

Howard Parsons is a dynamic and inspiring transformational coach. He has facilitated training seminars throughout Canada, the U.S.A. and the United Kingdom. As an executive for a multi-national company, Howard played a key role leading corporate change initiatives. He brings those same skills to Moving On Through Divorce.

For the past twenty years he has worked with over 7,000 clients, bringing powerful life-changing workshops to men and women in the midst of a life transition.

His intention is to bring hope and inspiration to men and women seeking a deeper meaning in their life. He is the popular on-line author of Hopeful Notes from Howiej, original inspiring life quotes to live by. he will challenge you to make the changes necessary for you to create the life you were meant to live and to Move On.

Kerry Parsons is a creative and inspired life coach with over twenty-five years' experience designing and facilitating workshops that support and guide people through times of change.

Known as The Soulful Coach for her ability to guide people through life-altering shifts, Kerry's work earned her the Calgary Woman of Vision Award.

She is the founder of the Centre for Inspired Living, a teaching/learning community for people dedicated to making a difference and the creator of the Moving On, Odyssey and Feminine Soul Power Programs. She has recently launched The Shift Project ... a collaborative, co-creative community of men and women dedicated to personal and planetary transformation.

Kerry and Howard have been on a continuously deepening journey of love in their twenty-five years of marriage.

Moving On Through Divorce

Contrary to popular opinion, **time does not heal**. It doesn't matter whether the ending happened a month, a year, or a decade ago, you can stay stuck in the hurt and the anger for a lifetime ... or, you can learn what is necessary for you to Move On. **The choice is up to you.**

How do I let go (ready or not and like it or not)?

What do I do with the anger, sadness, fear and guilt – the feeling of being overwhelmed and the feeling of not feeling anything at all?

How do I pick up the pieces and put my life back together again?

This book will help you find the answers, and more!

Most people who go through the event called DIVORCE call it a traumatic life-changing experience. And there's no handy survival kit to help you piece your life back together again.

Until now!

Moving On Through Divorce is a practical, inspiring and essential guide for anyone struggling through the end of a relationship. Kerry and Howard Parsons do a masterful job of detailing all of the stages with a reassurance that life goes on and can be enjoyed to the fullest.

Les Hewitt
Best-selling Author, *The Power of Focus*

The pain of divorce can be paralyzing, but the powerful book MOVING ON THROUGH DIVORCE provides the **essential formula** for healing the wounds, letting go of the hurt and finding freedom and peace that will push you past the pain.

Annette Stanwick
Award-winning Author
FORGIVENESS: THE MYSTERY AND MIRACLE

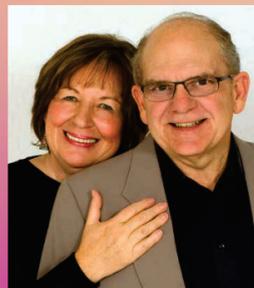
Being able to successfully move through a relationship ending doesn't just happen. Family lawyers are trained to help clients through the legal, financial, child custody issues but we are not trained to help with the emotional issues that come with every relationship breakup.

That is where relationship gurus, Howard and Kerry Parsons come in.

With over 7,000 clients to date, they know what they are talking about. Their expertise is crammed into Moving On Through Divorce.

That is why every one of my clients receives a copy of this book.

Doug Moe QC, Moe Hannah LLP



Kerry and Howard Parsons are life coaches and have been life partners for over twenty-five years. In Moving On Through Divorce they bring their life-changing program of hope and inspiration.

They make their home in Calgary, Alberta, Canada.

\$19.95



Moving On Through Divorce

Parsons

Moving On Through Divorce



**Five Steps to Heal your
Heart and Rebuild your Life**

**Howard Parsons
Kerry Parsons**

No matter how it ends, the loss of a love relationship is traumatic. Some endings come right of the blue. It's like being hit by a lightning bolt – you never saw it coming. Other endings are slow and subtle and then bam! – your relationship is over and you wonder what happened. Then there are the on again/off again endings that wear you down and wear you out.

But ready or not, and like it or not, your relationship is over and you don't know what to do.

