

The background of the entire image is a silhouette of a woman's head and shoulders, facing right. The silhouette is dark and solid. Behind the silhouette, there is a bright, glowing sunset or sunrise scene. The sun is a large, bright yellow-orange orb, partially obscured by a few wispy clouds. The sky is a pale, hazy blue. The overall mood is contemplative and hopeful.

Zelda Marsh

After Divorce

Life goes on

Self Destruction after divorce



How many hands are raising right now from owning this title at least once?

I know mine have in the past.

Many of us have different options and use different actions in a way of forgetting /hiding and avoiding the real underlying issues to why we act the way we do once the divorce is over and left to wonder what's next

Destruction comes in many forms, allow me to reassure you that there are no simple solutions no easy answers nor the correct for all actions we should be taking.

* Self-Destruction after Divorce *

Using addictions, like drugs, foods, sex and alcohol are the most common forms of go to's



let's not get High/low/drunk enough to numb the pain and the memories, or drunk enough to be able to spurt out the anger, frustrations and emotions, Let's not take narcotics for the same purpose as above- self-destruction

How about we don't starve ourselves, after all, who wants to function anymore? - ooh or

maybe we stuff our faces with crap (comforts foods), we know this one makes is feel fabulous for like the whole 2 minutes it takes to eat it then around the rest of our lives feeling guilty -self-destruction

I know let's Sleep with every Tom Dick and Harry to make ourselves feel better or at least wanted for 3 minutes, Sleeping with anyone that will have us - now short term this is going to fix the feel loved again, however, long term you've got a whole lot of lack of self-worth/hatred thrown into the mix- self-destruction

Self-pity destroys us!

How about getting lots of tattoos to mark the occasion - this is a good one because we really remind ourselves of the reasons we're wearing our new piece of art!.

* Self-Destruction after Divorce *

Self-destruction

How about we blame everyone for what they didn't do? Or better still ourselves for what we didn't do either ? negativity

Let's just totally criticise everything about ourselves- self-destruction

Disrespect we give ourselves, again is hate ourselves choice!

So- here's what we do

We turn this all around

we start by being grateful for all and who we are

We appreciate all the wonderful things about ourselves and all that surrounds us

we open our eyes and our hearts and see the good.

be nice firstly to ourselves then to others, I absolutely guarantee you'll get the nice back.

Feel the love again firstly to ourselves then to others to others you'll get it back-

I can't express to you enough, how the more you love, respect and accept yourselves, the more you'll be loved respected and accepted in return, the energy we hold, we emit

No More Self Destruction

And remember - just because he hurt you badly- this doesn't mean you have to continue to hurt yourself.



Letting go of your man

We all know how hard it is letting go of someone you have loved, it's even harder when you still feel like you love them or you believe you still have that emotional bond. Leaving a relationship or marriage has so many obstacles and memories to break away from before you can admit to yourself you're over him. keeping him there for a comfort blanket, whether we like to admit it or not.

We often like to hold on to the ex because we feel safer there, i know that sounds crazy but it's true, we often struggle to become independent, which leaves us co-dependent and reliant on a man unnecessarily,

so here are my top 10 tips on how you know you're letting go the **sane** way,

10 tips



1. Separate your emotional energy from theirs, this will need some tremendous boundary-setting skills.
2. Check out-remind yourself what wasn't working in that relationship,
3. Allow yourself to feel, embrace in the Anger, feel the pain, go through the grieving phase,

be sad, it all ok

4. Journal-this is my favorite tip that heals all, write a letter including all the stuff you miss about him, Do not send it

5. journal some more, this time reply to yourself all the things you definitely don't miss, remember do not send.

Letting Go of your man

6. stop yourself from thinking you know what's going on in his head! you don't, his story is his, so stop making it up as you go along.

7. Do a visualisation of him gone, include watching him leave, with you have forgiven him, imagine how happy he is without you, i know this sounds tough, but to forgive and let go is a useful and powerful tip .

8. Go and talk to some of your friends, maybe a good Coach/Therapist and talk independently to them about it, just get it off your chest and release some of those thoughts and emotions. Please remember to take on board the words of those that know you best.

