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**How To Regain Your Self–Confidence After A Divorce**

**By MalaMaal.com**

How To Regain Your Self–Confidence After A Divorce

Regaining one's self–confidence following a divorce is not an easy thing to do. As we've stated in all the previous articles within this series of reports on how to recover from a divorce, the blow to your inner–being is traumatic and long–lasting.

Probably the first thing you should do is to take stock of yourself and set about improving the way you look. This could mean a new hairdo, a haircut, new makeup, and new clothes. Get yourself organized to look your best, because when you feel that you look good, you will look good.

It's easy to spot people who have suffered traumatic experiences because of the way they look. Their appearance, their clothes, the way they talk and act – it's all quite apparent to an observer that these people feel down and out – they feel that life has played a dirty trick on them – and their self–esteem is not very high.

The next thing you should do is get involved in some sort of meaningful work.

If you're already a part of the working force, ask for more responsibility or more challenging assignments. Get involved in the areas in which you excel, and show your bosses as well as yourself what you can do with exemplary expertise. Take stock of the promotional opportunities where you work – set your sights on a better position – and go for it.

If you're out of work or don't have a job, then take stock of the things that you can do, make up or have a resume of your capabilities typed out, look in the newspapers – the yellow pages of your telephone book – visit your state employment office, and the employment agencies in your area – submit your resume and get yourself a job. Nothing boosts a person ego, self–esteem, personal confidence, and inner dignity like getting a job. Don't be discouraged – part of the reason it's so hard to find a job is because of the trauma you're experiencing – keep trying and you'll succeed.

If you're retired or well–off to the extent that there's no need for you to find a wage–paying job, then volunteer your expertise to organizations and people who will benefit from your knowledge and

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experience. The welfare agencies are always looking for people to teach others how to keep house, cook meals, and care for children. You might even consider organizing a business or putting together classes of some sort to help people with their problems and/or inexperience.

The next thing you should do is make up a budget to live by, and determine to become the best "money manager" who ever lived. Few people live according to a budget, and consequently, most people are over their heads in debt.

Relative to the kind of person you want to become – you want others to think of you as – and the kind of happiness you seek – it is imperative that you learn to manage your money intelligently. Money by itself won't bring happiness, but by using money properly and making it work for you, it can alleviate many of your problems.

Somewhere along the line, you've got to know, understand, and work out your transportation requirements. In this day and age, you have to have transportation to get to the places downtown, across town, or even to the grocery store. Don't take anything for granted or expect it to work itself out. Analyze all of your possible needs, consider all your options, and then plan for every situation, including emergencies.

Very definitely, you should give yourself time to relax and socialize with other people. If you haven't been too friendly of late with your next door neighbor, or the people in your block, then get out and renew those acquaintances. Get out of your "closet" and pay them a visit, or invite them into your home for coffee. Let people know that you're alive and well – that you're worth knowing as a friend and neighbor.

It may be difficult during this time to do much socializing because everything you see or do reminds you of the past – and with this in mind, it's a good idea to check into the social activities sponsored by your local churches, civic organizations, and even the singles clubs. Don't "go out" to replace the love you've lost or to find the "real true love" of your life. Just go out to be with people, to enjoy yourself, and get your mind off your problems.

No, you won't be able to forget the hurt you've gone through nor become a new person overnight. It will take some time, longer for some people than others. But the important thing is regaining your confidence following a divorce is to know that you are someone of worth – believe it – acknowledge that you can be the kind of person you want to be – set your sights on becoming/attaining all your ambitions – do what's really necessary to fulfilling your dreams, and go for them.

This is a new beginning for you. A chance to really prove to yourself that you can do it. Know what you want – be honest with yourself in understanding what you have to do to get what you want – and then let nothing stand in your way until you get precisely what you want. It can be yours, but you have to make it all happen!

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### **Surviving Divorce: What To Think About To Ensure Surviving Divorce**

**By Karl Augustine**

Surviving divorce can be a valid fear if you're contemplating getting a divorce. In order to ensure surviving divorce, you should first understand that your divorce decision shouldn't be taken lightly. Ensuring that you'll be surviving divorce can be comforting and can influence your path as you consider your reasons for divorce and take the emotional plunge into actually going through with it.

