Suddenly Single

After 20 years of marriage, one Atlanta woman lost her soul mate to divorce but finally found herself again.

December 4, 2013 As told to Kate Ferguson

When my husband and I were divorced, I was devastated. We knew each other since we were teenagers, and I depended on him for everything. We did a lot of things as a couple, so when we got divorced, it felt like I'd had a death in the family.

At first, I was very withdrawn and I felt very lonely. I missed going out, but I felt happier by myself and didn't want to be around my friends. Most of them had somebody, so I just wanted to be alone. But then I decided to change my life.

The first thing I did was meditate. I looked at what my life was and what I wanted it to be. Then, I wrote those things down. I knew I had to get rid of my baggage. I had to take care of me because when I was married I'd concentrated more on taking care of my husband. My self-esteem had been lost to the divorce, so I needed to change that.

I did this by spending more time with myself and regrouping with friends. I started meeting them for dinner or drinks, and then my social life picked up. Soon I felt I was a new person and finally having a different life.

That's when I became happier and the loneliness started to dissipate.

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