

# Break Through 12 Empty Nest Myths So That You Can Adopt New Truths And Live

## Myth 1: Empty nesters are always sad and lonely.

**Truth:** While it is true that some empty nesters may experience sadness and loneliness, it is not always the case. In fact, many empty nesters report feeling happier and more fulfilled than they did when their children were living at home. This is because they now have more time and freedom to pursue their own interests and passions.



## Empty Nesting: Break Through 12 Empty Nest Myths So That You Can Adopt New Truths and Live Your Best

**Life** by Jim White

★★★★☆ 4.6 out of 5

Language : English  
File size : 2163 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 130 pages  
Lending : Enabled  
X-Ray for textbooks : Enabled



## Myth 2: Empty nesters have no purpose in life.

**Truth:** This is simply not true. Empty nesters have just as much purpose in life as they did when their children were living at home. They can still work,

volunteer, travel, or pursue hobbies. They can also spend more time with their spouse, friends, and other family members.

**Myth 3: Empty nesters are bored all the time.**

**Truth:** Again, this is not always the case. Many empty nesters find that they have more time than they know what to do with. They may take up new hobbies, learn new skills, or start a new business. They may also travel or spend more time with their friends and family.

**Myth 4: Empty nesters are a burden to their children.**

**Truth:** This is a myth that can make empty nesters feel guilty and ashamed. In reality, most children want to stay connected with their parents after they leave home. They may not need as much help and support as they did when they were younger, but they still value their relationship with their parents.

**Myth 5: Empty nesters are forgotten by their friends and family.**

**Truth:** This is another myth that can make empty nesters feel isolated and alone. In reality, most friends and family members still want to stay connected with empty nesters. They may not see each other as often as they did before, but they still care about each other.

**Myth 6: Empty nesters are invisible.**

**Truth:** This is a myth that can make empty nesters feel like they don't matter anymore. In reality, empty nesters are just as valuable and important as they were when their children were living at home. They may have more time and freedom, but they are still the same people with the same skills, experience, and wisdom.

### **Myth 7: Empty nesters are a drain on society.**

**Truth:** This is a myth that can make empty nesters feel like they are a burden to society. In reality, empty nesters can be a valuable asset to society. They have a wealth of experience and knowledge that they can share with others. They can also volunteer their time to help others.

### **Myth 8: Empty nesters are all alike.**

**Truth:** This is a myth that can make empty nesters feel like they don't fit in. In reality, there is no one right way to be an empty nester. Some empty nesters may choose to retire and travel, while others may choose to continue working or start a new business. Some empty nesters may choose to spend more time with their spouse and friends, while others may choose to volunteer or pursue hobbies.

### **Myth 9: Empty nesters are all unhappy.**

**Truth:** This is a myth that can make empty nesters feel like they are the only ones who are struggling. In reality, many empty nesters report feeling happier and more fulfilled than they did when their children were living at home. This is because they now have more time and freedom to pursue their own interests and passions.

### **Myth 10: Empty nesters are all lonely.**

**Truth:** This is a myth that can make empty nesters feel like they are the only ones who are feeling isolated. In reality, many empty nesters report feeling more connected with their friends and family than they did when their children were living at home. This is because they now have more time to spend with the people they care about.

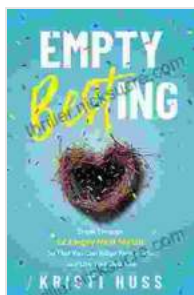
## Myth 11: Empty nesters are all bored.

**Truth:** This is a myth that can make empty nesters feel like they have nothing to do. In reality, many empty nesters report feeling busier than they did when their children were living at home. This is because they now have more time to pursue their own interests and passions.

## Myth 12: Empty nesters are all waiting to die.

**Truth:** This is a myth that can make empty nesters feel like they have no future. In reality, many empty nesters report feeling more optimistic and hopeful about the future than they did when their children were living at home. This is because they now have more time and freedom to pursue their own dreams and goals.

If you are an empty nester, it is important to know that you are not alone. There are many other people who have gone through this transition. There are also many resources available to help you adjust to this new phase of life. Remember, you are not invisible, you are not a burden, and you are not alone. You can adopt new truths and live a fulfilling life as an empty nester.



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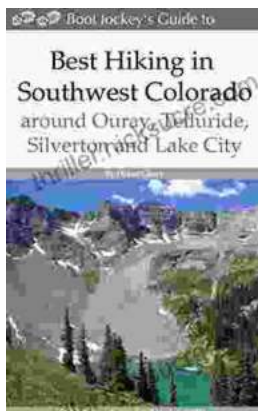
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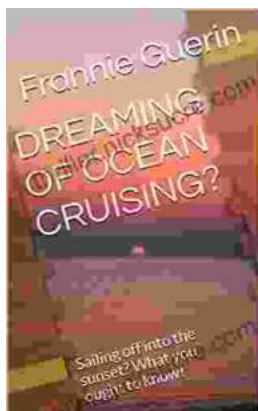
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