

# **9 Tips to Help You Stand Firm When Your World Is Falling Apart**

Kathy Collins

A large, bare tree stands in the center of the frame, its intricate branches silhouetted against a bright, hazy sunset or sunrise. The sun is positioned directly behind the tree, creating a strong backlighting effect. In the background, a house is visible on the left side, and a line of trees is on the right. The overall atmosphere is serene and contemplative.

You know that feeling when your world has been shaken by the cruel sting of divorce. Your head starts spinning, you are in disbelief, you are in shock. Everything is just a blur. Darkness overshadows you. It is nothing but a dark, dark night. It appears that there is no light at the end of the tunnel. The nights seem to grow longer, and longer. Sleep evades you, and sadness looms. No matter how hard you try to hold things together, everything seems to unravel and spiral out of your control. The questions start to flow. "Why is this happening to me?" "When will this pain stop?" "Will I ever be able to move forward with my life?" "Will I be able to love again?" You grow silent, waiting, waiting, waiting in the dark for the answer.

I too, know what it is to wait in that darkness. From my own experiences, I can reassure you that the pain does not last forever. I am encouraging you today that this too shall pass. There are things you can do to help you cope, reduce the stress, and pull your life together. As you decide to walk through your dark night, here are a few tips to help you on your journey.

### Find Your Spiritual Side

As you get ready to walk, now is the best time to discover your spiritual side. This is your moment to find out more about what speaks to you. It might be just simply sitting quietly out in nature and reflecting on its beauty and mystery. Watch a beautiful sunset. See the wind whispering through the trees and feel the cool breeze on your cheek. Examine yourself. Find the power within you. Identify your priorities. If your eyes get teary, it is ok, be vulnerable. Accept your tears. Cry or howl if you must. Let it all out. Express your pain and frustration. Do not repress your anger and sadness. Face your fear. Tapping into your spiritual side is an instrument to practice when your life is falling apart, and you are trying to bring back your mind to positivity. It will assist you to rewire your mind and make you mentally and spiritually stronger over time.

Remember God provides us with a lot of tools to survive, but none can really compare to the ability of communicating with Him in prayer. Prayer is actually not just your most valuable tools; it can likewise be your most exceptional asset. In this life of trials and difficulties, it is quite hard for people to remain unshakeable. Things are becoming tougher, and without a particular source of strength, you may not be able to survive in this life. Because God loves all His children, He equips people with a valuable tool that they can use to become stronger individuals – Prayer. Prayer is one of keyways for you to communicate with Him and approach Him. It is an important vehicle for a daily conversation with God. The significance of daily communication with God through prayer cannot be overestimated. Now, for you to fully understand its value, you have to take a closer look at its real essence, and the importance of keeping up with prayer.

Every individual has an inner voice; all you have to do is to learn listening to it to be able to be led by it. If you continue to listen to it, you can start living a life that is true and fulfilling.

One of the greatest secrets of staying in tune with your inner voice and understanding its messages is actually having a heart that is filled with love and gratitude. Open your heart, open it with great gratitude, and you will see that your inner voice will even become louder and clearer.

### Learn to Practice Gratitude.

When your life is falling apart, it is so easy to stare into the fog, see nothing worthwhile and focus more on the pain and the negative emotions. But today, I am encouraging you to focus on the good things that is going on in your life right NOW. Create a gratitude list or journal. Take a few minutes each day and journal your appreciation of your blessings.

Let us stop right here for a moment.....

- Close your eyes.
- Take a deep breath.
- Focus on the air filling your lungs.
- Listen to your breath as you exhale.
- With your eyes still closed. Now notice what you hear around you.
- What do you smell?
- What emotions are you feeling as you notice?
- What can you feel at this moment with your body?
- Open your eyes.
- Right NOW, what are you grateful for?

You now have something to be grateful for, you are breathing. You can see, you are reading this e-book, you can understand it, and YES you are alive. Amidst your dark night, you still have so many things going on for you. And these are the things that will help you to get through the pain.

### Change Your Mindset. Read the Great Book.

With the challenges and difficulties that most people experience in life, it is quite harder to avoid having negative feelings and thoughts in this life. It is not easy to shift your mind into positivity if things around you are becoming even more difficult and tougher. However, you have to realize that if you want to end your sufferings, you need to make an action, and it starts with the way you think about life. There are many positive exercises that you can actually do to develop your positive mental attitude, and it first begins with what you think. If you always think that “you cannot”, then you are trying to convince yourself that it is indeed true.

