value of this advice lies not only in the fact that it gives to you the "appearance" of Self Respect (no trifling matter, by the way), but also that it tends to cultivate a corresponding mental state within you. For just as "Thought takes form in Action," so do Actions develop mental states – it is a rule that works both ways. In short, to think Self Respect and act Self Respect. Let the "I AM" within you manifest itself. Don't crawl – don't cringe – don't grovel – but do be a Real Human Being.

4. Take an Interest in Others: Many people go through life so wrapped up in their own affairs, they give the impression of being "apart" and aloof from others with whom they come in contact. This mental state manifests in a most unpleasant form of personality. Such people are not only regarded as "cold" and lacking in heart and soul, but they also give others the impression of selfishness and hardness. Others are apt to leave this person alone – leave him to his own selfish moods and mental states. This person never becomes popular. Taking an interest in others is a mindset that well repays the student of success. Of course you must not allow your own interests to suffer because of your interest in others– that goes without saying, for unreasonable altruism is just as one sided as undue selfishness. But there is a middle course. You will find something of interest in every person with whom you come in contact, and if you turn your attention to that interest it will manifest itself in such a way that the person will be conscious of it, will appreciate it, and will be glad to respond by taking an interest in you. This is not deceit, or time serving, or flattery – it is the Law of Compensation working on the mental plane – you get what you give. If *you stop* and think a moment you will find that the people whose personality seems the most attractive to you are the people who seem to take an Interest in your personality.

Taking an Interest in others manifests itself in many ways, one of which is in making you a good listener. Now, we don't want you to become a dumping ground for all the people with whom you come in contact – if you do, you'll have time for nothing else. You must use good judgment and tact in regulating the time you give to others. Meaning, while you're listening you should listen well. There is no subtler compliment that one person can pay to another than listening well to him or her. To listen well is to listen with Interest and that is something that cannot be well taught in a book. Perhaps the best way to express the idea is to say, "Listen as you would be listened to."

Figure out the type of personality you should have, then work to cultivate it- to grow it, in fact. form the mental image of what you want to be – then desire it ardently – will that you shall have it – then act it out, over and over again. Rehearse until you actually materialize your ideal into objective reality. Make a good mental pattern or mold, and then pour in your mental material steadily, and slowly! From the mold will come forth the character and personality that you desire and need. Then polish up this newborn personality until it becomes radiant.

5. The Energy Law of Thought: We need to be careful how we think and talk. Because thought runs in currents as real as those of air and water, what we think and talk we attract to us. This acts on your mind or body for good or ill. If thought was visible you could see its currents flowing to and from people. You can see that people of similar temperament, character and motive are in the same literal current of thought. You can see that the person in a despondent and angry mood is in the same current with others who are despondent or angry, and that each one in this mood serves as an additional battery or generator of such thought, strengthening that particular current. Similarly, you can see these forces working in similar manner connecting the hopeful, courageous and cheerful, with others who are hopeful, courageous and cheerful.

When you are in low spirits or “blue”, the thought current coming from all others in low spirits is connecting to you. You are one with the despondent order of thought. Your mind becomes sick. It can be cured, but a permanent cure cannot always come immediately when you’ve *been in the habit of opening your mind to this negative current of thought*. In attracting the current of any kind of evil, we become for a time one with evil. In the thought current of good we may become more and more one with that power, or in Biblical phrase “One with God.”

8

MORE EXCITING THINGS YOU CAN DO

1. Be Around Positive People! (Negative Nelly's Not Welcome)

One of the best ways to keep your sanity and your mind after the divorce is to surround yourself with those that love you the most...***your family and friends***. Your family and friends are supposed to be there in the tough times, and this is a tough time. So let them help you. They can help you by just listening to your thoughts or laughing with you during great times. If you have a lot of negative friends, do not spend time with them during this hard time. Negative friends and family members will just bring you down. So be sure you spend a lot of quality time with your **POSITIVE** & loving loved ones. It will make a world of difference to your mental health.

2. Get To Your Goals!

After the divorce, you may find that you have more free time. Instead of wasting that extra time, use it to move closer to your personal or business goals. Make a list of the goals you want to reach in the next 6 months, 1 year, and 5 years., if you cannot think that far out, write goal for the week or the month. Then write exactly how you plan on reaching your goals. Each day, move toward your goals and you will find yourself at the finish line quicker than you can say "**OH MY GOSH...I DID IT!**". When you reach one of your goals, even if it is a tiny one, you need to find loved ones to go out and celebrate your victories with you. Find great new ways to celebrate the little things in life too on a daily basis. Life is supposed to be one great big celebration so *start celebrating today!*

When you find that you're mentally losing it after the divorce, remember there are many others out there who are making the same journey that you are right now. The more you work on positive things in your life and try to strive to reach them, the happier you will be. So never give up. You will get to your goals before you know it.

