

The KEY to transforming divorce

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SUMMARY

The speaker emphasizes that the most significant lesson learned from their divorce is the importance of how a parent processes and reframes the experience. Their personal transformation and empowerment can profoundly influence their children's perception of divorce, regardless of external circumstances.

- *The way a parent handles divorce is crucial for their children's well-being.*
- *Personal empowerment and reframing the experience can lead to positive outcomes.*
- *Children absorb the attitudes and emotions of their parents during a divorce.*
- *It's essential for parents to focus on their own transformation over time.*
- *Cultural perceptions of divorce are less important than individual parental responses.*
- *One empowered parent can significantly impact their children's lives.*
- *The journey of healing and growth is a gradual process.*
- *Children are open to embracing new beginnings alongside their empowered parent.*

want to know the biggest lesson that I learned through my divorce hands down it's this how I or You the parent deals with the divorce how you alchemize it how you reframe it how you allow it to transform you how you interpret it makes all the difference it's a GameChanger believe it or not no matter what culture says about divorce it's how you the parent handles it in your own personal life even if your co-parent even if your

ex is just messing it all up it doesn't matter if you hold strong and you stand solid and empowered resplendant luminous joyful worthy and you make sense out of it for yourself not immediately but slowly and surely your children will begin to imbibe that message themselves on this week's episode of the podcast I am helping two parents to understand how they can transform form the meaning of

divorce in their own Liv so make sure you follow it type the word follow we will send it to you I always tell parents that it all depends on you one parent to make a difference in your children's lives it doesn't matter what culture says it doesn't matter what your ex does it doesn't matter what your extended family does if you are empowered through the divorce if you transform yourself your children will follow suit your children are ready to

embrace the next Journey with you