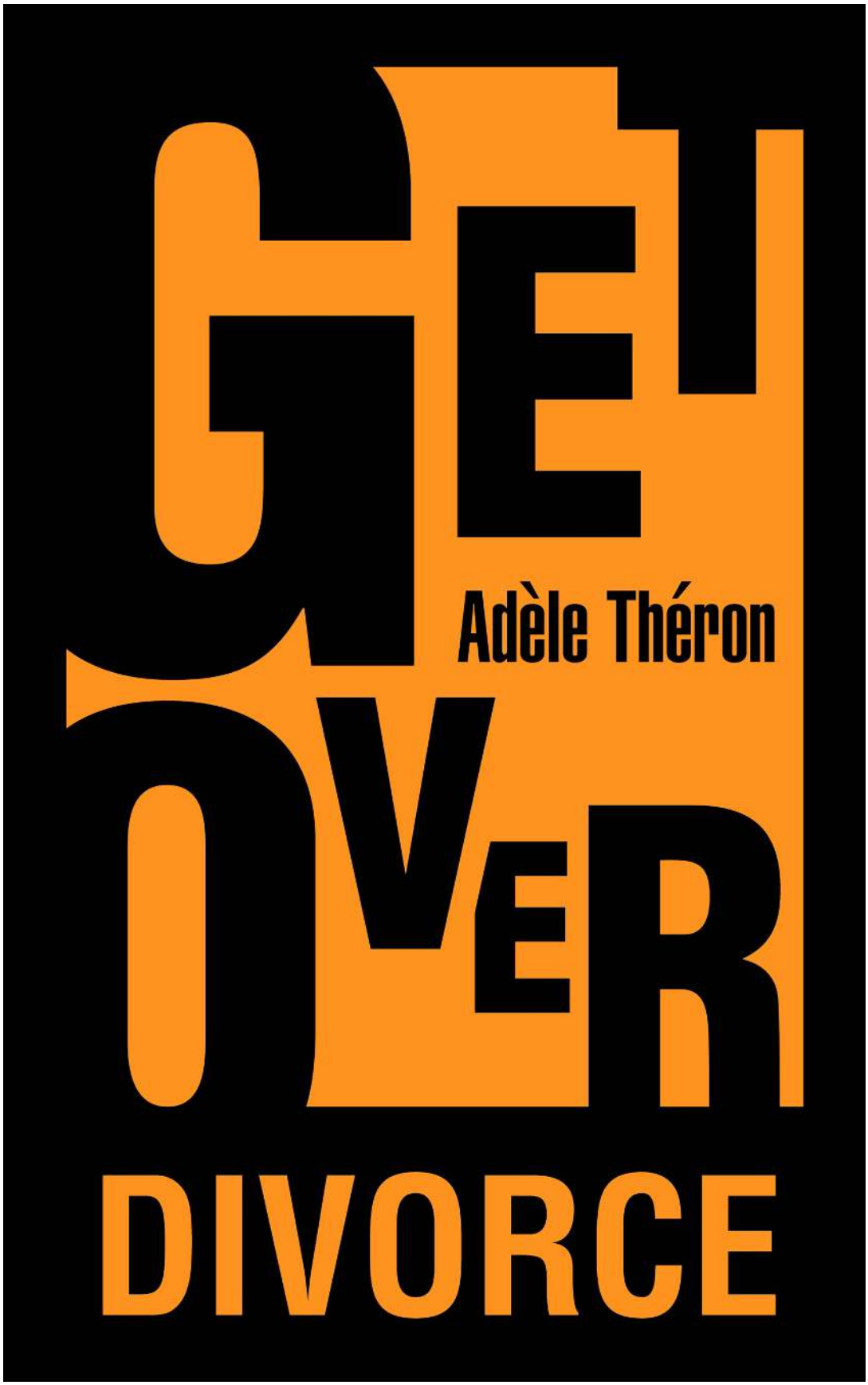
GET OVER DIVORCE

Adèle Théron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What does it take to heal?

Top 10 Tips

Dear Friend

My name is Adele and I am a Divorce Angel. I help men and women walk through divorce trauma with power and decorum whilst keeping their heads held high. All of my clients essentially become experts in transforming their lives using the mess and trauma they find themselves in as a catalyst for any changes they want to bring change to their lives. Walking through this mess with power mostly involves adopting the right Divorce mindset.

If you are honest with yourself, walking out of this with power and dignity is something you really want even if you have shoved this feeling down deep inside yourself. How do I know this? Because you would never have found this topic or searched on it otherwise! Men and women who care about adopting the right Divorce Etiquette are concerned with going about things in the right way and not screwing things up into the future.

Following the right code of conduct is critical to ensure you separate yourself from the bitter and twisted version of yourself you ***could*** become if you allowed yourself to descend into self pity or loathing of your ex.

The problem is you probably don't know how to become the person you wish to become because your anger, panic or eratic emotions seem to short-circuit and sabotage your best efforts to walk out of this with your head held high. I know the feeling and have been there myself and I can assure you that hundreds before you have tackled the same challenge and won. By understanding your emotions better, you can work with them and tame them so that you decide how you will leave your divorce instead of your emotional state deciding for you.

I am going to teach you **10 awesome things** to do and think about to ensure you keep your cool throughout your divorce.