3. Exercise.

You need to get yourself out of that depression pit you call a bed and get moving. You have no idea all the great things you can experience when you aren't stuck cooped up at home in your pajamas.

There are **tons of great ways to move** your body these days, but the best thing you can do is get an exercise buddy.

Grab a bike or your favorite pair of sneakers, and get outside for a nice summer bike ride or walk around the local park. You can even just grab your Ipod with your favorite music already on there, and walk by yourself too! It's best to try to get out of the house when you work out to get the extra benefit of the natural sunshine, and **Vitamin D**. Vitamin D has been known to tackle even the **WORST** case of depression. Did you know that you become more depressed if you are low in Vitamin D? *Well, now you know.*

If you grab your best friend when you head out for a nice walk, you can get the extra benefit of chatting them up one side and down the other. Talk about whatever you want, but try not to bring up the divorce situation. This is your time to be free from stress, and pain, and sadness. Talk about the birds, how great your buddy looks her new pants, or how great the weather is. The more you have to be joyful about and appreciate the better and better you will start to feel. **Trust me!** It works wonders every time.

4. Let Go.

It is crucial to understand that the marriage is over. It is vital that you immediately let go of the other person and begin setting your own life in order. Don't allow yourself to sit and waste away, rather take control and go on living.

Divorce causes severe emotional pain, but you must believe that you will get over it. Of course, it takes time; eventually you will recover and find love again. It is very important that you understand this and in order to counter bad feelings, you must continue to keep yourself busy - clean your house, wash your car, write out a budget, study or go to work. Keep yourself moving and working on the kinds of things that make you happy.

5. Your Next Partner and Relationship.

In order to be ready for a new and improved relationship, you need to know what you want and understand what parts of you need healing and nurturing.

6. Good Legal Counsel.

Be sure to have good, reliable and recommended legal counsel. Hire an attorney who is an advocate for women going through a divorce. Be prepared for the process to take longer than you think. Save your energy. You are not likely to speed up the process.

7. This Experience is an Opportunity for Growth.

Be gentle with yourself, be prepared to make changes in your life and outlook. Get ready for the adventure of discovering yourself.

9

GAIN SPIRITUAL STRENGTH

Cultivate the **I AM consciousness**. Your faith is a major path of recovery. Whatever you believe in, put more energy into it. Seek help from your spiritual community like the church, or synagogue. Understand that this experience will have an end and a new beginning. Prepare to forgive yourself and your ex and be willing to move on. The most important part of gaining spiritual strength is to cultivate “I AM” consciousness – that you may realize the Power Within you. Then the correlated consciousness will come naturally to you, expressed in the statement, “I CAN and I WILL,” This is one of the grandest affirmations of power that you can make. The “I Can and I Will” consciousness is an expression of God’s Spirit within you, which you can realize and manifest.

Get to know and have a relationship with this God Spirit within you. That is how you will gain spiritual strength, and you need this, now more than ever. Of course all of the above may not be as easy as it sounds, but these things you must do, and you must do them right away. Every minute is precious to your new life. As every day goes by, you will be closer to shelving the pain of the past and better able to move into your happier life after your divorce. A new life that will allow you to truly LIVE AGAIN!

10

MY NEW LIFE THAT IS BETTER THAN EVER

Today I am entering into a new life. The doorway of opportunity is open wide before me. Something within me is alert and aware. My will, my thought, and my imagination feel and sense new opportunities for self-expression. **I** identify myself with success. I am one with it.

New ideas and new ways of doing things come to me.

I have complete confidence that I recognize opportunity when it presents itself. I know what to do under every circumstance and in every situation. There is a deep feeling within me that all is well. I am ready and willing to give the best I have to life, and I know the best that life has comes back to me.

Believing that Divine Mind Power is behind every constructive thought, that I live in a Divine Presence which flows through everything, and that I am guided by an infinite Intelligence which knows everything, I live this day in complete assurance: I live this day in complete happiness.

I expect that every tomorrow will reveal an increasing unfoldment, an increasing revelation of that good which is eternally available for me and every person.

