

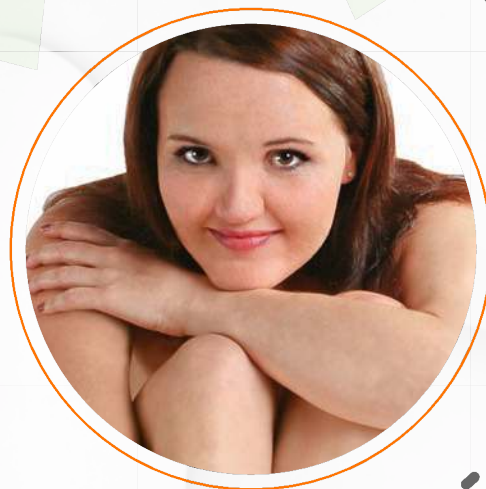
naked divorce

Your new life in 21 days

Naked Divorce

21
DAY

*Having a Great
Game Plan*



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Foundation #7: A GAME PLAN THAT WORKS

It's important to have a game plan for the 21-day programme so you are ready for it and have scheduled it in.

This is what you need to know

People are creatures of habit. Research shows that those who participate in a daily routine are three times more likely to stay on course than those who participate in the same routine six days a week. They also fare five times better than those who participate three, four or five days a week. Therefore, for best results, work daily for all of the 21 days. If you miss a day, simply start again the following day.

Be kind to yourself. The mind does not like change and your divorce, as well as tackling the *naked divorce*, represents change. Your mind may tell you that it doesn't like the programme, that it won't do any good, or that you don't have the time. Don't listen! Simply tell your mind, "Thank you for sharing that" and do the programme!

The *naked divorce* will take approximately 90-120 minutes each day during the week and a bit longer over the weekends, supporting your healing process after the break up. Each exercise will take as long as it takes. The programme has been designed to run over 21 days. You may take longer than 21 calendar days, just ensure you follow the order of the days and don't skip over any exercises.

If you need a day off, that's okay too. Provided you complete all the exercises in whatever timeframe works for you, you will find yourself bouncing back quicker and feeling better about yourself and your past relationship. Your ability to move on will be accelerated.

The best way to use the *naked divorce* is to read through each of the days carefully. Do this a couple of times so you're quite clear about each step. Then work through it methodically, putting 100% of your concentration and commitment to work for you. Remain open and watch for miracles. If you find yourself feeling lucky at any time during this programme, make sure you acknowledge your good fortune and yourself for all the good work you've done.

What you must do PRIOR to commencing the programme:

STEP 1: Go to the end of the book and print out the Daily Checklist 21 times and paste into a book. Alternatively, go to www.nakeddivorce.com and sign up for one of the programmes where there is an online portal with the workbook as well as other important components to keep in mind during your programme

STEP 2: Go to www.nakeddivorce.com and sign up for the newsletter to download the Break Up Reboot which is a healing journey that will end the hurt, speed up your recovery process, and open your heart to love again. Listen to this recording daily for 21 days during the **naked divorce** to help you heal faster.

STEP 3: Go to the end of the book and print out the Daily Declarations and laminate them. Buy all the items in the Shopping list and handle all the elements within the *Things to Handle* list

STEP 4: Ensure you have a *Divorce Angel*.

STEP 5: Overhaul your eating habits and diet as per the book. Ensure you use supplements to help you. Alternatively purchase the **Trauma Diet** from the www.nakeddivorce.com website.

Please note: Make it easy for yourself and purchase one of the **naked divorce** packages that include all the shopping list items, 21-day workbook, Break Up Reboot, Daily Declarations coaching support, extra downloads and much much more!

WARNING: Do not proceed with the programme without the Daily Checklist. It is critical to do the exercises, the reading, listen to the Break Up Reboot and follow the Daily Checklist daily. The **naked divorce** is designed in a very particular way to achieve certain objectives.



What you will be doing daily

Daily Instructions

1. Begin each day by taking your supplements and drinking a hot cup of water and lemon. This will rejuvenate you.
2. Open up your Daily Checklist for the day and fill in the date.
3. Read the lesson for the day and read the exercise to be done. Allow your mind to think about the answers for the exercise during the day.
4. Complete the Daily Conditioning Processes for that day.
5. Take your **naked divorce** Journal with you wherever you go so you can work on your homework during the day.
6. In the evening after dinner, avoid television and spend time working on your homework for the day.

