



life after divorce
COACHING
with Doreen Yaffa and Jeff Wilson

Ep.112 - Moving Past Grudges



life after divorce
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Are you ready to create a life
that's better than ever before?

00;00;23;24 - 00;00;28;28
We are Doreen Yaffa and Jeff Wilson,
and we are here to give you the strategies

00;00;28;28 - 00;00;32;18
you need to create a life
after divorce that you deserve

00;00;32;23 - 00;00;36;19
and desire as partners,
both in marriage and coaching.

00;00;36;21 - 00;00;40;22
We use our expertise
as well as our own personal experiences

00;00;40;22 - 00;00;44;13
to help
you make the next chapter of your life.

00;00;00;21 - 00;00;02;09
Hello, friends.

00;00;02;09 - 00;00;05;22
Today, we're going to be talking about
not making the same mistake

00;00;05;27 - 00;00;09;16
in our relationships
and the people we choose to.

00;00;09;16 - 00;00;10;12
If you're ready.

00;00;10;12 - 00;00;19;19
Let's get started.

00;00;19;21 - 00;00;23;22

00;00;44;16 - 00;00;53;05

The best chapter.

00;00;53;07 - 00;00;54;06

Hello, Doreen.

00;00;54;06 - 00;00;56;12

Hey, What's so funny?

00;00;56;12 - 00;00;57;26

I don't know. You're just funny.

00;00;57;26 - 00;00;59;05

I'm in a good mood. Yeah?

00;00;59;05 - 00;01;02;07

Yeah. Good. Yeah, I'm sure you are. Why?

00;01;02;09 - 00;01;03;02

Why not?

00;01;03;02 - 00;01;05;24

Okay, well, I guess I should be. Yeah.

00;01;05;24 - 00;01;11;06

So today we're going to be talking about mistakes and not repeating them

00;01;11;09 - 00;01;11;17

when it

00;01;11;17 - 00;01;14;27

comes to relationships and the people we choose.

00;01;14;29 - 00;01;19;24

Yeah, I think it's really important that when you are coming out of a

00;01;19;27 - 00;01;22;26

a divorce or any kind of a long term breakup

00;01;22;26 - 00;01;28;12

or even a short term breakup, that you sit and think about,

00;01;28;14 - 00;01;32;00

you know, have you have you basically been on a path

00;01;32;00 - 00;01;37;06
or a pattern of choosing
the same type of people in your life?

00;01;37;08 - 00;01;41;00
And maybe that needs to be evaluated
a little bit?

00;01;41;00 - 00;01;44;16
Right. I think that. For a lot of bit.

00;01;44;19 - 00;01;48;15
I think the key is to slow down

00;01;48;17 - 00;01;53;15
and kind of take a deep, long
look at yourself and kind of understand

00;01;53;17 - 00;02;00;08
what it is you're looking for
and what is your pattern of relationships

00;02;00;13 - 00;02;03;26
that has gotten you not into trouble,
but has gotten you

00;02;03;26 - 00;02;07;03
into a situation where you're saying,
I'm not going to make that mistake again.

00;02;07;10 - 00;02;09;16
I'm going to choose
a different type of partner.

00;02;09;16 - 00;02;14;03
I'm going to choose a different person,
and you keep doing it over again.

00;02;14;03 - 00;02;19;08
So I think the key is slow down
and take a deep look at yourself.

00;02;19;11 - 00;02;23;08
I think the first thing is
you really should probably take some time

00;02;23;08 - 00;02;26;18
first to heal from the divorce.

00;02;26;20 - 00;02;27;27
But there's nothing wrong.

00;02;27;27 - 00;02;28;20
You know, first,

00;02;28;20 - 00;02;32;01
and some people want to get out there
and just start dating right away.

00;02;32;04 - 00;02;36;18
The question is if when you get serious
in a relationship where you're looking for

00;02;36;18 - 00;02;40;25
a serious relationship,
what have you learned from your past

00;02;40;27 - 00;02;46;08
and what you want
in the next partner that you have?

