

# The 3 Myths of *Parenting* After Divorce

that hold you back from parenting with purpose, confidence + love

## Myth #1 Divorced Families are Broken

Believing this myth, consciously or unconsciously, automatically creates resistance to healing and growth. It is not the divorce but how we think about the divorce that creates our feelings. If we believe divorce has broken us then we will look for all the ways it has, which inhibits healing. This energy is what impacts our family...not the divorce.

When we learn to separate the facts of the circumstance from the (many, many) thoughts we have about the circumstance, then we can choose what we want to believe. We can learn how to own every single thought we have; and tell our story in a way that serves us rather than punishes us.

*What if you could believe anything you wanted about your divorce?*

*What if opening up to a new way of thinking - about your divorce, your kids, your ex - could give you your power back?*

Let's look at the story you are believing about divorce + your family and how it is shaping your experience.

1. Write down your story of your divorce and what happened, in your own words?

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2. Now go back and circle the real, hard facts that everyone could agree on. Notice how the non-circled sentences are your perspective and opinion.

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3. Which thought do you think most about your circumstance of being a divorced parent?

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4. What is the upside to believing this thought?

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5. What would be better for you if this thought were not an option to think anymore?

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6. What would you think instead?

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7. What would change if you believed a new thought more of the time?

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## Myth #2

### Divorce Makes You Less of a Parent

Many parents feel that somehow, since they are not present every day that they are then less of a parent. The truth is you are still 100% the parent and you always have a choice in how you show up.

After divorce, it is easy to make the circumstance or the actions of others mean something negative about us. That we aren't enough or have less control. But this is just your brain's way of trying to "connect the dots" to all of our unanswered questions and the emptiness we feel after divorce. It is simply not true.

The belief that we are not good enough or are less of a parent now, is incredibly harmful, and has absolutely NO positive benefit to thinking it. It only keeps us from showing up as the worthy, loving, strong, whole parent we are.

Let's explore how this belief maybe affecting you and holding you back.

1. In what ways do you believe the thought: I am less of a parent because of the divorce.

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2. How has that belief affected you?

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3. What have you done well as a parent? Where have you shown up as your best self?

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4. What would change for you if you believed that you have always been good enough, worthy and loved, married or not?

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5. Try opening up to the belief that even with your imperfections and even divorced, that you are the perfect mom for your children, exactly as you are. What does that feel like? Does it feel believable? Why or why not?

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## Myth #3 (Co-) Parenting is About the Kids

When we put all of the focus on our kids (or our ex), we are actually putting all of our focus on the person(s) we cannot change. We are giving away our power. The truth is that we cannot change or control other people. As much as we might try, it is not possible period. Instead, what if we shift the focus from our kids or our ex to parent ourselves in light of our kids or our ex's behavior.

### "Parenting ourselves" is all about...

Becoming aware of what is true, not just the story we tell

Taking full responsibility for our own actions, own feelings and own thoughts

Not blindly reacting but consciously responding

This is (co-)parenting in a purposeful, conscious way.

Let's look at how you are showing up today, without judgement, and where you do have control.

1. Are you setting up your environment in a manner that promotes harmony or disharmony?

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2. Who are you blaming for the problems you're facing?

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3. What are you doing or not doing that leads your kids to behave in a particular way?

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4. What are you doing or not doing that leads your ex to behave in a particular way?

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5. What do you wish you had felt as a child growing up?

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6. What do you need to believe to show up as the best version of you?

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7. What is one thing you could do right now to be that woman?

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*mikki  
gardner*

*Hi -*

I'm Mikki Gardner, and I'm glad to be here with you. Not too long ago I was in the same spot as you: emotionally exhausted, confused and stuck.

After my divorce, my life was a mess and I felt out of control as a parent. But all that changed when I found the work that I now teach my clients. It has made ALL the difference in healing my heart, my mind and my family. It has allowed me to embrace my life and show up as the strong, loving mom I want to be. It is my honor to share this life changing work with others every day.

Click the button below to schedule a free 30 minute session with me where we will dive deeper into what you are struggling with most as a mom, and find what is available to you right now to empower yourself.

*You are not alone.*

**I am here for you.**

**SCHEDULE A CALL**