

Rebuilding Self Esteem

Regardless of the circumstances that led to you to be a single parent, feelings of guilt and failure are common. Dr. Leman offers several suggestions to help parents rebuild their self-esteem.

- Think differently about yourself, your kids, and your situation.
- Step back and look at the big picture. See it from a fresh perspective.
- Talk to the Lord through prayer and Bible study to resolve your feelings of guilt. Take part in activities that are good for you - mentally, emotionally and physically.
- Create or join a babysitting coop, a coalition of parents who take turns babysitting for one another.
- Seek the help of others and allow them to help or advise me.
- Become more involved in your church, Sunday School, or support group ministry.

Create a Healthy Respect for Former Spouse

Reasons Against Developing Healthy Respect

- My ex lied to me and deceived me many times. I don't see how I can trust my ex again - ever.
- My ex is engaged in adultery. How can I possibly respect such a person.
- This is impossible! You're asking for the moon!

Reasons For Developing Healthy Respect

- My kids need to have some type of meaningful relationship with my ex.
- Working on forgiving my ex will help me get rid of anger and depression.
- The Lord has forgiven me of many sins.
- I need to show the same grace as the Lord toward my ex.

To conquer what seems to be an impossible obstacle, single parents can look to the Lord for strength and then begin taking positive steps toward their goals.

Small Steps You Can Take to Begin Putting First Things First in Your Life

1. Avoid making major decisions for a while. Work at keeping your family stable.
2. Develop a family survival plan. Ask your children for input and ideas.
3. Go slowly. Don't resort to quick fixes or rush through this process.
4. Start thinking differently about yourself. Turn your guilt over to the Lord and remember that He has forgiven you. You need to forgive yourself.