9. Spend time to focus on your own self-development.

10. Increase your own self-care routine, being kind and take plenty of care for yourself and feel good inside and out. Remember you can't fix anyone else, just use your time, and energy setting yourself, reduce your expectations on how you should feel and then you'll be amazed how free, present and alive you'll feel once you've let go.

The thing here to remember is that no matter what you can do, you definitely can't change the past, so holding on to it equally does not allow you to move forwards with your life, you cannot control him either, as you wouldn't want to be controlled, so make it easier on yourself and let him go-

accept what is .

No longer compromise your true chance of happiness and pull your finger out, point it in front of you and follow it.

Trusting again



Trusting again

WOW- well we all know how big a deal this one is and only you know the answer to this one?

Firstly I'm sure many of you would have placed up the barriers and all those walls, I know for me my walls were right up, firm and reliable, they weren't coming down for anyone anytime quick. My defensive mechanisms had kicked right in because i always found an answer or an excuse for my actions, as i trusted no one. let's face it I couldn't even trust myself or in my own judgement and plans had failed me, so how the heck could I also consider trusting anyone-ever!!

Having held on to so many doubts and feelings, I don't know about you, but for me, i did anything i could to avoid being in a position to show my real emotions to anyone, what did that make me? Fake, real fast. Also, a liar-living behind a mask i was failing to be authentic. Does any of this resonate with you? As you can see, all of this is going to take some working on.

Trusting again

I even understand the feelings that you'll never ever trust anyone ever again. After all who wants to get let down again. Secondly, we know only too well that we quite often hide a large part of who we really are, to protect our true feelings and vulnerabilities. Hiding what we really think, and how we really feel that's all ok, it's all an excellent form of protection that we give to ourselves.-because we don't trust we won't get hurt again.

None of us wants to be hurt, obviously, however, the truth is we need to feel some pain, as it is an emotion. We need to be able to deal with pain in the first place, overprotecting ourselves can cause the opposite effect and prevent healing and learning to trust again. What I have learned over the years is that i can recognise who i am now. I have discovered who I am and what I want, in return, this has given me the freedom to set personal boundaries, I started with myself and i have learned to listen and observe my needs enough to trust myself.

Let's face it. How can I possibly learn to trust others if I don't have trust in me?



Vulnerability becomes your strength

Vulnerability

Setting boundaries allowed me to know what I will and will not tolerate. Setting boundaries has taught me how to love and respect myself again, and this has given me the ability to once again find trust in others. Once you do reach this level in your growth and development and you have finally forgiven yourself, you will see how fast you move forward.

To then have the trust in yourself, you've made an opening to trust others again. The question I ask you now is "are you ready to trust again"? If you need guidance or support getting through to this stage again, get in touch and let's have a chat and see if I can help you through this. After all who wants to live behind a closed door?



Vulnerability becomes your strength



This ladies is how you are allowing your weakness to become your courage and strength after divorce.without even trying.

I know how hard it is to admit it when we are vulnerable also know the last thing we want is for our babies, families and friends to see our weaknesses. I mean we're warriors right, born make do-ers created to take on the world and still wear a freaking smile, so why the bloody hell do we feel this urge to be perfect for the sake of others?

Why can't we just accept we are perfect as we are and show up for ourselves.No need to pretend or put those bloody masks on day after day, night after night, why do we want to please everyone else yet neglect who we really are?

Imagine a life without self-punishment.

Vulnerability becomes your strength

I've been with you on the days when you're too sad to even want to get out of bed, I've witnessed the pain, that griping in the stomach when we look at couples in the street or restaurants having fun when we're alone. All those times you would have been sat at home resenting all those perfect couples and those young, free and easy-going women, that look like they're having the time of their lives, thinking that they are not being controlled by another half, like yourself that was too afraid speak or move.

Being hurt and controlled to the point that you no longer know who you are, what you want or what to do, and the worse part of all this is, by not being honest or open about how you feel, and that can lead you to a very dark place. I once tried to remove myself from this earth because i couldn't see any further than the pain i was in at the time, and for what?, Not for myself that's for sure, i can however assure you that i no longer live with that pain or shame.