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Think positive and use words of affirmations towards yourself and towards life. You need to push out all the negative feelings that you have in you. Do not let those negative feelings like doubt, anxiety, fear, and the likes overwhelm you. Always focus on the positive side of life. You need to bear in mind that in every difficult situation, there is always something better you can get. Learn to recognize those things. Always think about the positive things in life. Another thing that you can do is to use words that induce strength, power and success. Fill your mind with words that will make you stronger and feel happier. Changing your mindset about being positive can help you experience a more fulfilling and promising life you always want. Be positive and you will also attract great things in your life.

Keep in mind that it is only your thoughts that can prevent you from fulfilling your goals and such thoughts can always be altered. This is a valuable process that will change not only the way you view life, but also the overall quality of your life.

That is why, reading the Great Book – the Bible can alter your thoughts and mindset. You can also put yourself in another person's story from the Bible which can give you a sense of calm and peace. As you read, I encourage you to face the pain, discomfort, and uncertainty instead of avoiding it. The words you read can help you to transition your mind into the world of words that will help you to gain a new perspective, change your approach, and pick yourself back up.



### The Pain is Temporary.

It is very important for you to acknowledge what is happening NOW and remind yourself that it will NOT LAST FOREVER. Remember the pain you are feeling is not “bad” but a valid experience you are having. Listen to your pain. Face your fear. It will help you to ride out your storm. You will make it through. Acknowledging your pain and believing that it is temporary will help ease the anxiety of not knowing exactly when but knowing that it is not forever. Now, I ask you to start imagining what you want your life to look like after the dark night is over. This will give you something to focus on, which will help you to move forward. Remember, when you can start dreaming about your new beginning through an empowered lens and envision what you may need to do now to work towards your new YOU, you will have a much better feeling deep within you. Seeing your new life in the future can help you rebuild your life; give you hope and a sense of purpose.



### Focus on What You CAN Control.

When your life is falling apart, one of things that you want more than anything else is to have control. You want the pain to stop. You want to go back to how things were before.

Unfortunately, you cannot. The only thing you can control is YOU. You still have these moments. You have life. Part of walking through your pain is focusing on what is in your control. Think about it, you never choose to lose your spouse, or have your world shaken. You may ask, "why am I going through all this?" I know it is an odd question to asked when these things are forced upon you. You might not know now, BUT you can create your "WHY" of what it is you want and HOW you would want to walk through your dark night. Be strong, you are still here to do those silly dance moves, to watch the sunset, to walk on the beach, to inspire those around you who are suffering and show others what love is and how to find happiness in their pain.

### Be kind to yourself.

Let me ask you, would you be unkind to your mother, if her life is fallen apart? No, you would not. So, why would you be so hard on yourself? Be kind and gentle with yourself as you go through these tough times. Reduce your workload and avoid people and situations that drain you. Eat well and get some exercise. A massage wouldn't be a bad idea, either. Remember, you are not the only one struggling with a life that is falling apart. You are not alone. God is with you! Allow yourself time and space to walk through your pain and your hurt. Try and tackle your life moment by moment, and this will help you to put yourself back together again.

### Press Through your Roller Coaster Emotions.

You will have good days and bad days. You will spike up, fall down, and then get up again. This is life and you need to be ready for it or it will try to keep you in the low spots. Take advantage of the high times when you feel more like yourself, when you feel happy and calm, this is good, and you should enjoy it.

Hold onto your spirituality, as you ride those roller coaster emotions. It is okay for you to feel all these various emotions, whether they are positive or negatives. Do not fight those feelings with denial or criticisms, because you will be finding yourself falling further into more negative emotions on top of what you are currently experiencing. Befriend your fear and stare it in the eyes.

The sorrow and deep sadness you feel right now is very real but remember it will lessen over time. There is a light at the end of the tunnel. Some grief never goes away but it does change over time and lessens in its intensity.

### Take Care of Yourself.

During these painful times, I know it is very tempting to let yourself go because you might be feeling overwhelmed and sad. Get up, take a shower, get dress, and have a bite to eat. This can give you the feeling of climbing the highest mountain. Keep your self-care very simple, brush your teeth, comb your hair, do some laundry. Get your daily routine going as you concentrate on these self-care needs: sleep, nutrition, social connection, and an easy physical exercise. Do not focus on how much but take little steps at a time and be consistent each day. For instance, you can walk 10 to 15 minutes or even do 12 jumping jacks. This daily discipline will strengthen you and assist you in alleviating even a small amount of that terrible pain inside.



