

Branching Out



Providing support and encouragement through the joys and challenges of this transition.

WHAT TO DO:

Whether you are anticipating the empty nest or are in the empty nest, these questions will come up for you:

What should I do about him being disrespectful to me when I ask what time he will be home?

What should I do when I say this is our last Valentine's Day, and I want you to be home for dinner?

What should I do now that I miss her so much since she moved out?

What should I do that he is off to college and doesn't call or email me during the week?

What should I do that my life purpose seems over?

What should I do to begin to learn about who I am now?

What should I do about my relationship with my partner that just seems so empty?

What should I do to fill the space?

What should I do about feeling used?

What should I do about this fatigue I feel every morning?

What should I do about the conflict in me that says I need to let go and I can't right now?

Many questions of wonderment and pain are normal in this major life change. When you hear yourself ask: WHAT SHOULD I DO...first notice what you have been doing when that situation occurs.

Write what you have been doing.

Then write using your opposite writing hand. If you are right handed, now use your left and write with it saying...if I did something new next time in that situation, I would _____.

Example.: Write the following: Every time my son says stop nagging me and asking me so many questions about my homework and when I will be home, I get really mad and tell him to stop yelling at me.

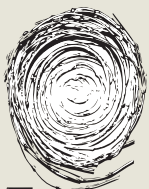
Now with my opposite hand, write; when my son yells at me for nagging him and asking too many questions, I could say _____.

See what you discover about other ways you are comfortable and challenged to try new behaviors. There is no right way when those questions of WHAT SHOULD I DO WHEN _____.

Be your own advisor through this writing exercise and see what comes out on the paper. Let yourself branch out!

Take care,

Natalie



Empty
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