00;02;46;10 - 00;02;50;13
Because I think one of the most important
things is to remember that

00;02;50;16 - 00;02;53;15
what you wanted at 25 versus what you want

00;02;53;15 - 00;02;57;04
now, you know,
whatever age you are is different, right?

00;02;57;05 - 00;03;01;22
So I think a lot of times
when people come out of a divorce,

00;03;01;22 - 00;03;05;26
they're not taking the time
to really think about, you know,

00;03;06;01 - 00;03;10;05
the characteristics of what they think
will be a good match for them.

00;03;10;12 - 00;03;16;03
They've changed, obviously, just based on
time, based on different stages of life.

00;03;16;06 - 00;03;20;24

You know, if you're starting a family versus if you already had your family

00;03;20;24 - 00;03;23;02
and you're not going to have any more children, I mean,

00;03;23;02 - 00;03;27;23
obviously you're looking for different qualities in someone

00;03;27;25 - 00;03;29;14
in both of those situations,

00;03;29;14 - 00;03;33;26
or maybe you're someone who's more like in retirement age.

00;03;33;26 - 00;03;34;10
Right.

00;03;34;10 - 00;03;37;19
So you might be, for example, looking for someone

00;03;37;21 - 00;03;40;11
who has the ability to trust.

00;03;40;11 - 00;03;44;13
Let's say you like to travel in your you know, in that stage of your life

00;03;44;14 - 00;03;46;14
where now
you're going to really enjoy some travel.

00;03;46;14 - 00;03;51;24
You want somebody that is compatible with that meaning great companion.

00;03;51;27 - 00;03;54;26
Well, not only that, but also have the ability to get up and go.

00;03;55;04 - 00;03;56;11
Right. Yeah.

00;03;56;11 - 00;03;59;25
So your situation has also changed at that stage of your life

00;03;59;25 - 00;04;04;08
where maybe you've acquired
property or assets

00;04;04;11 - 00;04;08;10
and you have already have kids, let's say,
and you've raised them.

00;04;08;10 - 00;04;10;12
And you know,
the situations are totally different.

00;04;10;12 - 00;04;10;18
Like you

00;04;10;18 - 00;04;14;24
said, you're not ready to start a family,
but you are trying to blend a family.

00;04;14;25 - 00;04;17;00
So the needs, your needs are different.

00;04;17;00 - 00;04;17;27
Yeah.

00;04;17;27 - 00;04;22;13
So the first thing is, as you said,
to slow down the next thing,

00;04;22;13 - 00;04;26;25
I think that's really important for our
listeners to think about is to be honest,

00;04;26;28 - 00;04;28;14
you know, to be honest with yourself.

00;04;28;14 - 00;04;30;08
You too.

00;04;30;08 - 00;04;35;10
The key is to avoid future divorces
and bad relationship choices is

00;04;35;17 - 00;04;38;16
and that really is taking time to be alone

00;04;38;16 - 00;04;41;21
and not rushing
into your next relationship.

00;04;41;24 - 00;04;45;04
Give yourself time to breathe

00;04;45;06 - 00;04;49;09
and to know yourself
after the relationship

00;04;49;09 - 00;04;54;16
and really think about what your part
was in the breakup of the marriage.

00;04;54;16 - 00;04;58;14
Because you can't just think about
or we suggest you're

00;04;58;14 - 00;05;02;19
not just thinking about what it is
you want in someone else.

00;05;02;22 - 00;05;07;18
Think about maybe some of your own
characteristics that you might want

00;05;07;18 - 00;05;11;04
to, you know, just be aware of

00;05;11;06 - 00;05;14;05
and what type of a person
might best suit that.

00;05;14;05 - 00;05;17;20
For example, if you have two

00;05;17;23 - 00;05;20;29
people that I don't know, give an example

00;05;21;02 - 00;05;24;03
like for example us, let's
just talk about us for a minute, okay?

00;05;24;04 - 00;05;24;16
Okay.

00;05;24;16 - 00;05;27;14
I'm more of the here's
how we're going to do.

00;05;27;14 - 00;05;30;05
Here's where we're going,

here's what I want kind of thing.

