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KEYS TO ACCEPTING A NEW IDENTITY

1. Don't keep living in the role of the old identity. The longer you do this, the longer you will block the potential for new growth.
2. Create "new experiences in living" for yourself. It's easy to live and relive your old experiences.
3. Don't let other people superimpose an identity upon you. It's sometimes easier to become what we really want to be.
4. Learn all you can about your new identity and how to live it -- being single; being a single parent; being a weekend parent; being alone; being resourceful, being independent; becoming a new person.
5. Realize that you are a unique, unrepeatable miracle of God. Developing a relationship with God gives foundation to your new identity.
6. Know that you have the freedom to fail. We live with our humanity and that humanity causes us to make mistakes.

From: Growing Through Divorce

By: Jim Smoke

Read by Ken Haystead

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