

SPLIT HARMONY



**TURN THE “EX-FACTOR”
FROM CHAOS TO COMPASSION**

PETER HOBLER

SPLIT HARMONY

Turn the “Ex-Factor” from Chaos to Compassion

PETER HOBLER



**UNION SQUARE
PUBLISHING**

Published by
Union Square Publishing
301 E. 57th Street, 4th floor
New York, NY 10022
www.unionsquarepublishing.com

Copyright © 2018 by Peter Hobler

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without the written permission of the Publisher, except where permitted by law.

Manufactured in the United States of America, or in the United Kingdom when distributed elsewhere.

Hobler, Peter
Split Harmony: Turn The “Ex-Factor” from Chaos to Compassion
LCCN: 2018946462
ISBN: 978-1-946928-18-4
eBook: 978-1-946928-19-1

Cover design: Joe Potter
Copyediting: Claudia Volkman
Interior design: Claudia Volkman
Photo credits: David McCarthy/www.davidmccarthyphotography.com

www.theex-factor.com

CHAPTER 3

LESSONS LEARNED (THE HARD WAY)

Life's challenges offer the most impactful opportunities to learn and grow. The experience of separation and divorce certainly brings many of these challenges to the forefront. You can learn some of the most valuable life lessons from the personal experiences and interactions with your ex or ex-to-be.

People are conditioned to focus on what they do NOT want. Every time you realize you are focused on what you do not want, use it as an *awareness trigger* to hone in on what you DO want. This will help you to stop, think, and act instead of unknowingly reacting to *subconscious fears* with frustration, anger, or blame. You can learn to use hindsight as a tool to recognize the times you tend to react with anger or disrespect. Be *aware* of your behavior and expect to be treated the same way in return. Strive to treat others the way you want to be treated, no matter the situation—yes, especially with your ex. Remember, it's worth remaining calm and under control for the sake of your children.

In regard to my behavior with my ex-wife, I learned how vitally important it is to maintain *awareness* and *responsibility* to stay calm because this is in the best interest of my daughter. Even when Alie is not present, saying something critical about her mom still puts out a negative energy. It is always better to focus on remaining calm in order not to succumb to the temptation to explode with anger, accuse, blame, or shame.

Split Harmony is all about sharing insights, stories, and experiences to inspire you to open your heart and eyes and to ignite your *awareness* by inspiring you to BE more *aware* of the growth

opportunities behind every challenge. Simplistically put, this boils down to shifting your perspective.

Let me explain by sharing a story I recently heard during a sermon at church. The pastor, Bill, was speaking about a video he saw on Facebook. Someone bumped into a man as he was walking with a very hot cup of coffee, and the man spilled his drink. His immediate inclination was to be upset at the person who had walked into him. Before reacting from his underlying frustration at having someone spill his coffee, he asked himself, *Why did the coffee spill?*

His first judgmental answer: *Someone hadn't been paying attention and bumped into me.* He realized he was blaming the other person.

Then the real reason vividly popped into his head. The coffee had spilled because there was coffee in the cup. This made him think about what was inside of him and how he had almost allowed his frustration to spill out onto the person who had bumped into him. Suddenly he understood that there was so much goodness inside of him, and no matter what happened, his benevolence was what he wanted to spill out and share with others.

Even when something unpleasant happens, you can choose what “spills out.” You can choose to react or to stay calm and continue to be the best version of yourself, the person you were when you and your future wife or husband met and began to get to know each other.

Why would you ever allow your inner fears or darkness to take over your subconscious reactions just because you find yourself in the emotional disarray leading up to or after divorce?

Reflect on what difference it would make if the two of you shared the ultimate goal of striving to work together to consistently make decisions in the best interests of your children. A major irony: this is almost always in your own best interest.

And yes, at times this can be extremely challenging. One of the myriad of personal examples was when my ex decided to buy Alie a car without talking with me. Initially I was pretty upset because I disagreed with how she had handled the situation. Once I shifted my perspective, I became grateful for the fact that she could afford to buy Alie a car. I also happily realized that I would not have to drive

Alie everywhere or figure out when she would want to use my car. I also learned that I do not want to do things this same way. Instead, I would want to reach out and communicate to Kathy or at least share my plans in advance. To me this falls under the realm of respect and is the way I want to be treated in return.

Whether happily married, headed to divorce, or divorced, realize that you cannot control how the other parent chooses to “operate”—you cannot control the choices they make. Idealistically, both parents must set the best possible example for their children. But when just one parent commits to be in control of his or her fear-based emotions, it has a tremendously positive impact on the entire former family unit.

