

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.



Starting Over?

A SINGLE MOM'S SURVIVAL GUIDE

Self-care is the first step to a single mom's survival. What do I need today?

I am in control of my life, and I will not be pushed to make decisions I'm not prepared to make.

“For God has not given us a spirit of fear; but of power and of love, and of a sound mind.” —*2 Timothy 1:7*

I will not allow myself to be held under a cloud of unforgiveness. If someone is angry or unhappy with me, that does not mean I am guilty.

“There is therefore now no condemnation for those who are in Christ Jesus.” —*Romans 8:1*

It's up to me to decide where my thoughts dwell and I choose to focus on the hope and potential of my future.

“Children are good imitators, so give them something great to imitate.” —*Unknown*

I'm allowed to cry! My tears release stress hormones and calm my nervous system.

“He will cover you with his feathers, under his wings you will find refuge; his faithfulness will be your shield and rampart.” —*Psalms 91:4*

