

Accepting Divorce and Moving On: 3 Steps

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Divorce is always a painful experience to deal with. It can turn your entire life upside down. Separation is not only a loss of marriage and relationship but also a loss of shared commitments and dreams. Everyone in the family including children are disrupted which result in mixed emotions and feelings of anger, depression, guilt, stress, revenge, hopelessness, disappointment, and rejection.

A divorce can also cause emptiness, loneliness, low self-esteem, fear, and uncertainty about the future. There is nothing easy about losing your life partner through a divorce.

Although it's difficult to let go your marriage, the sooner you realize and accept the fact that your marriage is over the better since you will have time to reinvent yourself and move on with your life. The following advice can help you accept your divorce and move on. 1. The Power of Acceptance

The only way of forgetting your bitter past and beginning a new chapter in your life is through acceptance. You need to accept the reality as it is right now and move out of your world of fantasy. ***Start seeing things as they are and not what you think should or could be.*** However, the process of acceptance isn't easy; it involves giving up the blame, regret, and resentment. The ability to let go all the negative emotions is an indicator of true acceptance which gives you the freedom to move on with your life.

2. Take Responsibility

This is not the time to blame other people and curse yourself. The best thing to do is own your mistakes and ***make peace with your past***. Work through any feelings of anger or guilt that you may still be harboring after the divorce. If you think that you owe your ex-partner an apology, don't hesitate to express it. Learn to walk through the anger that accompanies

divorce carefully. ***Owning the part that you might have played in the collapse of your marriage has strong healing power.*** Being responsible for all actions that you took which led to the divorce comes with a precise understanding of why the marriage collapsed. This is also the time to practice mindfulness and stay open to all positive thoughts about everything in your life.

3. Gear Up For the New You

A divorce also offers you an opportunity to reinvent yourself and set new goals for your new life. Don't waste time thinking about your ex-partner. Instead, ***sit down and come up with a new plan for your life and think through the plan and how it will change you.*** The most critical thing to do is to take good care of yourself through eating a well-balanced diet and regular exercises. You have to keep your body in the right shape if you want to move on with your life. You can easily deal with psychological and emotional issues if you are physically healthy. Take this as an opportunity to fulfill your dreams and purpose in life. ***Do what you want to do and become that person you have always wanted to be. Treat the divorce as an opportunity and take advantage of it to fulfill your dreams.***

SLC Divorce Attorney Wall & Wall Attorneys at Law Can Help

Are you going through a divorce in Utah? Contact Wall & Wall Attorneys At Law for an experienced SLC, Utah attorney who will listen to your situation treat you with respect, and explore all the possible solutions for your case. We offer ***free 30-minute consultation*** and case review. For more questions on divorce or family law, give us a call at **801-639-9621**. Talk to us today or see our DIY divorce help service here.