For some of you, you aren't sure you are ready to begin. Others just want it to be over. Most of you are afraid of the anger, sadness, fear and guilt that will undoubtedly surface as you ride the emotional roller coaster called Divorce.

Moving On Through Divorce will help you navigate through the emotional roller coaster. Most importantly, it will help you Move On.

You can stay stuck in the anger and the hurt and the resentment for a lifetime or you can learn how to design and live the life you have always dreamed of.

The choice is up to you.

The Journey of Healing

The journey of healing is one to be taken by You for You.

You might think this is a selfish thing to do. That is a message from the past. Many people grew up being told that what others need and want is more important than what they want. They learned to put others' needs ahead of their own.

Those voices of the past will need to be put to rest if you are to move forward. You will also need to take responsibility for every part of your life – your past, the present and your future.

Jane's Story

Jane was in a twenty-two year marriage in which she entrusted all the finances to her husband. Her role had developed into taking care of the children and being the family social organizer. When the marriage ended she had no idea how to manage money and was ill-prepared to enter the financial negotiations that would be required if she was ever to be independent.

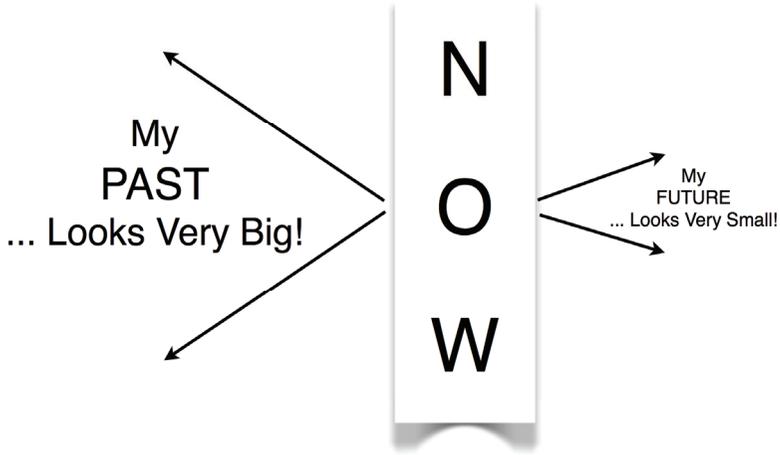
As a result she held out hope that he would come back. She thought there must be something she could do to change his mind.

Procrastination kept Jane in a state of denial. Denial kept her in a place of inertia.

The day the divorce papers arrived was the day she had to face the inevitable – the relationship was over. Jane felt the hurt deeply but at that moment she understood that she had to take control of every aspect of her life.

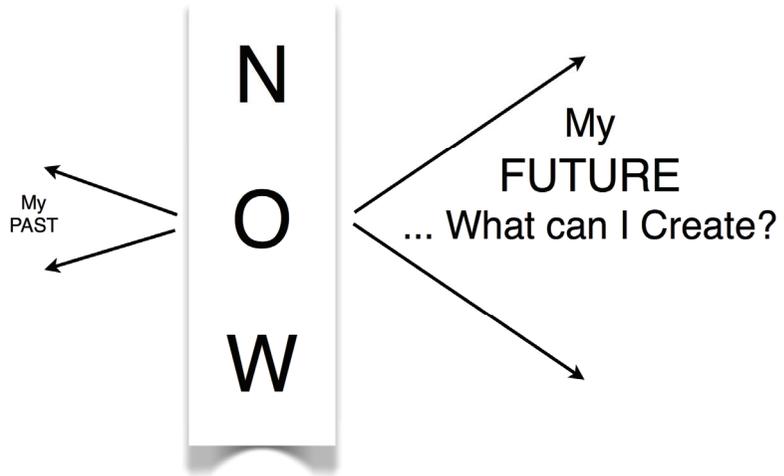
Eventually, you too must come to the realization that the relationship, as you have known it, is over and that you must take control of your life. Even though you might still have commitments and shared responsibilities, the way you move forward is now entirely up to you. It may seem difficult to enact, but now is the time to choose, to heal and to **Move On**.

How Your Life Looks Now



- ❖ You experience the past as big, valuable and important. This has been your life.
- ❖ Financial/Legal/Parenting issues are dealt with from the past if no healing has been done.
- ❖ At the moment you think this is what your life looks like.
- ❖ Leaving the past behind will mean you/your contribution didn't/doesn't matter.

