

Going Solo Again: Bold New Beginnings



 By Cynthia MacGregor for Hope After Divorce

Ah...we're moving into a new year, and don't we all love new beginnings? It feels like a fresh start, a new chance, a do-over. It feels like an opportunity to "get it right this time." The reality is that we can make a new beginning, a fresh start, *any* time. We don't need a special date marked in red on the calendar or a month that we know is at the head of a whole fresh year.

I've never believed in New Year's resolutions, but that doesn't mean I'm against making a fresh start. I just don't confine such activities to the first month of the calendar year. For instance, the beginning of spring is a time of rebirth. Your birthday is always a good day to re-evaluate your life and see what needs re-calibrating. In truth, *any* time is a good time to begin anew.

Related Link: [Finding Yourself Again](#)

The point of this column, then, is to advise you *not* to limit your new beginnings to the start of the new year. Now, I am not telling you not to make a fresh start now. I am just telling you that, if your life is not satisfactory or it feels like things have grown stale, *any* time is a good time to take matters in your own hands and *do something about it*.

You did that when you got divorced, assuming you were the one who initiated the split. Your marriage was – for whatever reason – not what you wanted it to be. And instead of "putting up with it," you did something about it. You got divorced – a bold step, especially if it also meant that you would be

raising your kids pretty much single-handedly from here on out.

Josh Brolin and Diane Lane are one A-list couple who recently broke up. They were introduced in 2002 by Brolin's stepmother, Barbra Streisand, and the two married in 2004. After being married for eight years, they announced their split last February. Sources reported them stating, "This was a hard decision for both of them to make; the relationship just ran its course."

Related Link: [Josh Brolin and Diane Lane Are Officially Divorced](#)

Maybe now you're finding that being a solo, like Brolin and Lane, is a tougher gig than you anticipated. What you shouldn't do is find the first available unmarried male and hitch up with him just so you'll have help with the kids. Does the phrase "out of the frying pan and into the fire" resonate with you?

The same is true in other areas of your life too. Don't assume that any change is automatically a change for the better. Sometimes it is; sometimes it isn't. Maybe the change resolves one problem or set of problems but dumps a whole different problem or set into your lap and your life instead.

What are you unhappy with in your life right now? Is your income too low even with the child support money? What can you do about it? Can you switch jobs? Do you want to go back to school and study for a whole new career that pays better? Or do you want to approach your employer about a raise?

Do you see too little of your kids because you work eight hours a day and also have to figure in commuting time? Is it time to think of a job at which you can telecommute from home? Maybe it's time to be really bold and start a business of your own from home.

Is your home unsatisfactory for whatever reason: too small, too difficult to maintain, dicey neighborhood, inconvenient location, or simply too many memories of when you lived there with your former husband? It may be time to move to a different place – even a rental house or apartment where the landlord or building super is responsible for repairs and upkeep and all that falls on your shoulders is housecleaning. Or a large house you can share with another single mom who can help you with childcare, cooking, housecleaning, and expenses. Don't assume that, just because you're living now in a single-family dwelling that you own, you should confine your search for a new home only to another single-family dwelling you own. Be bold! What other arrangement would work better for you?

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Are you dating a man you know you have no future with, just so you have “someone” in your life? Sure, that type of situation offers you companionship and perhaps other advantages as well. (Does he help with the kids? Fix things around the house for you? Make himself useful in other ways?) But if you don't love him – or even if you do, but you realize he's not your best choice in a life partner – now's as good a time as any to end the relationship. If you don't, it will be harder to meet your Mr. Right.

It's the start of a new year and a good time for new beginnings – but remember, as 2014 unfolds for you, that *any* time is a good time for new beginnings. Whenever you aren't happy with the status quo, stop and consider just what you could do to improve the situation at hand. Think creatively. Think outside the box. Be bold. And make the best of this year all through the year!

For more information about Hope After Divorce, click [here](#).




Cynthia MacGregor is a multi-published author. She has over 100 books to her credit. They include "After Your Divorce," "Divorce Helpbook for Kids," "Divorce Helpbook for Teens," "Solo Parenting," "'Step' This Way," and others. Forthcoming books include "The One-Parent Family," "Why Are Mommy and Daddy Getting Divorced," and "Daddy Doesn't Live Here Anymore." She hosted and produced the TV show "Solo Parenting," which was broadcast in South

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Josh Brolin and Diane Lane Are Officially Divorced



 By April Littleton

According to [People](#), Josh Brolin and Diane Lane have finalized their divorce. The once-happy couple separated earlier this. Los Angeles County Superior Court documents filed Nov. 27 made the split official. Brolin and Lane married in 2004 during a ceremony at a central California ranch.

How do you move on after a divorce?

Cupid's Advice:

You're finally divorced and now you're wondering if you'll ever be able to move on and be happy again. Divorce isn't easy. When it finally hits you that you will no longer be waking up to the same person in the morning anymore, you might hit an all-time low. However, this feeling won't last forever. Cupid is here to help:

1. Time: You'll need to give yourself the chance to heal and the only way to do that is by giving yourself the necessary time. You won't be able to get over the lose of your marriage right away and you shouldn't expect yourself to. Don't worry, you will find yourself feeling better about the situation day-by-day. Don't rush yourself into another relationship. Take this opportunity to get to know yourself all over again.

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2. Support: You won't be able to get through this all on your own. Keep in close contact with your family members and friends. When you're feeling down, they'll be able to lift you back up and make you see all of the positive things you have to look forward to.

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3. Try something new: Take your mind off of the divorce by digging yourself into some new hobbies. You don't have to do anything too extreme (like skydiving), but if you've always wondered what taking a painting class would be like, sign up for the next one at your nearest recreation center.

How did you move on from a divorce? Share your experience below.

Celebrity Breakup: Josh Brolin Hits the Town with the Boys Post-Split With Diane Lane



 By Andrea Surujnauth

Actor Josh Brolin was seen enjoying a guys night out only a few weeks after announcing his split from his wife of eight years, Diane Lane. The group consisted of Brolin's buds Bradley Cooper, Benicio Del Toro and Michael Fassbender, who were all seen hanging out by Skybar at the Mondrian Los Angeles together. An onlooker told [People](#) that Fassbender ordered a round of drinks for the group. The source goes on to add that the guy's night out lasted well past closing time. "They were in good spirits having fun! It looked like a very relaxed night out." the source told *People*. Brolin and Lane's split was said to be mutual by both parties.

What are some ways to help your friend move on after a breakup?

Cupid's Advice:

Your friend just went through a painful breakup and it hurts you to see your buddy hurt. How do you help your friend great through this heart breaking time? Cupid is here with some advice for you:

1. Listen: Listen to your friend talk about their feelings. Let them tell you how hurt they are over the breakup. During this time the most important thing your friend needs is an ear to complain to and a shoulder to cry on. So be there for your

friend and let them talk as much as they want to.

2. Go out: Going out does not necessarily mean going to the club or bar and hunting for a new relationship. Actually, do just the opposite. Take your friend out for the day and go for a walk, go out for lunch, go to the beach, or go to the gym. Your friend needs quality “friends only” time so go out, do some physical activity, and have fun!

3. Do not preach or lecture: This is a huge DONT when trying to help your friend get over a break up. Never say “I told you so”. Your friend already knows that the relationship was a flop and they do not need you to rub it in or pretend to be the all knowing relationship god. Just be there for your friend, don’t make them feel like they should have known better.

How do you help your friends get over breakups? Comment below and let us know!