Why It May Be Killing You to Divorce

I see it time and time again. Someone who just can’t move on. This exist in an air of bitterness, anger and resentment. Consciously or unconsciously, they choose to stay in a place that is painful, sad, and unproductive. The most unfortunate result of this brooding is what it does to our bodies.

Research shows that there is a clear connection between our thoughts and behaviors and physical illness and disease. I know it to be true without ever seeing any research. I see it in real life all the time.

I knew of a woman who was devastated by the infidelity of her husband and end of her marriage. She was literally seething with anger that lingered years after the marriage ended. She really became known as miserable because she was just frozen in that moment, lost the majority of her social ties over it. That bitterness and anger was showing up in every aspect of her life.

A couple of years of this behavior and she started having unexplained stomach pains. Ultimately doctors discovered a tumor in her liver and she died shortly thereafter. The liver is the organ that filters out toxins. She had filled her mind and body with toxic thoughts for so long that her liver just gave up.

Of course this connection here seems way too unscientific and can sound like a lot of hogwash but I’ve seen it time and time again. Do yourself a favor, move on! Celebrate the opportunity to have a second chance at life! You get to start over and create whatever you want! Decide who you want to be and who you want to be with. This could be the most important time of your whole life to truly become authentic.

The pain, bitterness, resentment – it’s all real. Feel it. Then let it go. Life is too short.