



SUCCESS STORY:
**AFTER TWO DIVORCES,
ELLIOT DISCOVERS WHY HE'S THE
ONE WHO'S HARD TO BE WITH**

After Two Divorces, Elliot Discovers Why He's the One Who's Hard to be With

A Dating After Divorce Success Story

by Dr. Laura Dabney, the Intimacy MD

No one goes into marriage hoping for divorce. We marry for love, not for the betrayal, arguing, guilt and worry that comes with a break-up. Not to mention the cost of lawyers and filings and spousal and child support. It's so awful, why would anyone risk marriage again?

Even worse, what happens when you do go through it all again?

Unfortunately, the risk of divorce actually rises with each marriage. While 50% of all first marriages end in divorce, nearly 80% of third marriages end up there. In other words, we don't get better at relationships, we actually get worse unless we take serious steps to learn from the past.

This is one of the reasons we've had so much success with our [Dating After Divorce](#) coaching services. Nobody wants to go through the pain of divorce, but neither do we have a clear idea of what we need to do differently next time.

Case Study: Elliot

Like so many of my clients, "Elliot" had big ideas and an ability to bring them to life. He was a successful restaurateur and lived a good life. The trouble was, he was also twice divorced and devastated over a recent break-up.

By the time we met, he was nearly convinced that he always picked the wrong women.

The interesting thing about Elliot, however was that he didn't make the mistakes I see so many men make in their relationships. He didn't get involved with women who showed **red flags** like substance or abuse legal and financial trouble, and he did his best to pay attention to the relationship. He wasn't committing to troubled women and he wasn't running away from conflict.

Instead, Elliot was the person women found it hard to be with. He, himself, was a red flag to others.

Coaching changed all that. With guidance, Elliot learned to spot the things he was doing to harm his relationships. He learned that he had a habit of placing blame, saying things like "Your problem is ...", which put his partner on the defensive and ended up in an argument. With coaching, he learned to state his feelings in a way that helped his partner understand him better. He also learned how to listen to what she felt without hearing it as blame.

With coaching, Elliot became much more aware of how his actions and his communication affected his relationships. At one point, he even drafted scripts of how to discuss difficult subjects with his girlfriend so that we could practice them together in order to ensure his real conversations would go more smoothly.

Even better, these new skills changed the dynamic of his relationship for the better and it grew much stronger. Arguments became rare, and what he said once “felt like beating his head against a wall” now felt like a “playlist of the possible.”

No one sets out to get divorced, and Elliot’s story demonstrates just how common it is for people to try so hard, to have such good intentions, and still fail. It also demonstrates the power of insight, that the right information and guidance may be all we need to rewrite our future.



About Dr. Laura Dabney, the Intimacy MD

Relationship stress is no match for Dr. Dabney. Every week, she works with patients in dozens of cities across the United States, helping them break the patterns of past relationships and beat a path to a happier, healthier future. She owns a leading clinical practice in Virginia Beach and has been Board Certified in Psychiatry. Download her latest articles, read real-life case studies and learn more about her offerings at DrLDabney.com.