Daily conditioning processes

The 'I feel' process

You can become numb to your emotions while healing from your divorce. It is vital that you remain present to your feelings. Give yourself permission to feel and be deserving of your feelings, whatever these are. This exercise is designed to make you aware of how you are feeling and what those emotions are. The exercise works especially well in the mornings and gives you an opportunity to take time every day to keep track of how you are feeling.

Daily Declarations

This exercise also works well in the mornings. I recommend getting the Daily Declarations (available at the end of the book) laminated and sticking them up in your shower. Complete the Daily Declarations in front of the mirror or while you shower each morning. Put your hand over your chest like you mean it. Read the declarations out loud and with conviction. After some time you'll notice a shift in how you feel about yourself. Almost all of my clients are completely addicted to their Daily Declarations now. One of my clients, Sue, actually said that although a year has passed since she completed the *naked divorce*, she still does the Daily Declarations because they make her feel so good.

The 'acknowledge your successes' process

This exercise works well in the evening before bed. Like-attracts-like and success-breeds-success. The more you feel that you are wonderfully made, and awesome partner material, the more amazing things will come your way. You cannot feel fantastic about yourself if you do not look for and acknowledge your successes. The successes can be major or minor. It doesn't matter. What matters is that you acknowledge yourself for whatever you've done. Look specifically for the progress you made in any arena, be it financial, business, health, fitness, relationship, loving yourself, hobbies, etc.

Checking in with your ETHICS

ETHICS	Rate yourself on a scale of 1 - 10	Actions I will take to move this ETHIC to a level 10 in my life
Full self-expression	8	<ul style="list-style-type: none">• I commit to stop hiding out and telling Sally that Bill and I are getting divorced.• I will call Angie to tell her the truth about her dress I borrowed and that I did lose it.
Avoid S.T.E.A.T.s	10	<ul style="list-style-type: none">• I am SO proud of myself for being so healthy and focused at the moment. I even caught myself almost hiding behind the kids and it didn't happen. WOW!

Establish a Grounded Routine	2	<ul style="list-style-type: none"> • I commit to having a hot bath before bed so I don't stay awake all night worrying. • I will go home at a reasonable hour and make time to cook dinner. • I just called Myra to help me with the washing and ironing, which was piling up – feel SO much better!
Sleep on any drastic changes you wish to make in your life	2	<ul style="list-style-type: none"> • Hmm. I sucked at this today as I decided to dye my hair blond. It came out orange and now I have to go to the hairdresser tomorrow to fix it. Argh!
Say no	5	<ul style="list-style-type: none"> • I will tell Paul tomorrow that he cannot come over before 3p.m. because that time doesn't work for me
Cause VS effect	10	<ul style="list-style-type: none"> • Feel pretty good just completing this list actually
Focus on yourself VS. your ex	9	<ul style="list-style-type: none"> • Have not thought about your ex once today, so to reward myself have just booked a massage for tomorrow after fixing my hair disaster.

What to do when you are feeling overly emotional at inappropriate times

When you're feeling overly emotional at work and you feel you need to put your emotions aside to focus on your day, practice the *Exercise for handling your emotions while you are at work*, featured earlier in the book.

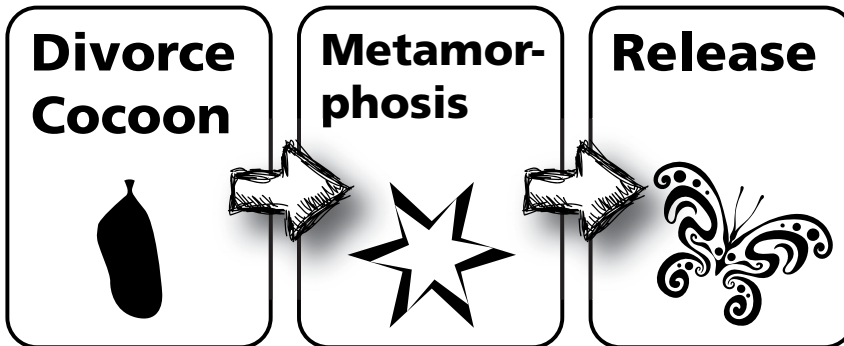
Daily exercises

If you follow the *naked divorce* to the letter, you will not only heal from your divorce more gracefully and meaningfully, you will be happier and more fulfilled. Remember, be kind to yourself. If you fall off the wagon, simply begin again, get back on track and focus on completing the programme.

