

# Getting Over Divorce

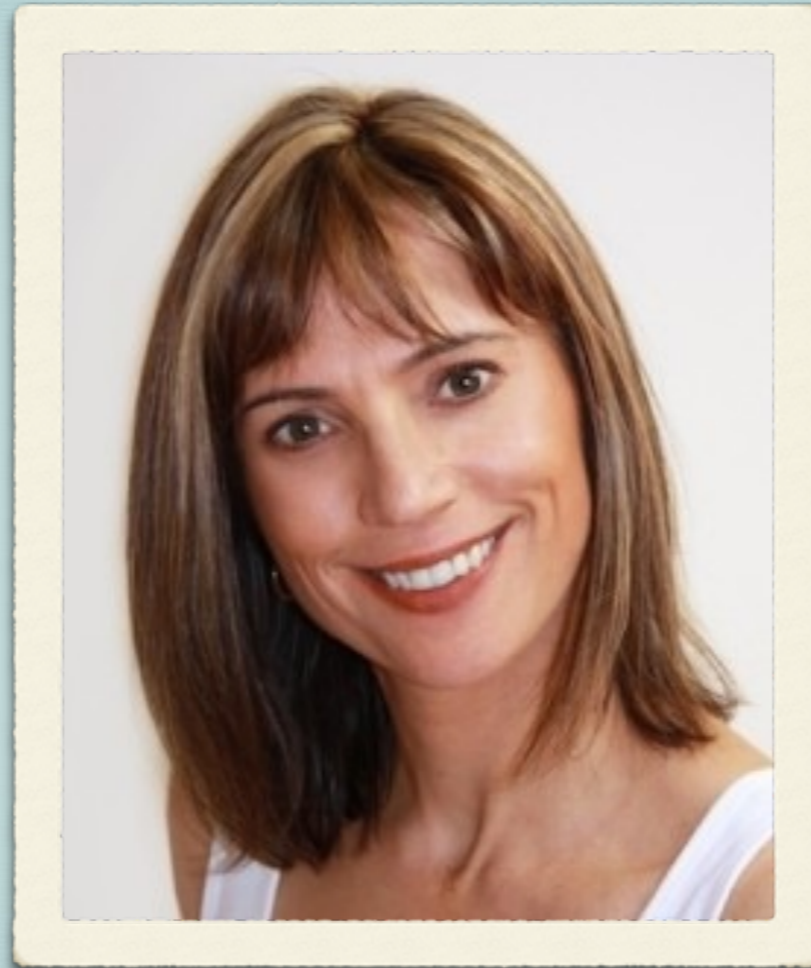
Effective Strategies to Overcome the Challenges  
that Divorce and Separation Brings



# Agenda

- \* Introduction
- \* Taking stock of where you are
- \* Taking Care of you
- \* Understanding the Grief process
- \* Handling the many emotions that come with divorce
- \* Handling your ex

# About Me



Diploma of Life & Executive Coaching

ACC - ICF

Demartini Method Facilitator



# Taking Stock

- \* Areas may be personal to you
- \* Knowing where you need to focus
- \* Create a plan



# Self Care

Sleep



Keep Hydrated



Exercise



Heathly Eating



# Grief

## Phases

1. Denial
2. Anger
3. Bargaining
- 
4. Depression
5. Acceptance



# Dealing with Emotions

Fear



Rejection and Guilt



Loneliness



Anger



# Handling Your Ex





# Recap and Action List

## Identify your greatest fears

- \* peel back the layers of each fear until you identify the actual fear
- \* List as many benefits as possible - at least 30, of your fear becoming a reality
- \* Answer the 4 questions from The Work to turnaround the belief

## Identify what you are feeling guilty about

- \* List benefits to the other person for your action.

## Identify when you are feeling rejected

- \* List the benefits of being rejected by the person. Loneliness

# Recap and Action List

## **Identify the events that make you feel lonely**

- \* For each event list the benefits of being alone

## **Uncover what you are really angry about**

- \* List the benefits for the anger.

## **Make the commitment to yourself that you are going to stick with Breaking Contact for at least 90 days.**

- \* Create a support structure to assist you
- \* Set up rules of engagement where total Breaking Contact is not possible

R & A

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