

# **Experience Matters** empowering the 50+

## ***Relationship breakdowns***

I expect you are reading this because you are in the midst of or just getting over, the ending of a relationship. Whatever the circumstances it is never easy. You may have been in a relationship for a long time and this has come as a shock or you may have been unhappy for a while. You are going to have to start managing life in a differently. In this download I am going to suggest to you an alternative way of thinking that will help you to move forward with strength and courage into your new life.

The important thing for you is not to get into a discussion of what a louse they've been to leave you or of how dreadful they were so you had to go. Your focus needs to be on what you're going to do next. It seems to me that we have a choice: either we can fall victim to our situation or we can try to make something good out of something bad. The latter alternative might strike you as impossible at the moment but with time things will change and you will heal.

I'm aware that there are often a lot of practical issues that you have to consider but I'm sure you didn't download this for advice on how to handle your finances and manage your family issues. Do make sure you get help for these from a financial advisor and lawyers and if you are really not managing, your GP and a counsellor.

What I am going to focus on is you regaining your confidence, changing your beliefs and once again becoming the incredible person you are. Once that's done, everything will feel so much easier.

It's time to take stock of yourself but, just before you do, let me explain about filters. We each perceive the world from our own viewpoint. We understand the world through our senses – our eyes, ears, touch, taste and smell We build on our unique beliefs, values and attitudes through our interpretation of our experiences. We establish a unique set of 'filters' based on these and we interpret the world through a series of filters. We therefore all see the world differently from our own viewpoint.

**Experience Matters Limited**

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We often find ourselves believing at least on one level what our ex partners say about us. Your ex partner will have seen you through their unique set of filters which are coloured by their experiences, fears, beliefs, fantasies and so on. What they say is not the truth! It is just their view. If you take their filter to be the truth, you will be seeing yourself through the wrong eyes.

I'd like you to try the following exercise. I suggest you jot the questions down so you can think about it afterwards

## **How would it be?**

Answer the following questions

- 1) How would it be if I knew I was strong and could cope with this  
When I wake up?
- 2) How would it be if I knew I was strong and could cope with this  
When I am in the shower?
- 3) How would it be if I knew I was strong and could cope with this  
When I am eating breakfast?
- 4) How would it be if I knew I was strong and could cope with this  
With my friends?
- 5) How would it be if I knew I was strong and could cope with this  
With my children?
- 6) How would it be if I knew I was strong and could cope with this  
At work?
- 7) How would it be if I knew I was strong and could cope with this  
When I go to a party?

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8) How would it be if I knew I was strong and could cope with this  
At Christmas or other family events?

9) How would it be if I knew I was strong and could cope with this  
When I meet someone new?

I expect you are now feeling a lot better knowing you can do it and knowing how good it feels.

Now answer the following, again jot down the questions so you have time to think about it

- a) What difference would it make to my life?
- b) What do I need to change/believe to feel like this? Write a list
- c) What is the first step I can take? By when?
- d) What is my end date? When will I do the next steps?
- e) What support do I need?
- f) How will I celebrate?

Now all you need to do is get started and I think you'll find you never look back.

Sometimes we find that we need some help to move us forward into a new way of thinking and phase of life. We at Experience Matters are here for that very purpose, so do give us a call and book into either an individual session or a workshop.

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