



5 Step Guide To Get Through Your Crappy Divorce

*Follow these brief but effective exercises
to help you gain clarity and transform
your perceptions about your breakup*



Step #1 Acceptance

When dealing with heartbreak, we go through a myriad of emotions and you find yourself riding a rollercoaster of ups and downs. One day you feel fine and you have accepted your new reality and other days your curled up in a ball unable to pull it together and stop crying.

This is true for everyone. You're not alone. Divorce or a breakup is a difficult process and you have to mourn the loss of a loved one. Unlike mourning a death, heartache often times comes with feelings of betrayal, rejection, disillusionment, anger, frustration, and many more mixed emotions.

The first stage is often denial. It probably took you and your partner a long time to come to the realization that your relationship was over. Even when one of you makes the decision to end it...the other person is usually denying the fact that its really over. Use this opportunity to gain clarity on what you are feeling at this point in time by completing the questions below.



Step # 1 Exercise: Acceptance

Take this time to write down a list of emotions you have felt in the last several weeks or months. Next to each emotion explain why you felt this way.

Emotion:

Example: Anger

Why:

Because I felt that they didn't try hard enough to work on our relationship.



Step #1 Acceptance

Now that you have identified these emotions and why you feel that way, you can clearly see in what areas you are struggling to find acceptance. This exercise of identifying how you are feeling and defining the root cause of those feelings, is the first step in allowing yourself to let them go.

Until we make the conscious choice to let them go, we can't move forward in the process of healing and we can stay stuck in bitterness and sadness.

Now take a match to that page and let those emotions go as the flame consumes the words on the page. You don't need to hold on to those feelings anymore...they will not define you.

They are a part of the past and you no longer have to carry them like a weight on your shoulders. They may be there at times, but you don't have to hold on to them as your beliefs anymore they are just thoughts that you can let go into the air like the paper that turned to ashes.



Step #2 Forgiveness

The second step in the process is forgiveness. Is there something you need to forgive your ex-spouse for or do you have to forgive yourself for something you may have done to hurt them? Either way, you need to identify what it is that needs forgiveness. In the next exercise dig deep into the feelings you find yourself revisiting and the anger you're having trouble letting go.



Step #2 Forgiveness

What do I need to forgive?

Why am I holding on to this?

What will it feel like to let go of this resentment and hurt?



Step #2 Forgiveness

Forgiveness is often the hardest part of healing. We want to hold on to the anger and resentment because we feel we didn't deserve to be treated that way and we want validation that we were victimized in some way. We hold on to the pain and anger because we are unable to fully let go of that person and the pain they caused.

When you share a connection with someone that you loved deeply, it is a difficult process of detaching ourselves from them, so we hold on to the negative beliefs about them to make us feel better about ourselves.

During this process, you must recognize that you are not a victim, you must remember the good memories and the reason you loved this person and realize that they served a purpose in your life, but now it is time for you to let them go. Simply forgive them.