00;05;30;05 - 00;05;33;02
And you're more like, okay,

00;05;33;02 - 00;05;34;24
you're such a smart man.

00;05;34;24 - 00;05;35;20
Fine, fine.

00;05;35;20 - 00;05;37;04
Yes, man. No, just kidding.

00;05;37;04 - 00;05;39;23
But you're really more easygoing.

00;05;39;23 - 00;05;42;06
You know, you're pretty good.

00;05;42;06 - 00;05;47;03
And okay
with 99% of the things that I suggest,

00;05;47;04 - 00;05;51;01
like if I say, you know,
let's go to this event or let's go to this

00;05;51;01 - 00;05;55;02
restaurant or let's, you know,
get together with these friends or let's

00;05;55;02 - 00;05;58;16
go see the kids this weekend, you're like,
okay, let's do it.

00;05;58;18 - 00;06;02;27
You know, if we had two of me,
that would be a little more challenging.

00;06;02;27 - 00;06;05;23
Yes. I have read a little bit.

00;06;05;23 - 00;06;07;16
Well,
I think that what you're trying to say

00;06;07;16 - 00;06;12;09
or no, you're certainly you're saying
it is interests and value.

00;06;12;09 - 00;06;13;24
Use your core morals.

00;06;13;24 - 00;06;16;12
They have to be kind of
they have to be true.

00;06;16;12 - 00;06;19;12
I mean, but what I'm also suggesting
is that your

00;06;19;14 - 00;06;23;04
your strong characteristics,
your strong trait is right.

00;06;23;09 - 00;06;26;27
You want to find someone that's
going to blend well with that.

00;06;27;00 - 00;06;27;08
Right.

00;06;27;08 - 00;06;31;07
My traits tend to be a little more,
you know, a little more assertive.

00;06;31;13 - 00;06;33;12
And your traits are a little more laid
back.

00;06;33;12 - 00;06;35;24
Receptive. Yeah, we do.

00;06;35;24 - 00;06;39;08
We do
share many of the same similar values

00;06;39;08 - 00;06;42;08
in raising Fam, a family and

00;06;42;08 - 00;06;46;23
you know how our interest and

00;06;46;25 - 00;06;49;22
the type of people we like to be around
that type of events.

00;06;49;22 - 00;06;51;24
Not that not that.

00;06;51;24 - 00;06;53;23
And let me just stress this

00;06;53;23 - 00;06;56;09
because this is really important
and I believe that we did

00;06;56;09 - 00;07;00;03
another episode on this
and if we didn't, we should.

00;07;00;06 - 00;07;05;21
Is that you don't have to have
all your common interests intact

00;07;05;21 - 00;07;10;09
because one of the things that I think
is really important in relationships

00;07;10;14 - 00;07;14;04
is to have your individual personality,

00;07;14;04 - 00;07;18;27
your individual thoughts, your individual,
your individual goals.

00;07;19;05 - 00;07;20;29
So, for example, you know, let's

00;07;20;29 - 00;07;24;20
think of something that I like to do that
you don't like to do.

00;07;24;23 - 00;07;26;10
Yoga, yoga.

00;07;26;10 - 00;07;27;14
Yoga, yoga.

00;07;27;14 - 00;07;30;10
I mean, I enjoy it, but I don't. Like you
don't you don't love it.

00;07;30;10 - 00;07;34;03
So, I mean, like
and if I was to say to you,

00;07;34;03 - 00;07;37;09
I'm going to go to yoga class tonight,

why don't you come with me?

00;07;37;09 - 00;07;39;16

And then you say, No, I'd rather not.

00;07;39;16 - 00;07;42;05

I shouldn't

get disappointed about that. Right?

00;07;42;05 - 00;07;44;18

I should be okay going myself.

00;07;44;18 - 00;07;46;22

Like you don't have to be
hooked at the hip.

00;07;46;22 - 00;07;49;24

But that's a different episode
for a different day,

00;07;49;24 - 00;07;53;18

you know, is to to really try
to have some similar thoughts and

00;07;53;18 - 00;07;56;03

and things you like,
but to also be an individual.

