

The 3 F Body in Time Model of Divorce Coaching®

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Forgive (from the HEART of the Body and deals with the *PAST* in Time)

1. Always in the background as a possibility
2. Emphasis creates a positive energy and attitude.
3. Permits a finish to this marital chapter of your life story

Forbid (one's own MOUTH of the body and deals with the *PRESENT* in Time).

1. Learn to say no to oneself and the other.
2. Circumvent the negative energy

Forge Forward (maximizes the conscious BRAIN in your body and the *FUTURE* in Time)

1. Partner meetings are business meetings
2. Fumble free agenda.
3. Niceness begets niceness.
4. Healing energy and peace will be created

So lets all work together to facilitate forgiving, forbidding and forward forging -- when possible with a sense of humor. As Billy Crystal and patch Adams have demonstrated, it can be done with other deaths. And it is possible when dealing with the metaphorical death of divorce.

Your Questions:

Dr *Shel* is an Executive, Family and Divorce coach. As the Keep-It-Together Expert, his mission is to lift spirits by restoring hope and peace in families that are struggling. One way he does so is through Psychological Event Planning (P.E.P). He may be reached at 617 731-9174 or ShelMiller@rcn.com

Please look for his article, "Your parent's or mine for the Holidays: The first post honeymoon decision!" in the current issue of Our Town Brookline Magazine