

The Formula for a Positive Outcome

My ex-husband lives in a rental unit on my property and helps with maintenance. He still drives me crazy sometimes. My son wants me to move closer to him in another state. My ex is solitary and barely talks to his kids. He gets a great deal on rent, and I don't know if he could find another place he can afford. I know he's not my responsibility. We've been divorced more than 10 years, but he is getting forgetful, and I am torn about abandoning him. What is the right thing to do?

Have you communicated about any of this with him? Perhaps he has a Plan B in place? Either way, letting him know sooner than later that you are considering a move would be the first right thing to do. Give him the opportunity to consider this change and come up with options.

You are correct: He is not your responsibility. But with so many years of connection, considering his well-being as well as your own is natural and kind. Perhaps you could research possible options for him and share that information.

But before doing any of that, confess your fears and concerns by writing them down. Then take this situation into prayer. Affirm the truth that God knows what each of you needs and how to manifest it. Surrender to the infinite wisdom of Spirit and trust that love, not fear, guides you in your decisions, communication and right outcome.

From that place, pick up your pen again and write down the feelings you want to experience now and in the future. Are they peace, comfort, connection, safety and joy? Once you have clarified what calls to your heart, pray for these things for your ex-husband, every day.

Finally, a surefire way to bring about a positive outcome here is to begin now to do any forgiveness work that has been shelved or denied. Do you hold grievances or resentments toward him? What needs to be forgiven within yourself? Be brave and honest. Clearing out negative energy will make room for the miracles you both deserve. ✨



STEF SWINK, RScP, has been a practitioner since 1999. As protégé and assistant to Louise Hay, she was a frequent ghostwriter for the "Dear Louise" column. Through speaking, spiritual counseling and workshops, she inspires others to create fulfilling lives they love. Connect with her online at StefSwink.com/Ask-Stef-Submission.