Although the exercises and techniques can bring about immediate, radical change in your life, they will not let you run away from or obscure whatever life is trying to teach you.

These techniques allow you to leave the pain of heartbreak behind. But life may give it back to you if you don't learn from what it is showing you.

The purpose of the pain is to teach you so you learn and you are protected in the future.



Exercises to establish the Divorce Cocoon (days 1-4)

The first four days are all about establishing the *Divorce Cocoon* that is the cornerstone of becoming invincible during the programme.

During *Divorce Cocoon* you will:

- Get grounded in the ETHICS of the programme.
- Get grounded in the STRUCTURE and *Grounded Routine* of the programme.
- Find ways to handle your emotions and find out where you are within the *naked divorce grieving cycle*.
- If you feel particularly vulnerable just stay on Day 4 and repeat it until you feel ready to proceed.

Exercises during Metamorphosis (days 5-14)

Metamorphosis begins by surrendering and truly feeling your emotions. You will start to work through how you feel about your ex and your divorce.

There will be a TEST that you need to pass checking that your *Divorce Cocoon* is in place before you commence with *Metamorphosis*. Do not move into *Metamorphosis* until the *Divorce Cocoon* is established.

During Metamorphosis you will:

- Write your relationship story.
- Get clear about everything you learnt from your old relationship and list what you will do better in the future.
- Find out what generalisations you have made about your ex.

- Restore a balanced view of your ex (whether that means falling out of love or putting an end to the hatred you might feel).
- The anger exercise (a day to just throw a Tantrum and love it).
- Find out all your past patterns from past relationships so you can be aware of them.
- Hear the sorry you have always wanted to hear from your ex.
- Diagnose old patterns which existed within your relationship.
- Find the true source of your divorce.
- Forgive your ex.
- Do a Vow Break.

Handling your ex gracefully is a core value within the *naked divorce*. We are just not that big into bitter and twisted ladies (besides it will make you have a pointed face). In the long run, the friends you have in common will admire you for your grace and for not lowering yourself to revenge levels.

Exercises during Release (days 15-21)

The final seven days are all about you rebuilding yourself emotionally. During Release you will:

- Dehypnotise yourself from false beliefs and rid yourself of the ex-hexes of relationship baggage.
- Work on your values and who you are now that you're no longer married or in a relationship.
- Work on setting boundaries.
- Develop a personal manifesto for your life.
- Get back in touch with the dreams you had for your life and put plans into action to live some of those dreams, starting today.
- Acknowledge yourself and celebrate your achievements.

This is the home stretch. For me it was the most exciting and personally moving part of my journey. This is also the part I enjoy the most when working with clients. It's so wonderful to see a woman regain her sense of personal power again.