Are you able to see the entirety of the damage that us women are capable of doing to ourselves? just because we get good at hiding who we are and not sharing our vulnerabilities, That doesn't need to be the end, How about like me, you give yourself a break, show yourselves some love and respect.

A little task is to try out is to shout out as out as loud as you can to whoever will or won't listen "I'm weak right now and need support". you'll be freaking amazed how hard it starts off then ends up empowering and releasing.

Don't be alone-don't get yourselves to a place you don't need to be, Use all that you have to show your strength through your weakness and don't look back down that nasty dark tunnel, just look ahead for the light, and if you need guidance finding your light-do what it takes-there is life after dark I promise you that with love, you can live with love you are strong love you = love yourself too

Waking up with Passion

imagine you're at that stage where you're waking up with passion in your heart every single day after your divorce.

When was the last time you woke up thinking this is the best day of your life?

So, you've been hurt and let down, abused or disappointed. So what? What's done is done and cannot be undone.

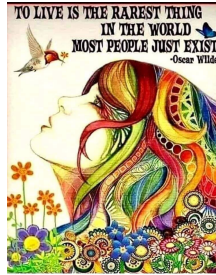
I used to despise the saying "get over it" when actually I found I spent my entire life "getting over it." Guess what? we all do "get over it." Shocked to read these words? Well, there are more shocking revelations to come.

Divorce happened for a reason, and for many of you, you're the one that's really choosing to forget that. you need to realise that the divorce was inevitable from the day you married, and you weren't even aware of it.

Obviously, otherwise you would not have married in the first place, would you? Or would you indeed? because let me tell you, I have come across so many women that actually marry and hope that it will last, now that's not the basis of a hopeful start to a lifetime commitment is it?

Hope, such an interesting word to use at a time like that don't you think? See the thing is many of you gorgeous girls feel ok with having hope that the marriage will work.

Waking up with passion



Why do so many of you lose sight of hope when it comes to recovery or a happier future for yourself? See I'm shocked by this.

Hope is used as and when you feel worthy, and not allowing yourselves to be truly worthy is where you're losing out on so many fantastic opportunities to have a great day, or even a great life, big time by not implementing this.

You really do have to stop yourselves from all this negativity and seriously find the good again and find the passion that lights your moo, and fills your heart,.go and find the passion that brings you back to life. do something silly or childlike go crazy if that's what it takes, just do something otherwise you'll rot and die in misery.

Do whatever it takes to wake up every single day smiling and happy to exist, choose not to feel blue.

Create laughter and love at the smallest of opportunities that can and do arise, gift yourself with bliss. Just do whatever it is going to take to make you love every day of your life. After all, in this body on this earth, you only get one chance to get it right for you. so make this time count on your terms and remember its never too late to start living. .

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Zelda Marsh

Be you–Be love–Be true–Be happy

Zelda Marsh, English Heart centered and Carefree woman living life in Australia. Helping many women across the globe recover from the crap that comes with Divorce has become my passion, her aim is to work across the globe and help connect with empowerment and love inside each and every woman that crosses her path and help you all reclaim your power and passion, and get to unconditionally love yourselves.

Twice divorced, separated, abandoned, abused, neglected and suicidal, and still managed to overcome it all and create an amazing new life for herself, id says give me some pretty awesome skills and understanding to be where you've been and she can teach you how to. life has never been a 'bed of roses', yet here she stands , proud and happy.- This is what she wants to gift to you. Being authentic and unique you'll soon learn that her work is like no other, she can help you change your perception of life so that it is filled with vitality, joy, abundance, love, enthusiasm and purpose.

This E-book is a condensed sample that she has put together for you to get a brief outlook at some of the challenges and strategies of getting over the process of divorce. To get a bigger and truer version, read her amazing first Book 'BounceBackAbility' which is filled with far more content with lots of gory, truthful and painful situations, not forgetting how she overcame so many challenges which gives you all you need to see that i she is the one thats been where you have and am just the right woman to get you where you need to be-Happy-loved-free

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