

# Life After Divorce



## **Managing Today, Moving Forward, and Reestablishing**

The period following divorce or the breakup of a long term relationship can be an extremely difficult time. Feelings of loss, anger, solitude, frustration, and hopelessness are all very real and very natural. There are many questions you'll ask yourself and many times the answers just don't seem to be there.

Clients in this situation have shared that getting through this difficult period was much easier with the help of an objective third party. Friends and family are great for support, but they haven't lived through what you've just lived through. They haven't struggled with the immediacy of your situation. They haven't faced the same crises you're facing. Some may have experienced a divorce or breakup of their own, but every relationship is different – so is the healing process for every person.

In this transitional period of your life, there will be many tough questions you'll want to address. Who am I as a single adult? How will I be a single parent? How do I overcome the feelings of failure or loss? How can I show my child(ren) love through this difficult time and keep the stress of my relationship with my former spouse distant? What is the right way for me to relate to my ex-spouse? Who am I without a husband/wife? How will I relate to "our" friends?

There are many more questions to address. For each of us, the answers will be as different and unique as the individual. There are no "right" answers, only the answers you choose as you design your life and your future.

The process I use to help clients create their new future is quite simple, while being intricately unique. We'll start by dealing with the emotions of the divorce or breakup. When you're ready, we begin building your personal foundation. We'll then move into designing your life and your future. Finally, working through issues and situations as they come up will prepare you to handle similar situations in the future in the way best suited to you.

To find out more or to privately discuss your situation and determine if coaching is right for you, please contact me at [dan@kclifecoaches.com](mailto:dan@kclifecoaches.com) or 816.525.9219. All information is kept in the strictest of confidence.

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