

# Chapter Four

## Tap Into Your Resources

A resource is a source of supply or support that can be drawn up when needed. Money is one type of resource, but it is not the only type. People, skills, organizations and books are other types of resources.

That's right: money isn't everything. It only feels that way when you don't have any. The sooner you wrap your brain around this fact, the better off you will be.

The truth is, you don't need money. You need the things that money can buy. Money is only one way of getting these things. You have other options.

I am not suggesting that you would not be better off if you had lots of money. But, obviously that's not your reality or you would not be reading this book. The point I want to make is that money is not the only answer to the challenges you face.

Consider this. Let's say Oprah wakes up one day and discovers that she is stranded on a deserted island in the middle of nowhere. The fact that Oprah has billions in the bank is not going to allow her to conquer her situation. What good is her money if there is no place to spend it? She can't buy food or shelter if there is none available.

Oprah's survival is going to depend on the extent to which she uses the other resources at her disposal. She will have shelter if she figures out how to build a hut with leaves and branches and she will have food if she learns how to crack open a coconut.

What is true for Oprah in this example is also true for you.

Now that you have found yourself cast upon the unfriendly shores of divorce, your survival also depends on the extent to which you take advantage of the all of the other resources at your disposal.

After taking a few minutes to review the list of resources outlined on the next page, make a list of the people, places and organizations you can turn to for support and assistance.

## **Sample Resource List**

### Government Resources

Employment Security Commission

Department of Social Services

Housing Authority

### Community Resources

Public Library

Women's Resource Center

YWCA

Food Banks

Church groups

### Personal Contacts

Family members

Friends

Coworkers, clients or customers (past or present)

Doctor

Hairdresser

Neighbors (past and present)

Pastor/Minister or spiritual leader