

Chris Evert Talks Divorce Recovery



After her divorce from pro golfer Greg Norman, tennis champ Chris Evert needed some time to get back on her feet. The two were married for just 15 months before separating last year. Chris Evert told [People](#), “I spent the summer in Aspen healing.” The athlete’s whirlwind romance with Greg Norman left little time for her family. “I was traveling a lot and just not around... My kids are dynamos and needed their mom,” she said, referring to her three sons from a previous marriage. “Things are back to normal, and my sons are my first priority,” she says. **How can you heal after a divorce?**

Cupid’s Advice:

Divorce represents not only the breaking up of a relationship, but the end of life as you know it. Cupid has some tips on how to pick up the pieces after a divorce:

1. Feel your pain: Healing after a divorce doesn't mean putting on a brave face and pretending everything's great. Recognize that you are in pain, and don't ignore your feelings.

2. Take responsibility: Stop blaming your ex for everything that went wrong with your relationship, because it always takes two. You can begin the healing process when you accept responsibility for your own actions.

3. Talk to family and friends: After her divorce, Chris Evert found comfort in spending time with her children again. Lean on friends and family after a breakup to help you cope.