

# 5 Steps for the Single Mom Healing from Betrayal

Has betrayal, divorce, or abandonment turned your world upside down? If you feel overwhelmed, these next 5 steps can help you start living again.

## **Step #1 - Grieve the Loss of Your Dream**

If your future now seems impossible, write a radical acceptance statement like, "I wish I could change this, but I can't change other people. Instead, I choose to be kind and gentle with myself as I grieve and take one day at a time."

*What do you need to surrender to? What is one healthy step you have control over and can take today?*

## **Step #2 - Shine Light on Hidden Shame**

The key to overcoming it is to face it; shame runs when brought into the light. Ask yourself:

*What have I done that I am ashamed of? What was done to me that I am embarrassed about? What am I hiding?*

## **Step #3 - Face Loneliness with Intention**

Loneliness is one of today's biggest struggles, especially for single parents. How do we make connections when we're exhausted and short on time? Consider the following:

*Identify circumstances that trigger loneliness. How can you change your routine or include better support?*

## **Step #4 - Make a Financial Plan**

Financial insecurity gripped me with fear, but we made it through, one day at a time.

*Write out your financial concerns. Who do you know that can help you create a plan? What public or church related resources are available to you?*

## **Step #5 - Managing Time as a Single Parent**

The time demands on a single parent can leave us anxious and angry as we do our best to keep up. Consider the following:

*How can you manage expectations—yours, your children's, those of their teachers, coaches, and friends? Be honest about your limitations, and enlist help whenever possible.*

