

# The 3 Biggest Mistakes People Make in a Separation

Even if your separation—or the idea of your separation—feels dark and chaotic right now, let me assure you that it IS possible to separate (or break up, or divorce) in a positive and forward-looking way. You deserve a happy future, and you have the power to create that future, starting right now!

If you want to approach your separation in a way that is as healthy, positive, and drama-free as possible, you will need to avoid the common traps and pitfalls that so often derail people in their separation process. These big mistakes can send even an amicable separation spiraling down into negativity, and sap your precious time and energy.

## **MISTAKE #1 TRYING TO INFLUENCE YOUR EX-PARTNER**

When most people are in a relationship, they spend about 20 percent of their time and energy on their partner, and the other 80 percent on other things like work, personal interests, and children. However, the moment a separation happens, they are suddenly obsessed with what their ex-partner thinks, says, and does. Day and night, they are trying to influence their ex's choices, feelings, and actions, sometimes to the point of outright manipulation.

If you're trying to influence how your ex-partner thinks, feels, or behaves, you are wasting a huge amount of time and energy on things over which you have no control—energy you sorely need to navigate the physical reality of your separation in a balanced and positive way. Instead, concentrate on what you can control—like your own thoughts, emotions, behaviors, and reactions. This will help you be the best version of yourself throughout your separation and into your new, happy future.

\*Get the complete Positive Separation Method™ in Eveline's book, *Happy Again! The Art of Positive Separation*

## MISTAKE #2 NOT GETTING THE RIGHT SUPPORT

Most people in the midst of separation do not get the right support. They either isolate themselves or surround themselves with the wrong friends and advisors. This does not help them create a positive, growth-oriented environment in which they can navigate their separation in a positive way.

The fact is, separation is hard. Even in the best circumstances, it's time-consuming, emotionally-demanding, and energy-sapping—and it will feel even more so if the people around you are not equipped to support you (for whatever reason).

You cannot get through your separation alone, nor should you try. Instead, create a personal Winning Team of friends, professionals, and allies who will help you get through each stage of the process in a positive, loving, supportive, and growth-oriented way. When you create a Team, each member takes on a specific role, so you never need to lean too heavily on any one person—and when things get tough, you'll know exactly who to call!

Winning Team members might include a comforting “shoulder to cry on” friend, a workout buddy, a practical, non-nonsense mentor, a professional psychologist, your general practitioner, your lawyer, and a financial professional, among others. Having well-rounded support means you will never feel lost and unsure when you need emotional support or are making big decisions.

## MISTAKE #3 NOT COMMITTING TO A HAPPY FUTURE

It sounds unbelievable, but most people in separation do not actually commit to a new, happy future. Instead, they focus only on getting through the day, and get stuck in the negativity and struggle of the separation process.

From day one of your separation, you need to make a commitment to your new life and future. When you have a vision for your life and how you want to live it, you will have a beacon of light to follow when things become dark and chaotic. More, committing to your new, happy future will help you to disconnect from your ex-partner and stop thinking about the “would have, could have, should have” that can so easily undermine your happiness and steal your energy.

**MISTAKE #3** NOT COMMITTING TO A HAPPY FUTURE, CONT.

Committing to a new, happy future may feel challenging at first, because it requires you to let go of your old life and your old dreams. However, the moment you stop looking back and start looking ahead, you will be better situated to make positive choices that take into account not only the needs of the moment, but your long-term goals, plans, and dreams.

You are the only one who can create your life. When you commit to a happy future, you are saying to yourself and the world, “I will get through this challenging time, and I will be happy again!”

## EVELINE JURRY & THE POSITIVE SEPARATION METHOD™

The Positive Separation Method™ was born in the years following Eveline’s own divorce. She knew that she wanted to unravel herself from her old life in a positive way, but there was no handbook for the process, and no one to teach her what she needed to know to do this in a way that conserved energy and propelled her toward a new, happy life.

Over the course of more than three years, Eveline studied the topic of separation. She interviewed the most successful and experienced professionals, happiness gurus, therapists, coaches, and divorced individuals not only in her hometown of Amsterdam (Netherlands) but also across greater Europe and America. From this research, she created a winning combination of tools which ultimately became her trademarked Positive Separation Method, a clear, practical, and empowering approach to navigating separation with a happy future as a goal.

Eveline’s full method can be found in her upcoming book, *Happy Again! The Art of Positive Separation* (October 2018).

**Learn more about Eveline and the Positive Separation Method at [www.PositiveSeparation.com](http://www.PositiveSeparation.com).**