Its tough enough to think about how your immediate life will be impacted by getting a divorce let alone thinking about divorce from an aspect of "the aftermath" of divorce. You may be considering a variety of things in the short term including living arrangements, spouse's schedules, attorneys, kids, property, etc. Its tough to plan so you can really ensure that you'll be surviving divorce once its finally over with.

Surviving divorce, just like deciding to divorce, is about separating emotion from logic and making sure you think about the past, present and future. Of course, how you plan for surviving divorce, will differ from others in some respects, but there are some common themes to think about that should ensure you will be successful surviving divorce.

The most common things to think about when you want to be successful surviving divorce are self–evident and basic, but highly important:

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Surviving Divorce Concept 1: Reflect on the past to make sure you can eliminate potential regret.

Make sure that you take the time to reflect on the past and remember the reasons that got you to this state of mind. One thing you absolutely must avoid is going through a divorce and regretting your decision. Evaluate, in detail, your reasons for divorce and confirm to yourself yet again that divorce is the best course of action. This will help eliminate regret...and regret can be a large factor in determining your chance of surviving divorce.

Surviving Divorce Concept 2: Admit to yourself that, no matter how your situation got to this breaking point of wanting divorce, that you had a hand in it, and plan to improve yourself.

Even if you know your present spouse is not a good fit for you, be smart enough to know that you shouldn't waste the opportunity that you have right now to improve yourself, for your own good in the future. At a time like this when emotions are running high, there tends to be a lot of soul searching going on, and that's a good thing if you want to ensure that you've got a solid chance of surviving divorce. Realize that you need to improve for you, this will only help you in the future. Remember, it takes two to tango!

Surviving Divorce Concept 3: Remember that your happiness and plan for surviving divorce should include evaluating and establishing a certain level of self-confidence.

Having self confidence is absolutely critical to surviving divorce because without it, fear usually will win out and your situation will not improve. Even if you get divorced but you don't evaluate your own level

of self confidence in the hopes of improving it, you may be in for a rough time after divorce. If you want a sure-fire way to feel good about surviving divorce, do yourself a favor and get your self-confidence in line.

If your overall confidence and desire to start over with your love life support making a change, you're off to a good start in making a smart decision about whether to divorce or not.

Surviving Divorce Concept 4: Get your finances in a row and understand that your life will change most likely from a monetary perspective.

This is a major portion of the surviving divorce equation, especially for women in divorce. A lot of time, women in divorce situations have to deal with finance issues and they fear going out on their own because they've had financial support previously. Still, this concept is not gender specific and can resonate with anyone because, on some level, your life will change financially as a result of divorce...that's a guarantee. In order to make sure your chance at surviving divorce is high, you need to be willing to trade potential financial loss to get a divorce. If you're willing to do this, maybe you're ready to really take the big step.

Surviving Divorce Concept 5: Understand the true value of using "projection" to ensure surviving divorce.

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This is a terrific exercise to go through when you're faced with a divorce decision and want to ensure you've got a great chance of surviving divorce. "Projection" simply means looking to the future and actually imagining what your life will be like once you're divorced. And, if you're smart, you'll see multiple scenarios of what your life will become after divorce and you'll be able to pin down which factors lead to each one of those scenarios. Then, choose the scenario you'd like to actually live, and take the necessary steps needed to implement those factors. This one of the most important practices to ensure that you're chances of surviving divorce are high.

Surviving divorce is a difficult thing but it can easily be accomplished if you plan, reflect, think, and execute based on your own goals and needs.

Karl Augustine Author, "A Practical Guide To Deciding Whether Or Not To Get A Divorce". \*A resource recommended by marriage counselors to their clients.

<http://www.deciding-on-divorce.com/survivingdivorce.htm>

Surviving Divorce: What To Think About To Ensure Surviving Divorce

"Divorce Decision: Things To Consider When Making A Decision About Divorce"

"Divorce and Children: Things To Consider When You're Staying Married Only For Your Children"

Reasons For Divorce; What Constitutes Viable Reasons For Thinking About Or Wanting A Divorce?

Divorce Articles: How To Get The Most From A Divorce Article

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