



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

If you find yourself alone on a Saturday night, but the babysitter is already booked, snuggle up in a comfortable chair at a coffeeshop or bookstore with a good read and make sure you smile at strangers passing by! Just get out!

What steps will I take to enlarge my social scene?

Example: I'm going to ask my friendly neighbor, who has an award-winning garden if she would want to come over and give me some gardening tips.

1. _____
2. _____
3. _____

The Social Scene

A separation or divorce can cause your social circle to be devastated. You may lose friends. As well, you may feel uncomfortable attending the "couples events" where you are the only "un-couple". Friends may helpfully try to set you up with persons that are just.... So wrong for you! This can be discouraging.

Time to vary your social scene. Make new friends. Ask a friendly acquaintance to see a movie with you. Try completely novel activities, try belly dancing or ballroom dancing with a male friend, or alone (the instructor usually reserves a few spots for single women).

" Life is either a daring adventure or nothing."

-Hellen Keller

Tip.

Read your local community paper or bulletins at a local gym for fun and different leisure ideas.



Living Divorced

WomanDivorceSupport.com