
seeking support in my attempt to start over

Posted by evie - 2008/06/14 12:14

hello,

i am an older woman trying to positively direct the last chapters of my life. i was a huge "starting over "fan and often find myself wondering what the so coaches would have suggested to me.

i have managed to get myself out of a seriously dangerous relationship and have created a small,safe life for myself....but perhaps too small and too safe. i have no family and several close friends have passed away recently. it seems i've lost the ability to reach out to people and so i'm hoping to connect with like minded individuals here. thanks for reading this.

Re:seeking support in my attempt to start over

Posted by dende - 2008/06/24 19:15

Let us know what some of your intersts are and maybe we can come up with some ideas for where/how to meet people. Welcome to SOT.

Re:seeking support in my attempt to start over

Posted by Yme - 2008/11/01 19:58

Evie I know exactly what you mean. I am a 51 yr old disabled BBW with no friends and widowed after 27 yrs of marriage. I don't know what hobbies or likes or dislikes I have as I've spent most of my life taking care of my husband and children. I did work outside the home but only for brief periods of times. Its hard for me to find things to do or people to do it with besides my parents. They are the only people who I have a relationship with anymore. Its sad and I'm Lonely. I Need companionship (male or female) but have no idea where to look to make friends. I have no hobbies, no likes, I don't read, crochet or knit, I can't paint or draw, I'm not good with crafts and I'm on crutches so I can't dance or walk much. Any ideas to help me start over would be So Appreciated.. Thank You for taking the time to read this. I look forward to hearing from someone on how to start my life at age 51.

Re:seeking support in my attempt to start over

Posted by evie - 2008/11/02 09:40

in some ways,i think you're in a better position than i am. i was an only child;a navy wife;childless, etc, so i've been forced to find ways to entertain myself for many,many years. you are like a blank canvas right now, which can be scary, but also wonderful. you now have the opportunity to discover yourself and develop interests. having access to the internet is a huge asset. i'd suggest allowing yourself the time to browse and see where it takes you. in terms of companionship...that's something i struggle with as well; pets can help...i have 3 cats (my most satisfying and affectionate relationships is with them!) since my last post i participated in my first gallery show in many, many years.it was nice feeling like i had a reason to get up in the morning. where are you located,Yme? i'm in nyc. i'm sure we're not the only women forced by life to start over. maybe we can network?

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Posted by Rozzie4 - 2008/11/05 16:30

I have been where you are. I'm 64 years old next month. I found friends in joining a Red Hat Society group. I went to the gym and started a water aerobics class and found my new "best Friend". I am now involved in a Church and have more friends. I went from no one to I have no room for more friends because I'm so busy with the ones I've just made. Good things can happen to you. You've got to put yourself out there. Good luck and know that I have felt your loneliness.