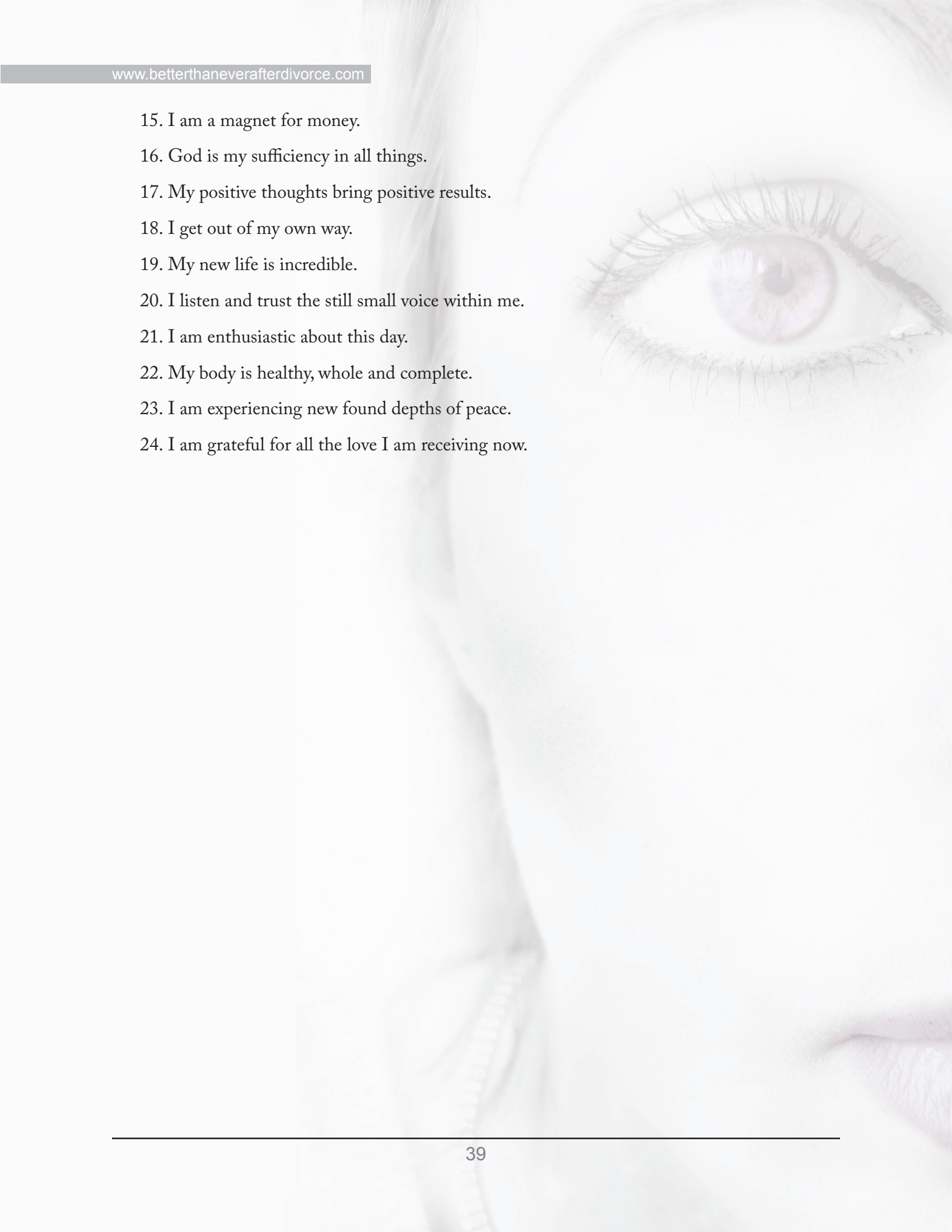
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11

24 EFFECTIVE AFFIRMATIONS FOR YOU

Choose one daily and repeat many times over during your meditation or your “me” time. Write down your thoughts in your journal. Know that this is a very effective way to keep your mind away from negativity and embrace the spirit of positive and empowered thinking and meditation.

1. I have the ability to handle the affairs of my life.
2. I can do all things through the Spirit of God within me.
3. I am grateful for the breath of life.
4. I let go of who I have been in the past or things I have done in the past.
5. I focus on who I am now and what I am doing now .
6. I forgive myself of all my mistakes.
7. I forgive others of their mistakes.
8. I bring joy to situations in my life.
9. I make the best use of my time.
10. I trust the process of life bringing me only good.
11. I love myself, I show this love in the way I treat myself.
12. I am a rich child of God. I shall never want.
13. Nothing is lost in spirit. I have not lost anything, God is my provider.
14. I am creating money in my life.