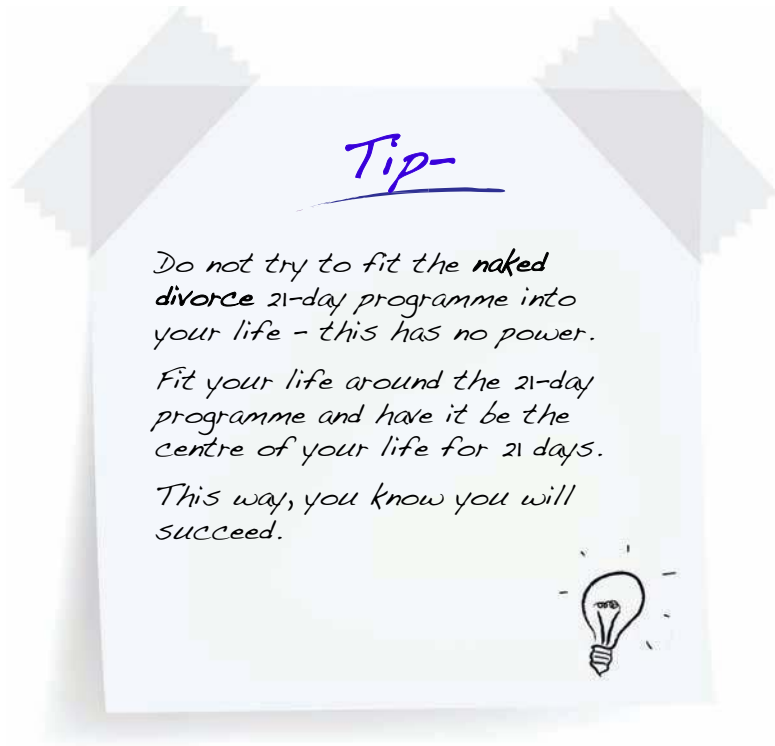
Schedule your life around the programme

"Failing to plan is planning to fail." - Alan Lakein, author on personal time management. To get through your divorce you have to dedicate daily time to your healing. This requires planning and preparation.

Planning is an up-front investment in success so that you can:

- Avoid wasting effort.
- Consider and include all factors, focusing on the critical ones.

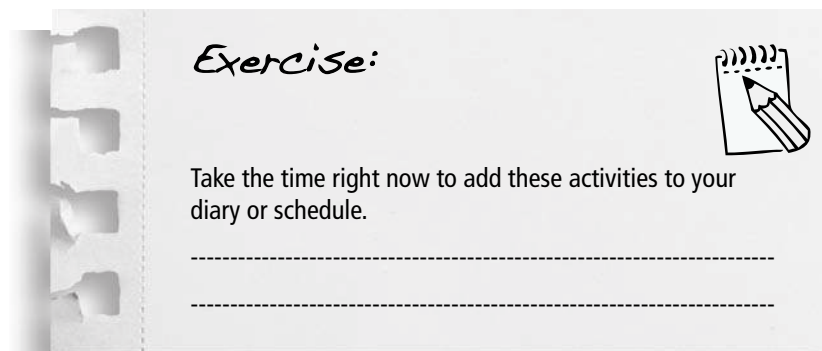
- Identify all the changes that will need to be made. If you know what these are then you can assess in advance the likelihood of being able to make those changes, and take action to ensure that you will.
- Gather the resources you need in advance.



For the duration of the programme...

- Plan the start date for your 21-day **naked divorce** programme. The programme has been designed to start on a Friday. Give yourself at least a week to handle some of the things on the **naked divorce Things to Handle** list and the **naked divorce** shopping list within this chapter before commencing the programme.
- If at all possible, try not to arrange nights out during the week so you can focus on your healing work for the day. (It's only for 21 days - it's worth it!)
- If at all possible, try not to arrange any social engagements during the three weekends of the **naked divorce**. This will enable you to focus on the healing work.
- Schedule at least one massage within the 21 days.
- Schedule your days so you get to bed earlier than normal (aim for no later than 22:30).

- DURING WEEK DAYS:** Set aside at least 90-120 minutes daily to work through the *naked divorce* exercises and daily checklist. Schedule a morning healing routine of approximately 20-30 minutes and then schedule 60-120 minutes later in the day (either at lunch time or in the evening before you go to bed). Each day's exercise has a time estimate on it based on years of trials with people - this is to give you a good indication of Fit your work and home routines around the homework tasks wherever possible. The most important thing is to establish a routine and stick to it.
- DURING WEEKENDS:** Set aside enough time on weekends to do your intensive healing work. (Arrange a babysitter for your children if you need to.)
 - **Weekend number 1:** Schedule in six hours on Saturday and six hours on Sunday - Schedule to spend the first weekend of the *naked divorce* arranging your living arrangements or spring-cleaning and tidying your existing home AND sorting out your finances and foundational integrity (for more details on what this will entail, you can look at Days 2 and 3 of the programme). It may be a good idea to invite a few people to assist you in sorting out your finances or spring cleaning your home.
 - **Weekend number 2:** Schedule in 4-6 hours on Saturday and 3-5 hours on Sunday
 - **Weekend number 3:** Schedule in 2-3 hours on Saturday and 3-4 hours on Sunday
- Schedule in exercise, time to cook meals, and administrative tasks, too. Because there will be a lot to handle, it may be a good idea to take a step back from administrative tasks for a few days to give yourself space to do the programme.
- Schedule time to take baths. Water is very soothing when you're awash with strong emotions.
- OPTIONAL:** Weigh up whether it works for you to take the book and your workbook with you wherever you go. It's up to you but I recommend working on it whenever you get a moment, particularly when you're feeling vulnerable or sad. Working on your exercises is something you can do to help yourself feel better.



