

## Blog #2

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The issue of the day for me is divorce. This can be a very ugly thing. Or in my case, a very positive thing, after the pain of it has been worked through. I am blessed to have a healthy relationship with my ex-wife. We never lost the core love that we have for each other. We have known each other since we were Two, living on the same street three doors down from one another, so we have always been a part of each other's lives in some way. Our divorce was extremely unpleasant for everyone involved while it was happening and for about a year and a half after, but, in the end we decided together to be amicable and compromising not just for the kids' sake, but because we still want to be in each other's lives in a positive way. As Friends.

I have seen so many other couples get divorced and it turns into a lifelong war. A war that nobody ever wins. If there are kids involved, they stand to lose the most. Watching parents battle is a nasty affair. They feel like they are pushed to the wayside to avoid fallout. And for the parents themselves its exhausting. It takes a massive amount of energy to keep all of that resentment fueled. Even though they are now on their own, neither ever seems to gain their freedom back, they are still wearing the proverbial ball and chain and it gets heavier with the more time spent trying to shed it to no avail. Its very easy to add weight to someone's ball when there's such a deep history, and so much at stake, and there are a lot of shots to be fired with the years of stockpiled ammunition.

Men are typically the ones who harbor the most resentment when the divorce wasn't their idea. And through my own experience with it, it boils down to one glaring culprit. Our EGO. Our fragile male ego was blasted when we weren't wanted as a partner anymore. We act tough and pissed off and push all the blame onto the other party, attempting to take the heat off of our own sense of failure. We will say almost anything to make it the other persons fault. We can not, at any cost, show that we feel less than the man that we puff ourselves up to be in public. We, as men, put a lot of pressure on ourselves to be the protectors, providers and strength of our families. When we fail at that in any way, we are extremely hard on ourselves internally, but lash out externally because we are supposed to be "tough". I call bullshit. Its ok to not be tough once in a while. Be vulnerable, be honest, be accountable, OWN MY SHIT! It takes a real man to be able to face harsh realities, and in an uncomfortable paradox... surrendering to the icky feelings is what actually allows for the kind of growth needed to become that man that you want to be! You wont have to "Puff up" to be who you think society is telling you to be. You will have gained the humility to achieve true confidence in who you are and what you are and are not capable of. You will be able to say I'm sorry and mean it and be able to fix your mistakes. You cant fix what you

don't own. So gentlemen, if your reading this and it is striking a cord with you, try getting uncomfortable. Try doing the truly noble thing and stop bullshitting. Start owning your shit. Gain your true freedom and let your ex have the same. You both really do deserve it. Life is hard enough. Live and let live and if you have kids, hug em' and love em'. You still the king of the world in their eyes and their mother the queen. Even separated, you are still all family. Act like it. All they want is to see everybody happy. Don't let them see you turn into the traitor.