

CHAPTER

8

Suddenly
Single

IF YOU WAKE UP THE MORNING AFTER YOUR LIFE PARTNER has asked for a divorce, or has left you, and the reality hits you, “I am alone,” you’re suddenly single. If you wake up the morning after you’ve buried your partner-in-life, and the reality hits you, “I am alone,” you’re suddenly single.

At first you concentrate on getting through each day, on finishing a conversation without filling up with tears, on having a meal and caring about what you’re eating. And then one day—at least a few weeks for some, a few months for others—you will suddenly feel an overwhelming desire to change things in your home. You will need to have your home look and feel like who you are now, who you’ve become, at this time of your life. You feel the need to nest again and you intuitively recognize that your home is where you emotionally live. And that it is in every way your refuge.

As you accept your altered situation, your home becomes your focus. If you decide to remain in the home that you once shared with your partner, you might look around and realize that now is the time for you to make some important changes to your home. This is the place where the two of you dreamed, planned, and lived together, and now you’re about to make it a home for only one. You have memories you’re finding hard to shake.

If you move out of your home to a new place, you have different problems to face. If you’ve moved your bed, a favorite chair, a sofa, a table, and a lamp as you try to arrange your furnishings so that the place looks like it’s beginning to feel like home, you discover that where once your furniture fit into your old life, it now looks strange and alone in