Now, schedule in handling the following activities in the week prior to commencing the programme...

The *Things to Handle* list

Ensure you remove these items from your home during the programme:

- Alcohol, drugs and stimulants. (Alcohol, drugs and stimulants remain in your body for five days and keep you numb to your emotions, so eliminate them at least five days prior to commencing the programme.)
- Chocolates, sweets, cakes, candy, crisps and sugary products.
- Junk food.
- Coffee and carbonated sodas.
- Television, going out and fantasy/escapism.

Ensure the following items are available for your use and are arranged:

- A baseball bat or beating stick. (I am serious about this one. But don't worry, you won't be harming anyone!)
- An iPhone/Samsung or other .mp3 player.
- Print the **7 Foundations for Transformation** to be found at the end of the book. Put them up in your home in a place where you will be reminded of them daily.
- Print out the *naked divorce* Daily Declarations to be found at the end of the book and if possible, laminate them to put up in your shower cubicle.
- Create a place in your home to do your daily homework. Place a bowl of flowers there, or some special objects that represent happiness to you.
- Appoint a *Divorce Angel*.
- Your ex.** If your ex is used to hearing from you regularly, let your ex know that you are doing the *naked divorce* programme to heal from your divorce. Request support and let your ex know you won't be seeing much of them while you do the programme as you need to focus on your healing.
- Friends and family.** Tell them that you're doing the *naked divorce*. Request their support and let them know you won't be seeing much of them either as you'll be focusing on your healing.

The *naked divorce* shopping list

It's important to assist your body in its healing too, so I describe this as healthy and restorative retail therapy.

You should have available:

- A journal to write in every day (although if you do the online programme, it's already online for you to access anytime, anywhere as well as print out).
- Coloured pens.
- Fragrant bath products and candles.
- 10 bags of ice to keep in the freezer for Day 9's exercise.
- Green Tea and a bag of lemons.
- Yogi Calming Tea (if not available, purchase Peppermint or Chamomile tea).
- Several bottles of water.
- Nutritious (and preferably organic) food. Focus on foods that are rich in colour, for example: green leafy vegetables, red tomatoes, strawberries and grapes, yellow pumpkin, peppers, fresh oranges, fruits in season, and fresh fish.

Cortisol reduction supplements:

Purchase the following:

- A good complete multivitamin and mineral supplement.
- Magnesium-C, one capsule three times a day.
- Advanced essential minerals, two capsules three times a day. (Mineral absorption and assimilation can be impaired by stressed adrenal glands. Minerals are essential for energy metabolism.)
- B5, one capsule a day.
- B6, one capsule a day.
- Vitamin C and Omega-3 fatty acid-rich foods with more complex carbohydrates (Serotonin levels can be controlled through diet and supplements and these foods will help).
- Tissue salts, which are wonderful for restoring the salts that live in your cells but which can become depleted because of the hormonal imbalance precipitated by the stress of divorce. They can be found in most health food shops. Tissue salts are available in homoeopathic tablets that dissolve on the tongue. They are available individually as described below.
 - Tissue salt # 12: SILICIA: This tissue salt will sooth irritation and frayed nerves or excessive anger.
 - Tissue salt # 6: KALI PHOSPHATE: This will help if you are feeling mentally and physically exhausted, sleep-deprived, anxious and stressed.
 - Tissue salt # 4: FERRUM PHOSPHATE: This will boost your immune system, which takes quite a beating during divorce.
 - Tissue salt # 2: CALCIUM PHOSPHATE: To alleviate that pale and gaunt look, palpitations, sadness and poor healing and recuperation.

