

101 Ways to Create a New Life After a Divorce or Breakup

Divorce Recovery

1. Change or rearrange furniture in your bedroom.
2. Allow yourself five minutes a day to cry for the first month or two.
3. Remove memorabilia that triggers the tears or anger.
4. Take time to heal before starting a new relationship.
5. Do something a little different every day.
6. Take another route to the grocery store. Better yet, go to a different store.
7. Eat at a new place.
8. Try a new recipe.
9. Subscribe to a joke of the day online. <http://www.ajokeaday.com/ChisteDelDia.asp>
10. Put small gifts from your Ex, such as jewelry that you plan to keep, into a container and store in an out-of-sight place.
11. If trust has been broken don't let this be the filter through which you judge everyone else. Take your time. You will find who is trustworthy and who isn't.
12. Change your name on all accounts. No Mrs., just Ms. Establish your identity.
13. Read *The Four Agreements* by Don Ruiz.
14. Do something you could never have done while in your former relationship.
15. Have a social media fast-or at least detox a bit especially if your former mate and his family interact with you online frequently.
16. Find something constructive to do when your kids are away, other than moping and drinking wine.
17. Easy on the wine.
18. Remind yourself things will get better.
19. Keep current on your bills. Denial will only make things worse later.
20. Keep some married friends.
21. Realize marriages are not what they always look like on the outside. Keep things in perspective.
22. Scream, yell, and cry if you need to. Preferably when you are alone.
23. Never give up hope.
24. When your heart aches say this prayer out loud, "Thank you God that you are healing my heart."
25. Grieve your loss it- it wasn't all good or else you wouldn't be divorcing and it wasn't all-bad or you would have never been together.

Parenting When Times Are Tough

26. Have a plan before talking to your children about divorce. Make it absolutely clear what they can expect, even where their bikes will go.
27. Take your children to a counselor if they aren't adjusting well or even if they seem okay.

28. Have a child help you with a special meal.
29. Talk positive to your child as you wake him/her up. "Good Morning Sunshine," rather than "Get up! Hurry, you'll be late!"
30. Say a quick prayer with child as he leaves for or arrives at school.
31. Put notes or little surprises in child's lunch or backpack.
32. Plan an adventure with your child, even a Sunday picnic with McDonald's lunches.
33. Plan a "Special Day" with each child. It can be something *very* simple and inexpensive, just a one-on-one time together.
34. Compliment your child once a day.
35. Give your children the opportunity to help out by giving each one a daily chore or two. Hold them accountable.
36. Listen to your child's questions. Answer with compassion and grace.
37. Stick to the children's visitation schedule with their dad. It will give them stability in the storm.
38. Get involved in a Single Moms group where you can bring the children along and they feel a part of something that is fun and they can be themselves.
39. Don't downgrade their dad in front of the kids. They'll learn the truth soon enough.
40. Talk to someone who has been where you are and is doing well. It will give you hope.
41. Resist the temptation to over-indulge your children due to guilt over the divorce.
42. Hug your children everyday at least once.

Personal Pleasure & Development

43. Acceptance is key. Accept the situation-mentally, emotionally, and physically.
44. Start a journal. Be sure it includes gratitude.
45. Find someone you can trust. Call them when you need to vent. Never vent to your children.
46. Force a new morning routine.
47. Read something positive before you even get out of bed.
48. Put notes or little surprises in your own lunch or wallet.
49. When you start to date don't tie yourself down to the first person. Take your time. Have dinner with several
50. Use calendars to give you a day to look forward to.
51. Plan a totally new activity for each significant date of your calendar, especially holidays.
52. Find childish things to do again like running through sprinklers, face painting, and having ice cream for dinner.
53. Research area churches for programs and small groups like *Divorce Care* <http://www.divorcecare.org> and *Single and Parenting* <http://www.singleandparenting.org>.
54. If you are no longer comfortable in your church, visit another, and another and another until you feel at home.
55. See a counselor yourself. Consider getting a new one if you saw the same one with your former spouse.
56. Clean out your refrigerator.

57. Clean out your closet.
58. Clean out your car.
59. If you are uncomfortable when others bring up your previous life, politely change the subject.
60. Plan a trip, even if you can't take it for years in the future. Collect brochures and pictures. Put them in visible places.
61. Get a new hairdo.
62. Join a civic organization or volunteer somewhere.
63. Consider returning to college or getting your GED.
64. Buy a new lipstick.
65. Invite a few girlfriends over for dinner.
66. Attend a small group at church.
67. Become a "Follower" of the SMORE Blog www.smoreforwomenblog.org
68. Take a walk.
69. Take a longer walk.
70. Take a bubble bath with candles once a week.
71. Watch mindless TV on a schedule for 30-minutes a few times a week.
72. Buy a tiny houseplant and put in a window where you can watch it grow.
73. Tape a prayer or positive quote to the dashboard of your car.
74. Print and read it aloud every day, "The Christian Identity Confession"
<http://www.smoreforwomen.org/christian-identity-confession.html>
75. Get lost in a good book. Avoid romance novels.
76. Buy one or several new pairs of panties.
77. Play solitaire until you win.
78. Plan an outing when you do not have a child with you.
79. Attend a family reunion, only if your family is good for you.
80. Develop a True Circle of Sister Friends. Three is plenty because if you have a dilemma and need the truth, then an odd number is good in case you need to break a tie.
81. Plan "Date Nights" with friends just in case you are too shy to go get a bite to eat alone. It can be a simple movie and coffee afterwards.
82. Get involved in your church with a ministry you love. Your time will go by so quickly you will forget how fragile and lonely you are.
83. Continue to do the things that make you look pretty. You are beautiful and don't give up. Don't you go chasing it, it will come to you.
84. If not working, take temp jobs through an agency, it helps make the days go by and provides a distraction and can even be FUN!
85. Join or go back to the gym or just put on some running shoes and get outside! Dust off your old bike!
86. Call up friends and family that you have lost touch with and make plans to do something fun.
87. Have a double date with BEN & JERRY (New York Super Fudge Chunk flavor!!!!)
88. Take out your own trash, change your own light bulbs and mow your own grass. :-)
89. Put together a simple piece of furniture by yourself.
90. Read uplifting books. Start with the Bible, read the Psalms.
91. Take vitamins.

92. Take a nap sometimes.
93. Love yourself. Do yourself a favor. Look after your health and your wardrobe.
94. Make every day the very best day possible, so that when you go to bed at night you can say, "Today may not have been a perfect day, but it was the very best possible day I could achieve."
95. Take a financial education class, even if you already managed your finances before the divorce.
96. Expect that not everyone will say the *right* thing to you. Give them your grace.
97. Forgive yourself.
98. Laugh!
99. Make prayer a part of everyday.
100. Sign up for www.journeythroughdivorce.com as you walk this journey.
101. Attend a SMORE retreat!