How Your Life Will Look



- ❖ The past becomes small as I *Move On*.
- ❖ My future is filled with the possibilities of my new life.
- ❖ My future is up to me. This turn in the road gives me the chance to re-discover myself in so many ways.

Healing the Past

As you prepare to *Move On* you will start to see that there are several resolution processes going on at the same time. You might still be in the legal/financial resolution process. If you have children, you are most certainly in some kind of custodial/parenting resolution process. If the house hasn't been sold and the possessions haven't been divided, you are probably still in the process of determining who will live where and who will get what.

When the legal/financial resolution is attempted on top of unresolved emotional issues, your thinking will be skewed. This

Denial, Anger, Sorrow, Letting Go and Acceptance, are shown here as if they are a linear process. Indeed, the *Moving On* Process often, although not always, seems to follow this process.

You might feel that there is nothing linear about the process at all – that you are jumping all over the place. This is normal. It's important to remember though that *Moving On* is a process; it has a beginning, middle and an end.

The ending of a relationship usually brings up the question of “What happened?” This examination of self, and the relationship which continues throughout the *Moving On* process, can offer valuable information about you and how you have learned to operate in a relationship.

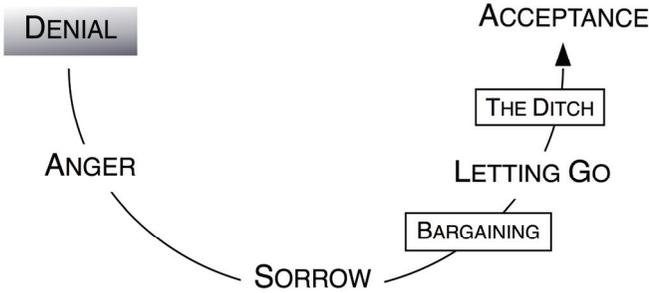
As a child you learned how to process losses – the death of a family pet, a move to a new neighbourhood, the loss of trust or sense of security if you were abused or neglected. The likelihood is that you will cope with the losses that come with a relationship breakup in exactly the same way you learned to cope with those childhood losses.

It can be no other way unless and until you find a more constructive and effective way to accept and *Move On*.

We outline the stages of *Moving On* so you will have an idea what the journey looks like and so you will be able to place yourself at whatever stage you see yourself at any particular time.

Take time now to look at the *Moving On* diagram and mark an X where you see yourself on this journey. If you are at the beginning you may see yourself in Denial or if you are part way into your journey you may see yourself at Letting Go. There is no right or wrong answer. The important thing is to know where you are.

Denial



Most of us would like to get through the process of *Moving On* as quickly as possible. People around us would like us to as well. In fact, at least one friend has probably said, “Just get over him (or her).”

However, as with any trauma, there are stages to work through. The first stage is Denial or the “It’s Not Happening to Me” stage. Denial is much like the shock that follows a traumatic physical injury. Your thinking self goes into protection mode and shuts down the reality of what has just happened. When a relationship ends, the same thing happens.

Thank goodness for Denial.

For no matter how it ends, a relationship ending is traumatic. Some endings come right out of the blue. It’s like getting hit by a lightning bolt – you never saw it coming. Other endings are slow and subtle and then – bam! – your relationship is over and you wonder what happened. Then there are the on again/off again endings that wear you down and wear you out.

Denial protects us from the trauma of these endings. Yet, even when the endings are anticipated, initiated or precipitated, we are catapulted into change. Change means loss and most of us don’t do loss well. Life teaches us to acquire. Get a job. Get married. Get a house. When we experience loss – ready or not and like it or not – we are forced to deal with an unfamiliar emotional grieving process for which most of us are unprepared.

Denial takes place early in the relationship-ending process. You might be in shock, not able to fully accept the situation. You might be waiting for something to change so everything can go back to normal. There are ways that denial serves us. In the face of a trauma or a tragedy – and the ending of a significant love relationship has elements of both – denial buys you time to come to terms with what’s happening. It is a shut down in your emotional breaker panel that, like the shock stage after a physical injury, takes the charge off ... for awhile.