Time to choose

This is it. Your moment of choice. The *naked divorce* programme will take a big commitment. There is no secret as to why I spent so many pages preparing you for it. It works if you do it EXACTLY as its designed. You need to be honest if you want it to work. I can try to motivate you, and I can give you the tools – but you're the one who will have to be ready to get rid of the excuses and commit to doing the whole programme without skipping any of the steps.

You know how it goes right?

You can take the path most travelled, allowing your divorce, with all its attendant pain, suffering and loss of time, to overtake your life. You can deal with it as best you can and hope to feel better in a few months from now. You can soldier on and hope for the best.

WARNING:

Focusing on avoiding your pain will simply give you more of what you have right now because resisting your emotions doesn't make them go away.



OR

You can take the path less travelled and commit to do everything it takes to get you over your divorce in a focused and healthy way. It's not an easy path. It will require something of you. Sometimes it will be painful, and human beings don't like pain. We will do anything to feel good, even hiding behind denial. HOWEVER, the beauty of this programme is once it's done, it's done. You can go on and have a wonderful life, free from relationship baggage and grief.

I'm asking you to walk this path with me.

You can withstand the pressure of the pain if you have the *Divorce Cocoon* in place and you will have adequate time and support to put this in place at the start of the 21-day programme.

Life is short and precious. I don't want you to waste one minute on suffering. I don't want to see you trapped in a cycle of anger, anxiety, suffering or misery. Let's think back to the earlier analogy of the dislocated shoulder; consider that perhaps popping it back into its socket in one go can have its benefits, rather than ignoring it over time.

So here is a test that will establish how ready you are to commit to healing from your divorce.

The *naked divorce* Readiness Test

Complete the following questions. The best way to honour yourself right now is by being brutally honest.

#	Question	Yes	Not ready	I am not sure	Not applicable to me	Not yet	No
1	Am I ready to begin healing from my divorce?						
2	Am I willing to do whatever it takes to heal and set aside 90 minutes each day during the week and 3 weekends to complete this programme?						
3	Do I have the courage and determination to be open to forgiveness and letting go?						
4	Am I ready to stop focusing so much on what my ex is up to and focus on what my life could be about in the future?						
5	Am I ready to stop the divorce topic dominating my conversation with my friends and family?						
6	Am I ready to stop having the divorce affect my children negatively?						
7	Am I willing to stop telling myself I am fine when I am not? Am I ready to be honest about how I am doing?						

If you answered *Not ready, I am not sure, Not yet or No* to three or more of these questions, you're probably not ready to get over your divorce and you're probably holding onto your suffering. If this is the case, complete the *Real Impact of My Divorce* exercise earlier on in this book so that you have a clear picture of the actual toll this divorce is taking on your life. If you find you are still not ready, then put the book aside. Come back to it when you feel you are ready.

Whatever you do, do not start the programme in a half-baked way. It will not lead to any breakthrough results.

If you answered *Yes or Not applicable to me* to all of the questions above, then you are ready to tackle your healing wholeheartedly. If this is the case, read on.

What you will learn in the 21-day programme

By walking this path with me through the *naked divorce*, this is what you will learn:

- You will learn to build a strong foundation in your life to contain your emotions and contain the pressure you will experience as you heal from your divorce.
- You will learn about the science of healing. I researched healing from divorce and will share everything I have learnt.
- You will learn how to deal with the emotions and the processes you will encounter.

- You will learn to how to feel calm and to re-establish emotional equilibrium.
- You will find out why your marriage didn't work and how to get over your ex.
- You will learn to change bad habits and eliminate destructive psychological patterns.
- You will learn to build a great relationship with yourself, your children, friends, family and community.
- You will learn to regain self-confidence and open the door to new love.

I will be your angel through this. I will hold your hand all through the process, but I will also kick your butt when necessary.

So, if you're ready to accept that, let's go!

