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Ask Ursula



Best-selling author and hypnotherapist, Ursula James answers your questions from three perspectives to help you progress on a spiritual, mental and physical level

"I can't let him go"

"My husband of nearly four years left me last August. He had been suffering from severe depression since his brother died two years ago. Within two weeks he had started another relationship with a colleague, and then moved in with her three months later. He now wants a divorce. He says he cares a lot for me, but would like to see me move on. We had such a special love, which I thought would last (he says he did, too). I feel he is heading for a major fall; he is so inexperienced in love, and prefers to be with older partners – I was the oldest with 11 years' difference. I can't seem to accept or understand what has happened, and I don't want to move on because I know he is the one for me. But if I'm not right for him, I want to be able to wish him well. Some days I relish not having him around to answer to, but on others I want to curl up into a ball. My emotions are all over the place. People think I'm coping well, but I'm not."

"Wear your nice clothes, and do not save them for special occasions – this is a special occasion!"

Mind...

Move on

You have had a shock to the system, and it is always difficult to think clearly when things like this happen. First of all, you state that you 'know he is the one for me', and then later on you talk about enjoying 'not having him around to answer to'. It seems to me that if you did have to answer to him, it was not an equal partnership and he is not the one for you. It does come across that you, perhaps, have not had much experience of relationships; this is not about you, this is all about your husband. Nothing you could have done would have been able to change the fact that his brother died, or affect your partner's reaction to this. Sometimes, people try to run away from reality, and in doing so change their lives for the worse.

Everything he is saying should tell you that he has made his decision. Also, keeping you as a 'friend' allows him a fallback position in case it goes wrong. A good friend of mine once told me: "Reheated meat will make you sick, so don't go there". He is hedging his bets and leaving you dangling. Get angry. Move on.

Body...

Stand tall

To get your confidence back, I suggest dancing. Line dancing, ballroom, tango – anything that will get you connected with movement and sound. Music is very healing, and if you do this in a social environment you will meet new people, which will in turn help you gain confidence.

Also, it is time to fake it until you make it. By this I mean stand and walk as if you are proud of your body. Wear your nice clothes, and do not save them for special occasions – this is a special occasion! You are re-inventing yourself, and as such you need to decide what sort of person you are going to be now. Ironically, if you are still friendly with your husband, this may even attract him to you once more. Do not be fooled. Show him what he is missing. Stay strong. Otherwise you may fall back into the old trap, and as soon as the novelty of the 'new you' finishes for your husband, he will probably be off again. Take time to care for your body and your hair, too. Presentation is everything right now, and you will soon start to feel better about yourself when you are treating yourself with more care.

Spirit...

Get emotional

It is time for you to move on, and to do this, you need to grieve for what you feel you have lost, and gain clarity about the situation. Collect the photographs and mementos from your time together (only the ones that are personal to both of you). Go through the photographs and allow yourself to get emotional about what you see. Put the photographs into two groups; the ones you are going to keep, and the ones which you are going to pass back to your husband (or destroy – the choice is yours). That way you will have a set of memories which you are able to look back on in the years ahead, without regret. Oddly enough you may find that you never look at them again, but it is the process of sifting which will help you move on. With the mementos, remove them all from visible sight, and put them in the attic or somewhere where you will not see them. You are obviously a strong woman, and this is what your husband was attracted to. Show your strength now. Remember – if you truly love something, let it go. It is time to move on.