

Creating new happy and healthy memories Part two

While some memories are good to hang on to, others keep us stuck or close us down. Its like recharging rechargeable batteries. After awhile you have got to purchase new batteries and charge them up. A friend of mine told me recently “You’ve got to completely drain your battery and completely recharge it”. He was talking about the battery I purchased for my laptop, of course. But the same applies when you’re newly single. You’ve got to recharge yourself with new memories. Then, and only then will you actually be able to fully be with someone else.

1. Make any new experience about you, not about the other person that you are with. For years while you were with your partner, you may have gotten used to associating certain times with the other person, thus creating lasting memories with them. For years, you thought of yourself as a couple, not as an individual in a relationship. So, now that you’re single, pay attention to your thoughts and feelings when reliving experiences that may be similar to what you’ve lived before. Find something that makes it unique; something that makes it yours. Make it about you and not about ‘us’ or ‘we’. Tap into all of your senses to capture this new moment in your life. Make it significant for you.

2. Create new memories using all of your senses. Visit and experience new places, listen to new music, taste new foods, watch new movies, immerse yourself in ‘new’ activities so that you can begin to create new memories and forget or change the old ones. By creating new memories of you as a single person, you come to accept and enjoy your new life, keeping your memories nice and light, not draining.

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The Solution Lady for personal, self-care, wellness and life solutions. Always helping you find the solutions you need to connect to your life. Linda has lived a life of opportunity and abundance, which has included living and working in various parts of Ontario, including Ottawa, Canada's Capital and now in Gatineau, Quebec. She's worked in the mental health field and education field for several years as well as in law enforcement. Linda reads for

pleasure, dances and sings to express her creative side, knits and sews for peace of mind, walks and bikes for exercise, journals to tap into her spiritual side, to express her joys and vent her frustrations and gets together with friends for fun. She loves to write about life issues and to offer seminars. Find out more about her at www.lindarobert.ca