Notice of important information and health warnings

Some people experience some heightened levels of stress during the 21-day programme. Although stress is a part of life, for some people, this stress is abnormal if they have a history of mental illness or emotional problems. If you have a history of emotional problems or mental illness, you may find yourself more vulnerable during the programme. If at any stage, this heightened level of stress is a cause for concern, seek medical attention immediately. If you have a history of mental illness or emotional problems either personally or within your family OR if you have concerns about your ability to complete the programme or handle the daily commitment of the programme or handle the stress of examining your relationship, whether temporary, occasional or intermittent, and whether treated or not, do not participate in the ***naked divorce*** 21-day programme. If you are not sure about your ability to participate in the programme then discuss your participation with a mental health professional or contact one of our trained staff at www.nakeddivorce.com. It is ultimately your choice but I have been advised that you do not participate in the 21-day programme if you:

- are uncertain about your ability (either mentally, emotionally or physically) to participate in the 21-day programme or are currently in therapy and your therapist has advised you to not participate in the 21-day programme;
- have a history of manic-depressive disorder which is also known as bi-polar disorder either personally or within your family, are taking, have taken or been prescribed to take within the previous 18 months any medication to treat bi-polar disorders; any drugs or medicines, whether prescription or non-prescription, intended to treat or affect mental processes or mood or to treat a chemical imbalance (such as Lithium, Gabapentin or Depakote); or anabolic steroids;
- have considered suicide, self-harm or harm to yourself or another or have a history of depression (acute or chronic), whether or not this has ever been treated or diagnosed; are taking, have taken or been prescribed to take within the previous 18 months anti-depressants (such as Celexa, Cipram, Prothiaden, Elavil, Prozac, Zoloft, or others);
- have a history of any psychotic disorder (an example would be schizophrenia), (either yourself or within your family) whether or not you or your family are being or have ever been treated or hospitalised; are taking, have taken or been prescribed to take within the previous 18 months anti-anxiety drugs (such as Klonopin, Xanax, Dormicum, Librium, Ativan, or others); anti-psychotics (such as Stelazine, Risperdal, Zyprexa, Dogmatil or others);
- have a history of drug abuse (including steroids and cannabis) which has not been treated or have used any drugs or steroids in the past 12 months.

My declarations and commitments to myself

I, _____

- have carefully read the **notice of important information and health warnings** and understand the recommendations and instructions.
- I acknowledge and understand that the 21-day programme was designed for people who clearly understand they are responsible for their own health and well being before, during and after the 21-day programme.
- I represent that I am not participating in the 21-day programme to handle any emotional problems better handled by a medical professional and I fully understand that no portion of the 21-day programme is delivered or supervised by medical or health professionals.
- I understand that I alone am responsible for my choice to participate in the 21-day programme
- I warrant that I am responsible for my own health at all times prior to, during and after my participation in the 21-day programme.
- I promise to do the programme EXACTLY as it is designed and not to do it my own way.
- I promise to commit to apply the *Healing Formula* of the **naked divorce** wholeheartedly.
- I promise to keep **The 7 Foundations of Transformation** in my mind throughout the programme. I will go back to restoring them whenever I feel a loss of power.
- I promise to work diligently at my healing every day.
- I promise to put both feet into the programme. Even when there are days I don't want to do the work, I will do the work because I am committed to myself and my healing.
- I promise that if I do skip a day, I will get back on track as soon as possible. I won't allow it to mean anything where my healing is concerned.
- I promise I will complete all steps of the **naked divorce** and will not take any shortcuts.
- I have read through the warnings earlier in the book and I validate that it's safe for me to do this programme.
- I promise to love myself and to be kind to myself throughout the programme. I am wonderfully created.
- My *Divorce Angel's* name is _____. My *Divorce Angel* has signed the guideline sheet.
- I promise to check in with my *Divorce Angel* daily.

- I promise to take care of my health and nourishment during the *naked divorce*.
- I promise to guard against becoming a workaholic, having meaningless sex, indulging in retail therapy, and excessive socialising or partying as I understand that during this intensive healing process I need to take good care of myself.

Signed

Date

Notes

Notes

Notes

Notes

Notes



Your new life in 21 days



Adèle Theron helps high powered professional career men and woman heal from divorce using an intensive 21-day process. She has written other trauma programmes too which can all be accessed online and used around your busy schedule to maintain your high performance.

Connect with Adèle:

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