Denial helps in that it gives you a way to cope. Since you are not admitting to the ending of your relationship, you can postpone decisions, put off hiring a lawyer, avoid telling your friends ... until you are ready. With all the upheaval of a relationship ending, denial helps keep things together so you don’t fall apart.

Signs of Denial

How do you know you are in the Denial Stage? Listen to what you are saying to yourself and to others from these examples:

- ❖ It’s not over.
- ❖ We’re just going through a rough time.
- ❖ He/She will come to his/her senses.
- ❖ He/She is having a midlife crisis and just going through a phase.
- ❖ I can fix it.
- ❖ I can change. He/She will change.
- ❖ I’ll just wait. He/She will be back.
- ❖ I’m fine.
- ❖ I’d rather be alone.
- ❖ I don’t care ... I didn’t have a good marriage anyway.

Denial can hinder your journey if you stay there too long. If you are in denial, how can you ask for help? It is difficult to help someone who says, “I’m fine.” Why? Because they do not acknowledge a problem exists, or else they dismiss the problem in their relationship as a temporary one that will soon be corrected.

When you are stuck in denial, you are not available to recognize options. The best way to *Move On* is to acknowledge what is happening and start to plan your life.

Laurel’s Story

Laurel was one of those people who refused to accept that her marriage was over. Her husband had moved out of the house and in with another woman. He declared that he no longer loved Laurel and that he wanted a divorce.

Laurel, on the other hand, continued to hold out hope for her marriage since she saw her husband at least three times a week and he was always polite and respectful.

Denial kept her stuck for months while she waited for him to ‘regain his senses’. She kept the breakup a secret and did not tell her friends or co-workers. There was no space to consider her feelings about the ending nor did she have any thoughts about Moving On with her life because she was in denial.

Even after they had started the financial resolution process, Laurel would often reflect on the good times they had and that it might get back to the old way someday.

Cover-ups and Getaways

Denial often takes the form of what we call Cover-ups and Getaways. “If I don’t admit that it’s happening then I won’t have to deal with it,” or “It will just go away.” Most commonly, people resort to using Cover-ups, such as alcohol, food or drugs. Others use Getaways like work, vacations, new relationships or keeping

Notes re Sample Book Projects

Moving On

This was a complete redesign of a book that had previously been self-published by the author.

My role was to completely redesign the page payout, fonts, headers, etc. and to create new interior graphics. I also did the copy editing and made numerous suggestions for improved appearance, clarity and presentation. I supervised the modification of the cover to add French flaps.

I was responsible for preparing and submitting the final print files to the local printer.

Take a Hike

This was a new book that I created from the author's original raw WORD files and photo archives. I did the book design, page layout, fonts & headers, etc. I did all of the editing. I registered the author with the National Library of Canada and obtained their ISBN. One of my staff created the cover under my direction.

I prepared and submitted the final print files to the internationally recognized printer and handled liaison during the production.

This book was sold through local tourist shops and visitor bureaus and is now in its second printing.

Children's Fiction Writing Award Anthology 2011

I have done the book design, page layout etc. for the past 3 years. I took the original, pre-edited WORD files from the 6 winners, added the bios, the photos, scanned and inserted the artwork, did the page design, headers & footers, etc.

One of my staff created the cover design from an original art.

I prepared and submitted the final print files to the local printer and handled liaison during the production.

The book itself is not "published" as such – copies are restricted to the participants and their families, the members of the editorial committee, and myself.

Breaking the Silence

This book was created as a collateral for professional training workshops delivered by the author. The original manuscript was a combination of WORD documents, holograph notes, extracts from other publications by the same author, photographs and sketches.

I did the book design, page layout, fonts & headers, etc. I created many of the illustrations, embedded the photos and other artwork, did all of the editing, designed the cover and registered the book with the National Library of Canada.

I did all of the printing: the binding was done by a trade bindery.

Riding the Wave

This book started out as a simple workbook, coil bound, 8 ½ x 11 format. I did a complete redesign and reformatting. I designed the cover using graphic elements from several sources.

I printed the inside sections. Covers were printed and laminated by a local specialist printer who also did the binding.