00;07;56;03 - 00;07;59;13

Okay. But it does tie in with

00;07;59;16 - 00;08;02;00

being in the wrong relationships
over and over again

00;08;02;00 - 00;08;05;01

when you're trying to become something
that you're not.

00;08;05;09 - 00;08;05;20

That's true.

00;08;05;20 - 00;08;07;12

I think one thing
that's very, very important

00;08;07;12 - 00;08;12;03

when it comes to relationships
that's very, very difficult to do

00;08;12;03 - 00;08;15;20
is to be yourself and be true to yourself

00;08;15;20 - 00;08;20;11
and not try to become someone for somebody
else.

00;08;20;12 - 00;08;21;09
No, no.

00;08;21;09 - 00;08;24;25
That's that's that's a people pleasing

00;08;24;27 - 00;08;28;14
issue that we also should probably do
an episode on.

00;08;28;16 - 00;08;31;08
I think that I've done one in the past,
if I'm not mistaken.

00;08;31;08 - 00;08;34;08
But you know that that's another issue.

00;08;34;10 - 00;08;38;12
Being honest with who you are
and being honest

00;08;38;12 - 00;08;41;28
with the person that you were dating
as to who you are as well.

00;08;41;28 - 00;08;44;23
Certainly you don't want to throw it
all on the table the first date.

00;08;44;23 - 00;08;48;05
Yeah, but there comes a point in time
where, yeah,

00;08;48;05 - 00;08;51;18
there are certain things that might be,
you know, they might be a

00;08;51;20 - 00;08;57;03
a deal breaker for you,
you know, and think about those things

00;08;57;06 - 00;08;58;01
when you,

00;08;58;01 - 00;09;02;09
when you're pursuing a new relationship,
know what your deal breakers are.

00;09;02;12 - 00;09;05;13
For example, I had a client recently.

00;09;05;13 - 00;09;08;13
She does not want to have
any more children.

00;09;08;13 - 00;09;11;20
I mean she she has two children.

00;09;11;20 - 00;09;15;07
They're almost
you know, they're like in high school

00;09;15;09 - 00;09;17;23
and it's a deal breaker for her

00;09;17;23 - 00;09;22;15
if somebody wants to have another child,
she that part of her life is closed.

00;09;22;16 - 00;09;23;01
Right.

00;09;23;01 - 00;09;27;16
So, you know, when when do you when
do you bring that up in your relationship?

00;09;27;16 - 00;09;29;07
You know, journeys, You know,

00;09;29;07 - 00;09;33;12
maybe it's part of a questionnaire
if you're on a dating site, I don't know.

00;09;33;12 - 00;09;35;02
I haven't been on one in a while.

00;09;35;02 - 00;09;37;00
Of course, a very long while.

00;09;37;00 - 00;09;39;28
But yeah, you know,

00;09;39;28 - 00;09;43;16

you want to make sure that you know
what those deal breakers are for you.

00;09;43;16 - 00;09;46;03

And it's not just you know,
you know, having children.

00;09;46;03 - 00;09;49;16

I mean,
people have maybe bad habits for them.

00;09;49;16 - 00;09;51;07

That was just an example.

00;09;51;07 - 00;09;53;04

Or they have behaviors that they feel

00;09;53;04 - 00;09;57;00

that if they keep it a secret,
that'll help the relationship.

00;09;57;02 - 00;09;59;05

But in the long run, it's
just the opposite.

00;09;59;05 - 00;10;01;10

It's going to hurt the relationship.

00;10;01;10 - 00;10;02;08

Right? Right.

00;10;02;08 - 00;10;03;26

I think there is a comes a point in time

00;10;03;26 - 00;10;05;19

where you just need
to get it on the table.

00;10;05;19 - 00;10;10;22

Yeah, but, you know, they say that you're
more likely to repeat the same mistake

00;10;10;22 - 00;10;15;14

in your next relationship
if you don't gain the clarity and insight.