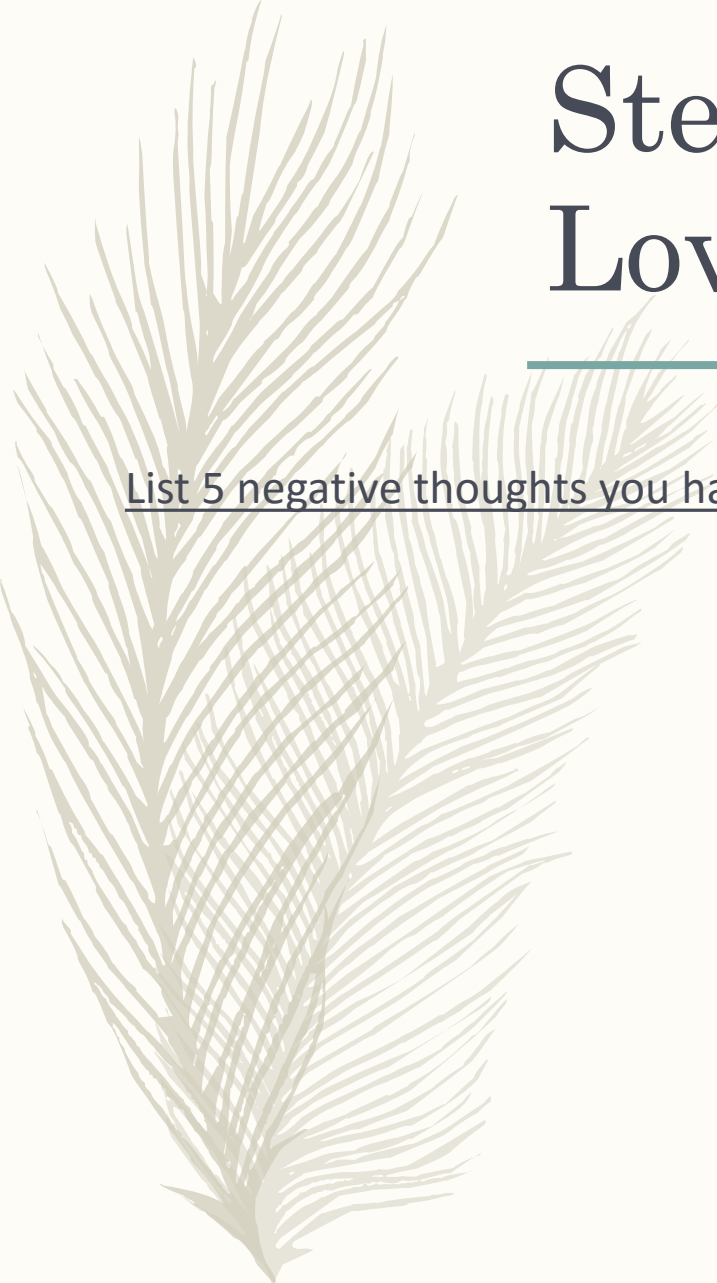


Step #3 Give Yourself a Little Love

Do you find yourself beating yourself up about how you could have done things differently to save your relationship? Do you feel like your not worthy or lovable because you feel rejected? Do you compare yourself with other women or men and wish you were more like them, so you could get your ex back or attract a new partner?

This is all because you don't love yourself. You're blaming yourself for the circumstances that lead to the dissolution of your relationship. This is a lie you have been telling yourself because you feel rejected. Well, snap out of it! You have to reverse all those limiting, self-deprecating thoughts and turn them into affirmations about how amazing you really are.

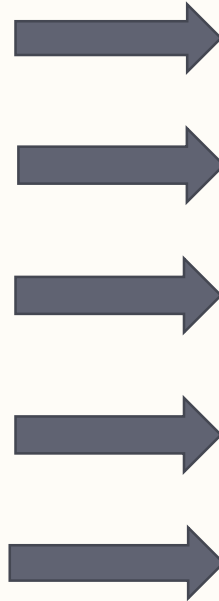
In this next exercise, write down some of your limiting thoughts about how you feel about yourself and replace them with positive affirmations.



Step #3 Give Yourself A Little Love

List 5 negative thoughts you have about yourself

Now reverse those thoughts into positive beliefs about yourself





Step #3 Give Yourself a Little Love

Now list 10 things you love about yourself:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.



Step #4 Let Go of Fear & Doubt

The biggest roadblocks that cause us to stay stuck after a divorce or breakup is holding on to limiting thoughts about finding love again. Do you often say things like:

~"There are no good men/women out there. They're all losers"

~ "All the good ones are taken"

~ "I'm too old to find anyone to date"

These limiting beliefs are exactly what will prevent you from attracting a good partner. These beliefs are based in fear and make you doubt that you will find love again. Well that's just a lie you have been telling yourself. It's never too late to find love, but you have to put out a positive energy in order to find it. This next exercise is crucial in order for you to attract the right partner.

Step #4 Let Go of Fear & Doubt

List your fears about dating

How can you reverse that fear?





Step #4 Let Go of Fear & Doubt

Take these steps to learn how to attract the right partner:

1. When I enter a room, I will have a smile on my face and walk with confidence and be open to meeting new people.
2. When I am interested in someone I will make eye contact and allow my body language to express that I am interested but not desperate.
3. When I look in the mirror, I will tell myself I am attractive and desirable.
4. When I have a negative thought about myself, I will reverse that thought into something positive.
5. I will visualize myself with someone who makes me happy and treats me with love and respect.



Step #5 Be Clear About What You Want In A Partner

Often people jump into another relationship too soon after a divorce or break-up. This can lead to disaster because you haven't done the work in order to heal and you may end up attracting the wrong person again.

*This next exercise is very important, but you must accomplish Steps 1-4 before you are ready to attract the right partner for you. Before you begin the process of finding love again, you may need to spend more time working on **Acceptance, Forgiveness, Loving Yourself, and Letting Go of Fear and Doubt.***

These things will not happen overnight just because you did these exercises; it is a process. Healing is a journey you must go through first. Only then can you attract the meaningful lasting love that you desire. You will learn something from each person you date in order to gain more clarity on what you truly want and need.



Step #5 Be Clear What You Want In A Partner

List all the attributes you want to find in a partner. Be sure the top 5 are the most important. These qualities are the non-negotiables. Don't focus on physical attributes, (although being attracted to the person is important) focus more on the things you need in a relationship that make you feel fulfilled:



Final Thoughts

You're on your way to getting through your crappy divorce and living a more meaningful and fulfilling life. Remember that sometimes it is not the person you miss being with; often times it is the fantasy of what you wanted that person to be. You are apart for a reason and that reason is so that you can find the happiness and love you truly deserve.

Don't stop hoping and believing that you are meant to be with someone that makes you feel cherished and loved.

Letting go of all of the hurt and pain is the only way to accomplish that goal. Follow these 5 steps and repeat them if you are feeling stuck or discouraged. It's only until you are healed that you will be able to love yourself so that someone else can love you too.

With Faith, Hope, and Love

~Teresa

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