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Identity on the other side of divorce - Part 2

Posted by: 0 in *Untagged* on Feb 9, 2011

Identity on the other side of divorce (part 2)

Are you wearing your heart on your sleeve?

Our body language and choices of behaviour displays how we feel inside, but we may not be conscious of it. Other people, including employers, friends, and romantic prospects can read these messages and, judging by what they see and perceive, will treat us accordingly. Being conscious of the messages you send can help in the creation of the person you want to be as an individual on the other side of divorce.

All sorts of feelings are exhibited through the way we look and the way we behave. Take for example a guy "on the rebound". He's easy to read in his sometimes garish attention-getting clothes, loud voice, brash behaviour, and devil-may-care attitude. This is the look of a man who has been emotionally cooped up for a long period of time and is throwing caution to the wind.

On the other side of the coin, emotionally wounded men may walk around with tears in their eyes one minute and lash out the next, becoming psychologically and visually smaller, looking and feeling insignificant with a slumped posture that reads: *I have been beaten*.

In *The Irritable Male Syndrome*, Jed Diamond discusses the unhappiness some men experience that appears to come from the outside but is actually an internal cue. "Sometimes," Diamond writes, "men think the problem is with their partners or families, when it is really about dealing with the larger issue of finding expression of their authentic selves."

Finding out who you really are after a life-altering experience such as divorce is the challenge, and men should not be afraid to take the opportunity to look inside themselves, reinvent and reclaim, and see another version of himself that he decides is right. With time, patience, and confidence, men can reach the goals they set for themselves, live the life they choose, exercise their beautiful authenticity, and celebrate their true selves.

Leah Morigan is a men's image specialist in Toronto. Please visit her website at www.transformyourself.ca

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