00;10;15;14 - 00;10;20;16

It takes time to really think about that,
to give yourself the time.

00;10;20;16 - 00;10;24;01

Plus, it takes relationship, mistakes,

00;10;24;03 - 00;10;29;12

things that you've done wrong in the past, or that you've noticed

00;10;29;14 - 00;10;31;24

to know what those mistakes are.

00;10;31;24 - 00;10;33;27

You know, you learn from your past.

00;10;33;27 - 00;10;36;15

The past tells you about your future, you.

00;10;36;15 - 00;10;36;27

Know, should.

00;10;36;27 - 00;10;37;15

Tell you.

00;10;37;15 - 00;10;40;12

Gives you more clarity as far as what your needs are.

00;10;40;12 - 00;10;44;11

But, you know, let's talk about the human brain, because our

00;10;44;14 - 00;10;46;20

sometimes I call it the smaller brain.

00;10;46;20 - 00;10;49;29

It's been it's been called the primitive brain.

00;10;50;01 - 00;10;53;23

You know, our the way that we're built as humans

00;10;53;25 - 00;10;58;01

is that we seek things that are familiar to us.

00;10;58;08 - 00;11;01;26

We also seek pleasure and avoid pain.

00;11;01;28 - 00;11;06;02

Part of that seeking pleasure

and avoiding pain, if you think about it,

00;11;06;04 - 00;11;10;03

is to be in surroundings
that are familiar to us

00;11;10;06 - 00;11;12;26

because the brain interprets
something new that

00;11;12;26 - 00;11;16;15

it's never experienced as
Oh no, we can't go there.

00;11;16;15 - 00;11;18;03

We don't know about this.

00;11;18;03 - 00;11;22;26

We don't know about this type of a person,
this type of a character trait.

00;11;22;26 - 00;11;28;28

So let me stay with you, the kind of guy
I know, the kind of woman I'm used to.

00;11;29;00 - 00;11;32;08

And, you know, this is why

00;11;32;10 - 00;11;33;01

the a

00;11;33;01 - 00;11;36;02

lot of therapist I don't want to
you know, I'm not a therapist.

00;11;36;02 - 00;11;37;02

Neither one of us are.

00;11;37;02 - 00;11;40;28

But from the books
and from my many conversations

00;11;40;28 - 00;11;45;16

with therapists is a lot of people,
they look back to their childhood

00;11;45;16 - 00;11;46;25

when you're in therapy

00;11;46;25 - 00;11;51;00

because it helps to understand
why you make choices in your adulthood.

00;11;51;03 - 00;11;52;26
Because if you were raised

00;11;52;26 - 00;11;56;23
in a certain environment, let's say
you had a very controlling mother

00;11;56;25 - 00;12;01;29
or you had an abusive father
or a verbally abusive father, you made,

00;12;02;01 - 00;12;06;03
you may without even understanding it,
your primitive brain

00;12;06;05 - 00;12;10;18
unknowingly will seek
that same type of individual.

00;12;10;20 - 00;12;13;21
So it's really important that you

00;12;13;21 - 00;12;17;18
you think from your prefrontal cortex,

00;12;17;18 - 00;12;21;14
which is our higher brain,
are what I like to call the adult brain.

00;12;21;21 - 00;12;24;20
I like to also call the smaller brain,
the toddler brain,

00;12;24;20 - 00;12;26;16
because this is just like a toddler
going crazy, right?

00;12;26;16 - 00;12;27;26
It just does what it does.

00;12;27;26 - 00;12;31;18
But our adult brain is
is is what we have as humans.

00;12;31;25 - 00;12;36;02
And we can really sit down and think,
what am I really looking for

00;12;36;02 - 00;12;38;14
in my next partner? Right.

00;12;38;14 - 00;12;39;08
What are the things

00;12;39;08 - 00;12;43;06
that are really important to me
that I'm going to seek out and why?

00;12;43;12 - 00;12;44;14
You know, you're why.

00;12;44;14 - 00;12;46;14
I think the key word there is we,

00;12;46;14 - 00;12;49;29
the primitive brain,
also will try to avoid the change.