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15. I am a magnet for money.
 16. God is my sufficiency in all things.
 17. My positive thoughts bring positive results.
 18. I get out of my own way.
 19. My new life is incredible.
 20. I listen and trust the still small voice within me.
 21. I am enthusiastic about this day.
 22. My body is healthy, whole and complete.
 23. I am experiencing new found depths of peace.
 24. I am grateful for all the love I am receiving now.

THE NEXT LEVEL

Join us at the BETTER THAN EVER ONLINE MEMBERSHIP COMMUNITY.

Here are some of the great things waiting for you at the Better Than Ever Membership Community where the Community Features Include

- Access to our Life Empowerment Trainings
- The Experts Circle where experts come to participate in Q & A Sessions
- The Dating and Relationship Group for those Starting over
- The Abundance Creation Group
- The Healthy Living Group
- Members-Only Forum
- Mastermind Group for Spiritual, Prayer and Meditation

In this community you will be able to connect with like minded people that have had similar life experiences and all are working on starting over and creating a life better than ever. You will also be able to connect with experts from all over the world that are committed to working with you and supporting you on your journey.

If you have not yet purchased the amazing “Better Than Ever After Divorce Mp3 Packages” visit this page <http://www.betterthaneverafterdivorce.com/whs.php> and decide whether you want the Complete Package, Parenting Package, Essence of Womanhood Package , Begin Again after divorce Package or the Healing Package.

Let us also connect on social media

<http://twitter.com/#!/DrAdioMoses> (Follow me)

<http://www.facebook.com/deeadiomoses> (Friend me)

<http://www.facebook.com/groups/betterthaneverafterdivorce/> (Join us)

<http://www.facebook.com/BetterThanEverAfterDivorce> (Like us)

<http://www.linkedin.com/pub/dr-dee-adio-moses/28/122/488> (Connect with me)

Other Website

www.healingcenterofchristinternational.org (Go here to download another FREE E-BOOK)

About The Author



Reverend. Dr. Dee Adio-Moses

Visionary, Author, Author, Life Strategist and Educator

Dr. Dee Adio-Moses is a Visionary, Author, Life Strategist and Educator. An ordained Minister with a PhD in Philosophy specializing in Holistic Life and Spiritual Counseling, Dr. Dee is the Founder and Spiritual Leader of Healing Centre of Christ International and Better than Ever After Divorce Community, (part of her 501(c)(3) Non Profit organization). She is also the Host of the very popular Radio Show “Spiritual Laws of the Universe with Dr. Dee”.

Dr. Dee is a modern day key proponent of Oneness Consciousness as a healing strategy, and provides step by step programs to help you on your oneness journey, teaching you to master your emotions, your body, your relationships, your finances, and your life. She teaches that “Overflowing abundance (which includes peace, love and good health) is your birthright and your life must reflect this, if not, the awakening of the soul to the realization of the Divinity within and thus the greatness is the work that needs to be done.” A passionate and committed spiritual and Life teacher and mentor, her passion, her innate gift and her ability to take the spiritual and translate it into the practical, have been the foundation of the success of her ministry.

Before her Divorce Dr. Dee was a very successful financial sector entrepreneur. The whole business collapsed along with her marriage. After this trauma and devastation of her divorce and business, Dr Dee “crawled” her way back to life, found her “gift” and went back to school. She is an ordained Minister, earned a PhD in Philosophy specializing in Holistic Life and Spiritual Counseling. Dr. Dee also became the Founder and Spiritual Leader of Healing Center of Christ International, Life Empowerment Inc. and Better than Ever After Divorce Community. She is also the Host of the very popular Radio Show “Working the Spiritual Laws of the Universe with Dr. Dee”.

She is the acclaimed author of many life changing books, e-books, home-study programs and audio books, including “You Are Enough-12 healing steps to your Wealth, Health, Love, and Happiness” She has travelled extensively all over Europe, Africa and North America helping women discover their inner power, find their gift and create they life truly desire, especially after a traumatic experience.

Dr. Dee’s personal devastating divorce experience and her journey of overcoming as a single mother of three sons is the reason why she is in the forefront of mentoring and empowering divorced

women and their kids end the trauma and devastation of divorce, and how they can pick up the pieces and create a “Better than Ever After Divorce” lives for themselves.

Dr. Dee is now happily re-married. She is also a grandmother and her sons are all successful adults in their own rights.

Live Again after Divorce gives effective tools for the journey to a new life. Creating a new awareness, strength and focus for the divorcing or divorced woman. The book will be a deciding factor on the gravity of the pain from your divorce experience and on the subsequent life you create .

Join our Better Than Ever Community. I would love to meet you and to continue to be a part of your healing process and your new life

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