When you absolutely and resolutely commit to consistently work on your own *awareness*, you can begin to perpetually BE your best, most authentic self. This means being present so you can make choices from your heart instead of reacting to any inner turmoil, that frustration you feel when the two of you are butting heads or accusing each other. Parenting by divorced parents should and can be a team effort, and there is much greater potential for a profoundly positive impact on your children.

During the chaos of divorce, parents must mutually work on having heightened *awareness* and following through by taking personal *responsibility* to remain calm and nonreactive. You must put your differences aside and endeavor to work together synergistically in the realm of parenting—again for the emotional and psychological well-being of your kids.

For the benefit of your children, reflect on whether you personally want to strive to be aligned with or antagonistic toward your ex or ex-to-be. Contemplate which choice will have positive ramifications for your kids and which will cause potentially lifelong emotional and psychological damage.

When parents refuse to work together, things can quickly turn into an out-of-control downward spiral. The only individuals who benefit from this tailspin are lawyers. The more you and your ex fight, the more money it costs, and the more you fill the pockets of the divorce attorneys. To top this off, there is less left for your children (if indeed

you have decided to give them anything) or that the two of you could share or give to a worthwhile cause.

With the combination of the poor example the two of you set for your kids and the financial drain and loss over time, you are creating a monstrous type of legacy, one I think no one would want to emulate. Why are so many divorced couples so damn slow to learn from the mistakes others have made before them? Could part of it be that, like so many parents of divorce, you are listening to your naysaying friends who slam your ex and tell you not to trust him or her? Hmm . . . Let me ask you again, “What do you really want for your children?” Understand that when one parent commits to be their best and nonreactive, it helps take your children out of the middle and sets a much better example for them. Inhale slowly, deeply, and then exhale deliberately. Letting go of your anger may seem next to impossible because it has so consumed you, but hopefully not so much when you really think about the benefits of letting go of it for your kids—and for yourself.

For years, I have said that communication is 10 percent what you say and 90 percent how you say it. You can express your frustration and anger while remaining calm. Following through on this creates quite a shift. By changing your own behavior, the other person will not be getting the reaction they expect, and over time they will tend to subconsciously shift their own behavior.

As parents, it is vital to realize that we set the most significant examples for our children, more so than teachers, care providers, friends, extended family members, or anyone else. When you think about this, why would you allow yourself to set the example of being combatively accusatory and distrusting with your children’s other parent? When you realize what kind of example you do NOT want to set for them, you can gain *clarity* for what you DO want for your kids and strive to set the example this requires.

As kids grow up, they can choose how they want to approach and deal with situations themselves. They may do it like their mother, their father, or in their own unique way. When you set an example of *awareness* and personal *responsibility*, your children will pick up on this, and it will serve them in empowering ways for their future.

That is the ultimate goal of this book: to give you the tools, resources, and a systematic and easy-to-follow process to manifest *split harmony* within the home and during the difficult and tumultuous times that often arise when a family decides to separate. You have no greater *responsibility* than that of a parent, and this book will help you live up to that tremendous expectation.

ABOUT THE AUTHOR

Personal Purpose

To Inspire More People Through
Active and Courageous Teaching

Split Harmony Mission

To inspire parents to remove the angst from separation and
divorce for the sake of their children.



Peter Hobler, MBA, is the driving force behind “The Ex-Factor” brand, developer of The 7 Principles of COURAGE, architect of The Vicious Cycle of Subconscious Fear, author of *COURAGE to Find the FIRE Within: Invest in Yourself to Discover Your Passion*, personal development coach, and keynote speaker.

Peter is committed to continually learn from his past choices and mistakes and is passionate about working on himself and making a difference in the lives of others. Three of his greatest personal epiphanies are: 1) Everything you say and do as a parent sets an example for and impacts your children; 2) What you focus on is what you attract more of into your life . . . so begin by gleaning true *Clarity* for what you want for your kids; and 3) Only one person is *Responsible* for your words, choices, actions, reactions, and the ripple effects of each . . . the person in the mirror.

BE SURE TO VISIT MY WEBSITE . . .

AND A BONUS OFFER

Be sure to visit www.splitharmony.com for further insights and guidance, and to learn more about Peter and *The Ex- Factor*.

Plus, Peter is offering a free Bonus Offer for all readers of *Split Harmony*. Go to www.splitharmony.com/quiz to take a short quiz. After taking the quiz, you will receive insights regarding how you are impacting your kids and your overall divorce situation.

You can also sign up for Peter's newsletter at:
www.splitharmony.com/newsletter