00;12;49;29 - 00;12;51;02
It's change.

00;12;51;02 - 00;12;54;11
And at this point of your life

00;12;54;14 - 00;12;57;29
where you don't want to make the same
mistakes, you have to embrace the change.

00;12;58;02 - 00;12;59;17
Absolutely.

00;12;59;17 - 00;13;03;01
The other thing about new relationships,
you know, post-divorce,

00;13;03;01 - 00;13;06;12
is that once you're committed to someone
and spend

00;13;06;12 - 00;13;09;15
a number of years together,
you need your needs.

00;13;09;15 - 00;13;14;09
And I talked about this earlier
and your desires change and evolve.

00;13;14;11 - 00;13;17;19

You know, I said that your you're
you aren't the same person at 25

00;13;17;19 - 00;13;23;27

as you are at 45 as you are
65 as you are 85, you know, Right.

00;13;23;28 - 00;13;24;17

Yeah.

00;13;24;17 - 00;13;27;27

You know,
like you said earlier, later on in life,

00;13;27;29 - 00;13;30;05

you know,
we're looking for different things now

00;13;30;05 - 00;13;34;04

and most of us may look for companionship

00;13;34;06 - 00;13;38;11

or maybe we might want to seek
understanding and a partner.

00;13;38;14 - 00;13;39;13

So depending upon

00;13;39;13 - 00;13;44;17

where you are in your life,
that's what you want to make a change at.

00;13;44;20 - 00;13;45;14

Right?

00;13;45;14 - 00;13;47;24

Exactly.

You know, what are you looking for.

00;13;47;24 - 00;13;49;07

That peace, stability.

00;13;49;07 - 00;13;53;22

I mean, I can tell you
that someone I was speaking to recently

00;13;53;22 - 00;14;00;10

who is going through a divorce,
he was telling me that he is dating, too.

00;14;00;12 - 00;14;02;23

He's on one of these dating sites,
I think.

00;14;02;23 - 00;14;05;10

What is that Bumble or I do?

00;14;05;10 - 00;14;06;03

I don't know.

00;14;06;03 - 00;14;10;01

Well, what is eHarmony,
I think is the one that he mentioned

00;14;10;03 - 00;14;14;02

and what he has chosen to do,
which I thought was brilliant.

00;14;14;04 - 00;14;17;13

He is going out
with two completely opposite women,

00;14;17;16 - 00;14;21;26

like opposite
like one is outgoing and she's,

00;14;21;29 - 00;14;26;04

you know, very showy and she goes
to, you know, all the

00;14;26;06 - 00;14;29;06

the new places
and she drives a nice vehicle

00;14;29;06 - 00;14;32;29

and she sends pictures of herself,
like working out of the gym

00;14;32;29 - 00;14;33;24

and with her friends.

00;14;33;24 - 00;14;36;06

And the other one is an intellectual.

00;14;36;06 - 00;14;37;11

She's very quiet.

00;14;37;11 - 00;14;40;04

I think she's psychology Just

00;14;40;06 - 00;14;41;08
she's very much about

00;14;41;08 - 00;14;45;01
reading and family and,

00;14;45;01 - 00;14;49;19
you know, developing herself,
self-development completely opposite.

00;14;49;21 - 00;14;54;02
And he thought it was so
brilliant himself, even because he says,

00;14;54;02 - 00;14;58;12
I have a date with one on one night
and I have a date with the other one.

00;14;58;12 - 00;15;02;07
These are the first two dates he's had
since he's been, you know, divorced.

00;15;02;09 - 00;15;05;01
And then he said, and then I'm going
to really give it a chance.

00;15;05;01 - 00;15;09;16
Like I like both of these ladies from
I guess their conversations

00;15;09;16 - 00;15;13;09
through the dating site
or or whatever it was.

00;15;13;09 - 00;15;17;12
But he's like, I'm really going to try
to see what type of a person

00;15;17;14 - 00;15;19;04
I'm best fit for.