### Reach out. Find A Trusted Friend.

As you go through your dark night, you might feel the urge to shut away yourselves, but this is the worst thing to do. Spending too much time alone in isolation can sink you into more darkness or avoidance of life all together. NOW is the time to contact your family, friends or loved ones. Make a call, do a video chat, or send a text message. It is okay to let them know exactly what your needs are. For instant, you might simply just want to sit together in silent or you might want to talk still the “cows come home”, it is okay to say so. It is also normal for you to give yourself the permission to be vulnerable. Ask for help, seek counseling or coaching if necessary and share your feelings. I would like to share a bit of this song with you, “Bridge Over Troubled Water” composed by Simon and sang by Garfunkel:

“Your time has come to shine

All your dreams are on their way

See how they shine

Oh, if you need a friend, I’m sailing right behind.”

Sometimes I know you cannot find the support with family or friends, but all is not loss. You can find that support at your church (if you have one) or through a support group locally or through an online support group or program. You do not have to walk alone. There is always someone inside of you to walk with you.

### Your Next Step.

Life is always changing and none of us can single-handedly put our life back together when our world is shaken. This might be the last thing you might want to do however start building something new. Accept the situation and acknowledge your reality. Rebuilding may be slow. Be patient. Take your eyes off the grief and disaster around you at this point. Dig into your spirituality. Make the choice to do the work on yourself. Commit to make that change and find the inner strength within you to create a NEW BEGINNING. Eat well, exercise consistently, meditate daily, find your spiritual pathway, and help others along your new journey.

May you find inner strength through the Holy Spirit within you. I pray these Bible verses will be a blessing to you and bring you peace.

Isaiah 41:10 New International Version

So do not fear, for I am with you; do not be dismayed, for I am your God.

I will strengthen you and help you; I will uphold you with my righteous right hand.

John 16:22 New International Version

So, with you: Now is your time of grief, but I will see you again and you will rejoice, and no one will take away your joy.

John 16:22 New International Version

I can do all this through him who gives me strength.

John 16:22 New International Version

‘He will wipe every tear from their eyes. There will be no more death’ or mourning or crying or pain, for the old order of things has passed away.”

John 16:22 New International Version

The LORD is close to the brokenhearted and saves those who are crushed in spirit.

John 16:22 New International Version

He heals the brokenhearted and binds up their wounds.

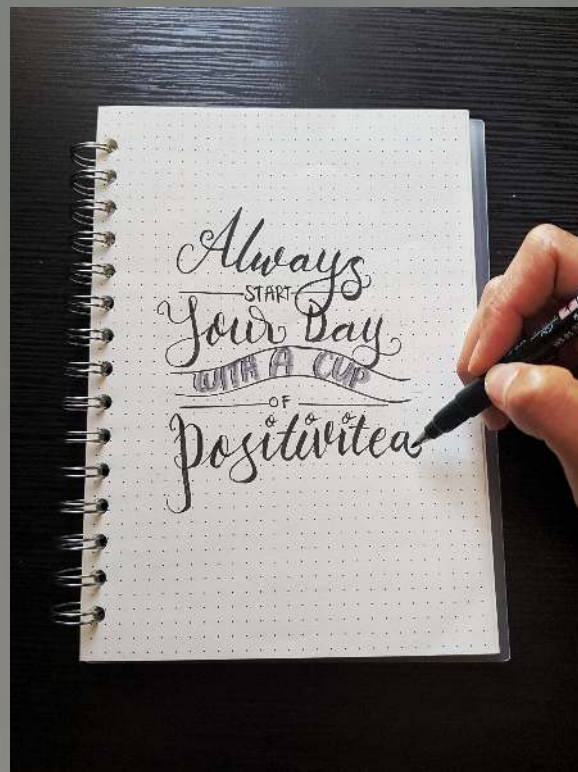
John 16:22 New International Version

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”



Kathy Collins is a Life Mastery Consultant who assists women who are experiencing the sting of divorce by walking alongside them through their pain, help them develop their goals and create a new beginning.

Divorce is not easy or fun and you can make it through this time of your life by realizing you WILL make it! Also, honor yourself and listen to your heart! Your true purpose and passions are waiting to be rediscovered within you! When you have discovered the "gold nugget" you already are, you will start to live your life with more ease and enjoy the feeling of peace. "You are truly free!"



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