

45 and going to be alone



[chuck43](#) 1,048 posts since

Dec 14, 2007

what to do. I've got me a nice apartment on a creek, need nothing, but I'm loosing my best freind. Now what, what do you do at 45? I don't know anyone to talk to.

[Chuck\[/URL" target="_blank">](#)

Go Gators



[flajewels](#) 91 posts since

Dec 14, 2007 1. **Re: 45 and going to be alone** Nov 12, 2007 2:16 PM

Awwww....sorry you're feeling that way. Things happen for a reason. Make new friends, keep on running and keep on posting. Time doesn't heal all but time does help. Keep your head up and enjoy just being you.

Hope that helped at least a little.....Jewels



[TomD026](#) 124 posts since

Dec 14, 2003 2. **Re: 45 and going to be alone** Nov 12, 2007 3:02 PM

If you wish, you can email me. I am not a Gator fan though. Maybe it will help until you get settled in. .

TomD



[sheriebaby](#) 216 posts since

Dec 1, 2006 3. **Re: 45 and going to be alone** Nov 12, 2007 3:40 PM

Chuck, you're so young! I say that because I'm 45 and if I thought it was over, I'd be so depressed. Life has so many stages, what we once thought was our destiny isn't always in the cards, for whatever reason. We just don't know that at the time. There's a lot of hurt in the beginning, it's just going to be that way. Blame, confusion, anger, etc. I questioned myself constantly. But eventually you get to the point where you finally achieve acceptance.

45 and going to be alone

For some, getting right out there, meeting new people, maybe even dating a little is what helps. For others, they need more alone time to recoup. Whatever your desire, just know it will take time. You may kiss a lot of frog-ette's for a while, which will make you want your ex even more. It takes time to reach a comfort level with someone else. I've been through it twice. The first time I was devastated and so depressed, it was awful. My ex husband left me, I wasn't ready. The second time, I was more in control of the situation and I made the decision to leave. My second husband had to go through what I did when I divorced the first time and trust me, I knew it was tough for him. But after 2 years now, my second husband is doing really good, he has a new girlfriend, he's happier and doing things he wants to do.

My second ex husband and I are very close because we have a son, we work well with each other. Try and keep an open relationship with your ex wife if you have kids. But take the time to be alone, get settled and know that it's not over! You are young. Too bad you're not in California (Orange County), I'd love to meet you! And I can learn to be a Gator fan, honest!

Take care, keep us updated. Find people to talk to, it'll help you through this very, very tough emotional time.

Sherie



[tallrunner](#) 573 posts since

Aug 16, 2007 4. Re: **45 and going to be alone** Nov 12, 2007 3:47 PM

Chuck,

Life has it's high's and low's. Take me I seperated from my wife of 19 years two months ago and today after meeting an exciting woman, my heart is fluttering like I was a teenager again...Get back on the horse, make new friends, take new directions, trying new things lets us know what we can and cannot do and what we want to do.

All the best and keep us posted.

Tall