00;15;19;04 - 00;15;21;01
And I thought that was so interesting,

00;15;21;01 - 00;15;25;02
you know,
and a very healthy way of looking at it.

00;15;25;04 - 00;15;27;28

Let's turn and think about reflection.

00;15;27;28 - 00;15;28;26

Yeah, that's. Good.

00;15;28;26 - 00;15;29;24

I think it's one thing

00;15;29;24 - 00;15;32;11

that's very important

when you talk about making this or not

00;15;32;11 - 00;15;37;16

making the same mistakes again

is reflection on your past relationships

00;15;37;18 - 00;15;42;25

and even though reflection can be painful

and time consuming,

00;15;42;27 - 00;15;45;28

it's the kind of the best way

to gain insight on your past

00;15;45;28 - 00;15;47;16

and what you've done in the past.

00;15;47;16 - 00;15;50;25

You, you know, if you keep making

the same relationship mistakes, it may be

00;15;50;25 - 00;15;56;16

because you haven't taken the time to stop

and think about relationships.

00;15;56;20 - 00;15;57;19

And that's very true.

00;15;57;19 - 00;16;01;23

And if you can figure out the reasons

your last relationship broke up,

00;16;01;26 - 00;16;05;08

you'll be less likely to travel

that same road again, right?

00;16;05;09 - 00;16;05;23

Yeah.

00;16;05;23 - 00;16;08;16

Do you keep choosing
the wrong type of partner?

00;16;08;16 - 00;16;12;23

Do you sabotage your relationships
by hiding your true thoughts and feelings?

00;16;12;26 - 00;16;15;26

Are you afraid of commitment or intimacy?

00;16;15;26 - 00;16;17;15

Try to be specific.

00;16;17;15 - 00;16;21;22

Think about why your relationship
last ended, What happened.

00;16;21;22 - 00;16;29;09

Be honest with yourself and you may see
a reason you keep making the same mistake

00;16;29;11 - 00;16;30;13

in the past.

00;16;30;13 - 00;16;34;03

And another suggestion may be to have

00;16;34;05 - 00;16;37;01

asked some other people that you trust.

00;16;37;01 - 00;16;40;07

Why you keep making the same mistakes
and just try it.

00;16;40;07 - 00;16;44;23

Ask them to be honest with you and promise
them that they you won't be offended.

00;16;44;26 - 00;16;46;28

You know,
I'm not going to get mad at you right.

00;16;46;28 - 00;16;49;11

But take the time to think
about what they say.

00;16;49;11 - 00;16;51;13

Yeah. And something to.

00;16;51;13 - 00;16;56;01

If you are not comfortable
talking to anyone in your circle about it

00;16;56;03 - 00;16;58;15
or a trusted family member or friend,

00;16;58;15 - 00;17;02;20
that's, you know, something
good to talk with a coach about as well,

00;17;02;22 - 00;17;06;25
because we can
look at some patterns that you may have

00;17;06;28 - 00;17;12;00
and get you to dig a little deeper
as to the thoughts behind

00;17;12;02 - 00;17;15;02
why you have certain

00;17;15;10 - 00;17;17;22
y view you've made certain choices

00;17;17;22 - 00;17;21;20
because remember, thoughts
create a feeling action result.

00;17;21;23 - 00;17;25;17
So if you're making a choice
for a particular type of guy,

00;17;25;17 - 00;17;31;04
a particular type of girl, whatever it is,
you know, that's in your action line.

00;17;31;04 - 00;17;34;04
And the question is
what is going on in your thought line?

00;17;34;11 - 00;17;37;28
What is your thought that drives you
that to that type of person?

00;17;37;28 - 00;17;39;14
And that's where it really gets deep.

00;17;39;14 - 00;17;42;15
I mean, again, it could stem back
many years,

00;17;42;16 - 00;17;46;25
many years, even before you your
you married your current spouse.

00;17;46;25 - 00;17;47;20
So, you know, you're

00;17;47;20 - 00;17;50;20
now probably divorced from
if you're listening to this podcast.

00;17;50;21 - 00;17;51;02
Right.

