

THE 7 PITFALLS OF SINGLE PARENTING

What to Avoid
to Help Your Children
Thrive After Divorce

FREE BONUS –
Teleseminar Registration
Worth \$350
Details Inside

**Best Books
Award
WINNER!**
USA Book News

Carolyn B. Ellis

THE 7 PITFALLS OF SINGLE PARENTING



WHAT TO AVOID TO HELP
YOUR CHILDREN THRIVE
AFTER DIVORCE

CAROLYN B. ELLIS

iUniverse, Inc.
New York Lincoln Shanghai

CONTENTS

ACKNOWLEDGEMENTS.....	xvii
FOREWORD.....	xix
PREFACE	xxi
INTRODUCTION.....	xxiii
My Turning Point.....	xxiv
A New Journey Begins.....	xxv
You Are Not Alone.....	xxvi
The Impact of Divorce on Children	xxvi
Get Yourself a Road Map.....	xxvii
Why Does the World Need Another Divorce Book?	xxviii
How to Use This Book.....	xxix
Chapter Overview.....	xxx
Accountability Check.....	xxx
“Take Action!” Tracker.....	xxx
The Importance of Celebrating Your Success.....	xxx

PART ONE SO NOW YOU’RE A SINGLE PARENT

Chapter One: The Challenges of Being a Single Parent.....	3
Definition of a Single Parent.....	3
Your Journey Will Be Unique to You	4
The Phases of Separating Emotionally	5
Children Go Through a Separation Process Too.....	7

Chapter Two: Where Are You Right Now?..... 8
7 Pitfalls of Single Parenting Self-Assessment Quiz..... 9

**PART TWO
ESTABLISH A STRONG FOUNDATION**

Chapter Three: The THRIVE Principles™ 17
The THRIVE Principles™ 18
THRIVE Is a Mind-set..... 24
You Deserve to Thrive..... 26
Take Action!..... 27

**PART THREE
THE 7 PITFALLS**

Chapter Four: Pitfall #1: Not Having a Big Picture 33
Signs That You're Stuck 34
A Personal Perspective 34
The Impact on Your Children 35
Putting the Pieces of Your Life's Jigsaw Puzzle Back Together 36
Creating a Vision..... 36
Five Components of a Vision 37
The Benefits of Vision..... 39
Harness the Law of Attraction 40
Take Action!..... 41
Chapter Five: Pitfall #2: Getting Hooked by Your Ex-spouse 47
Signs That You're Stuck 48
Your Ex Knows How to Push Your Buttons..... 49
The Cost to Your Children 50

Strategies to Get Unhooked.....	52
Take Action!.....	59
Chapter Six: Pitfall #3: Parenting from Guilt	62
Signs That You're Stuck	63
Guilt Is a Choice.....	63
What You See IS What You Get	64
“Doing” instead of “Being”	65
Getting Rid of Guilt	66
Take Action!.....	68
Chapter Seven: Pitfall #4: Going for the Martyr Medal.....	73
Signs That You're Stuck	73
The Stress of Divorce	74
The Costs of Martyrdom.....	75
Strategies for Single-Parent Self-Care	76
Take Action!.....	80
Chapter Eight: Pitfall #5: Not Putting Your Children First.....	84
Signs That You're Stuck	85
Bad-mouthing or Blaming Your Ex-spouse to Your Children.....	86
Children as Messengers and Spies.....	87
Children as Friends or Confidants.....	90
Children As Bargaining Chips.....	91
Keeping Your Eyes on the Prize: Your Children	91
Take Action!.....	94
Chapter Nine: Pitfall #6: Being Responsible for Your Children's Relationship with Your Ex.....	97
Signs That You're Stuck	98
Two Households, Two Parenting Styles	98

Playing Monkey in the Middle.....	99
Clash of Parenting Styles.....	101
When the Other Parent Is Not Involved with the Children.....	102
Strategies to Step Out.....	102
Take Action!.....	104
Chapter Ten: Pitfall #7: Living in Chaos.....	108
Signs That You're Stuck.....	108
Your Schedule "Hot Spots".....	109
What's Your System?.....	110
No Structure Creates Insecurity.....	111
Logistics Are Complicated.....	112
What's the Schedule?.....	113
Don't Become a Cinderella.....	114
Don't Forget the Discipline.....	115
Creating Clarity from Chaos.....	115
Take Action!.....	118

**PART FOUR
THRIVE AFTER DIVORCE**

Chapter Eleven: Forging the Path Ahead.....	125
Thrive after Divorce—Do It for Your Children.....	126
Thrive after Divorce—Do It for Yourself.....	126
ENDNOTES.....	129
YOUR "TAKE ACTION!" TRACKER.....	133
RECOMMENDED RESOURCES.....	137
7 PITFALLS OF SINGLE PARENTING RESOURCES.....	141
I WOULD LOVE TO HEAR HOW YOU ARE DOING!.....	143

THRIVE AFTER DIVORCE 145
ABOUT THE AUTHOR..... 147
SPECIAL BONUS OFFER 148