



## Life After Divorce

**“Even the most tightly embraced truths have the potential to change”**

You may have thought your marriage was forever only to find that sometimes bad things happen to good people.

As the quote above says, we are sometimes surprised by things we believed to be a certainty.

The feelings you’re having – failure, loss, loneliness, sadness, frustration – they have the potential to change, too. Dealing with these is part of the cathartic process of moving forward with your life.

Your path to healing will begin with this simple but profound 4-step process.

### Creating A Personal Foundation

Critical to making the right decisions for this phase of your life is a solid Personal Foundation. You’re no longer bound by the old ways of being. Your life is just that – *your life!* You’re in the midst of a transformation – don’t get caught without the basis for your future.

### Integration & Balance

As you move forward with your life, many things will remain the same, but many things will be different. Balancing your life may become more complex, especially if children are involved. How will you balance work, children, a social life, health, spirituality, exercise, and day-to-day “life maintenance” activities? *Integrating and balancing a full life are keys to really living!*

### Managing Emotions and Self-Talk

Understanding your emotions and managing them will allow you to create the life of your dreams more easily. Does this mean never getting upset or angry? No. What it does mean is making sure your emotions are *appropriate* for the situation and that the outcome is what you want.

### Designing Your Future

Building your future is about being intentional, taking action, and creating the life of your dreams. You’ve been through an emotionally draining period. *There is so much positive life waiting for you!*

You deserve to be happy again – in whatever form that takes for you. *Don’t deny yourself.*

**“The more we allow ourselves to unfold, the less likely we are to unravel.”**

Getting in touch with what’s truly important to you is a sure way to avoid unraveling.

Kansas City LifeCoaches offers the compassion, understanding, and thoughtful insights you need at this point in your life.

Friends will tell you what they think you want to hear, but not what you need to hear. Engaging a coach allows you to find what you need to get moving in the right direction – *your* right direction.

Contact us for a free, no-obligation in-person or telephone consultation.

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**“It’s OK to be anxious or fearful when a goal or problem appears bigger than you. It’s not OK to give into it.”**