00;17;51;02 - 00;17;52;22
And the sooner you figure out

00;17;52;22 - 00;17;56;19
what role you played
in your last marriage in the divorce,

00;17;56;19 - 00;18;00;28
the less likely you're going
to make the same relationship mistake.

00;18;00;28 - 00;18;01;22
We already said that.

00;18;01;22 - 00;18;06;24
Remember that there is a difference
between knowing that you made certain

00;18;06;24 - 00;18;10;15
mistakes in your relationships
and understanding

00;18;10;21 - 00;18;13;18
why you made those mistakes.

00;18;13;18 - 00;18;18;26
And if you're not open
to reevaluating your self

00;18;19;02 - 00;18;25;00
compromise and growth, you're likely going
to keep making the wrong choices.

00;18;25;02 - 00;18;28;05
One of the most difficult things for us

to do

00;18;28;10 - 00;18;34;02
is initiate and sustain
long lasting, healthy changes in our life.

00;18;34;04 - 00;18;37;03
But it's one of the best ways to grow.

00;18;37;03 - 00;18;39;00
Right? Right.

00;18;39;00 - 00;18;41;27
So looking back when we said

00;18;41;27 - 00;18;46;18
it's all about slowing down,
being a good look at yourself, evaluate

00;18;46;18 - 00;18;51;18
evaluating yourself,
what you want in your next relationship.

00;18;51;20 - 00;18;55;04
And and I think
giving it the time that it needs.

00;18;55;04 - 00;18;57;29
Yeah. You know,
this isn't a decision that you make.

00;18;57;29 - 00;19;00;09
You know,
you just sit down in one sitting.

00;19;00;09 - 00;19;04;03
This is something that, like we said,
you really want to ponder

00;19;04;06 - 00;19;05;26
for a period of time.

00;19;05;26 - 00;19;10;17
And I think that this can probably get our
listener very excited about the future.

00;19;10;19 - 00;19;11;29
Yeah, future relationships.

00;19;11;29 - 00;19;12;11

Yeah.

00;19;12;11 - 00;19;16;03

I think that it's really something
that should give you

00;19;16;03 - 00;19;20;15

hope and give you a goal that,

00;19;20;17 - 00;19;23;17

yeah,
you can really you can have a healthy,

00;19;23;19 - 00;19;28;28

loving, caring relationship with somebody
new in your life after divorce.

00;19;28;28 - 00;19;31;08

And you know, it happens to many people.

00;19;31;08 - 00;19;34;08

Most people end up
in another relationship.

00;19;34;09 - 00;19;37;13

Many people end up in second marriages,
third marriages.

00;19;37;13 - 00;19;41;04

So we're just suggesting
that you take the time

00;19;41;07 - 00;19;46;16

and think about what it is
you re really, really want for yourself

00;19;46;19 - 00;19;50;07

and with your partner
and for the life that you want to create.

00;19;50;10 - 00;19;51;20

A fresh start.

00;19;51;20 - 00;19;54;02

Yes, a new life.

00;19;54;02 - 00;19;56;29

Right, My friends,
That's the episode for this week.

00;19;56;29 - 00;19;58;16
Have an amazing week.

00;19;58;16 - 00;19;59;28
And we'll talk to you soon.

00;19;59;28 - 00;20;08;20
Bye bye. Bye.

00;20;08;22 - 00;20;09;23
You have the vision

00;20;09;23 - 00;20;12;29
of what you want your life
to look like after divorce,

00;20;13;02 - 00;20;16;00
but maybe you just
don't know how to get there.

00;20;16;00 - 00;20;18;04
So if you're ready
to take control of your life

00;20;18;04 - 00;20;22;21
and want to find out more
about our coaching, visit us at El Aideed

00;20;22;21 - 00;20;27;09
Cash Coaching Dotcom that's led as in life

00;20;27;09 - 00;20;31;02
after divorce, cash coaching dotcom.

00;20;31;05 - 00;20;34;15
Until next
time, have an amazing rest of your day.

00;20;34;16 - 00;20;40;07
And remember, yes, you can have an
amazing life after divorce.