These tips include how to handle your friends, family, your ex, your children, how to behave at work, how to handle your emotions and what to do the first year after your divorce. These tips are your lifeline and many before you carry

this report around with them everywhere and have even highlighted the sections they felt were the most pertinent to them.You are not alone. Reach out and connect with one of the Divorce Angels from my team should you wish to review your situation or get help to move on.

Email us on info@nakeddivorce.com.

Hugs

Divorce - Tip 1

Handle your friends and family with style

Although your friends and family are an important part of your life, you may find that they're ill equipped to support you through your loss. I found that even though my friends and family were well meaning, they didn't know what to say to me and I often didn't feel better around them.

Before you chuck this well-meaning lot, remember that although they're trying hard, they're just not equipped or trained to help you. Society has conditioned them to deal with loss in a particular way. It's not their fault. They love you very much and they hate to see you suffering. They'll try to take the pain away and will do whatever they can in every moment to achieve this.

Whenever I hung out my friends they would try to distract me from the pain I was feeling or unknowingly invalidate my emotions and my right to feel lousy. I'd leave feeling superficially better but also feeling as if I'd moved two steps backwards. I soon realised that I'd have to get divorce support elsewhere.

Bear these in mind about some of your friends and family (you'll probably recognise some of the points below.)

They may say weird or inappropriate things

We've all been there; the awkward moment where you say something you wish you didn't say. Family and friends often succumb to some old clichés in their struggle to try and make things better. They are all attempts to move you out of your emotional state but these statements are often damaging to your overall healing.

Common phrases my clients have heard include:

- "Thank goodness this happened before you had children."
- "God will never give you more than you can handle."

- "There are lots of fish in the sea."
- "There's someone special out there for you."
- "It's better to have loved and lost than not to have loved at all."
- "Be grateful you were once married and knew love."
- "Now you are free to relive your teenage dreams of being single."

These are awful platitudes designed to make you feel better. But they don't!

You cannot fix matters of the heart with intellectualisations of the mind. These statements do not encourage your healing.

They have no idea what to say, so sometimes they change the subject

When I was young I attended my friend's mum's funeral. I felt so awkward. I was standing next to my friend and her face was a picture of despair and grief. We'd been playing dolls a week earlier and now I had no idea what to say. I stared at my shoes. I couldn't wait to get out of the church and away from the coffin and her pain. I looked at her and cracked a joke, trying to lighten the atmosphere. She didn't look up. She simply turned and walked away. You've probably experienced this with one or two of your friends. When you talk about your divorce, they change the subject, pretend not to hear you, or crack a joke. They do this because they love you, they want to make things better for you, but they have no idea what to do. Understand their ineptitude.

Some want to revel in the drama

Some family and friends love the drama of your situation. They will ask to know everything about it so that they can revel in the excitement and intrigue of your divorce as a distraction from their own lives. Be wary of these people because getting into the drama of your divorce will not help you.

They don't want to talk about divorce

After a while you'll realise that some of your friends and family simply don't want to talk about your divorce and will encourage you to do things to get over it so that hanging out with you is fun again. The bottom line is - you need to talk. You need to be heard. You do not need fixing. There is nothing wrong with you

or the fact that you're emotional or struggling.

They are afraid of catching this disease called divorce

I remember coming home after a night out with a girlfriend, feeling awful and deflated, like an insect that had been squashed and scraped across a pavement.

I had just recounted my divorce story (okay, it was the second time) but halfway through, she looked out the window, absorbed in her own world. I was shocked. Had I said something wrong? Was I boring her? Was she disinterested? She then changed the subject.

While I sat listening to her rattling on about some issue at work, the conversation in my head went something like this:

- "It's okay for everyone that I feel the pain, but I cannot appear to be floundering."
- "I am expected to discuss the divorce with my friends only once (don't overdo it as no one wants to hang around with a basket-case)."
- "I mustn't mope around because it's not healthy. It also makes people feel awkward."
- "But while falling apart I can't seem too happy either. That would brand me as insensitive or immature."

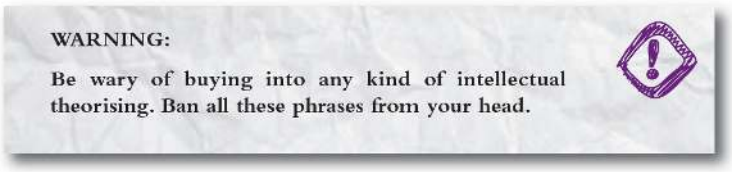
I realised that I was alone in my divorce. I had caught the disease called divorce and as I walked around with a scarlet letter D on my forehead, this made me persona-non-grata. I know my friend felt awkward. She wanted to help but didn't know what to say. I remember the same feelings of inadequacy at my friend's mother's funeral.

Myths about getting over your divorce

Friends are fantastic, but they all have their own lives and issues. In the table on the next page are some common phrases that my clients have told themselves in the past or have heard others say.

Myths about getting over your divorce	The deeper 'meaning' you may have taken on board about

	loss…
Don't cry	Don't feel bad
There are many fish in the sea	Replace the loss with something else quick
Be by yourself	Grieve alone
Time heals all wounds	Just give it time and the numbness I feel is actually acceptance
Be strong for my children/mother/brother	Be strong for others and don't show my emotions
I must stay active	Keep busy and distract myself from my emotions
I mustn't fall apart	Don't drown in my emotions
Don't mope around	I must bounce back quickly or I will have no friends left
Don't bring my emotional baggage into the office	It's not OK to express my emotions
Don't fall in love with anyone else too soon	Rebound relationships are bad

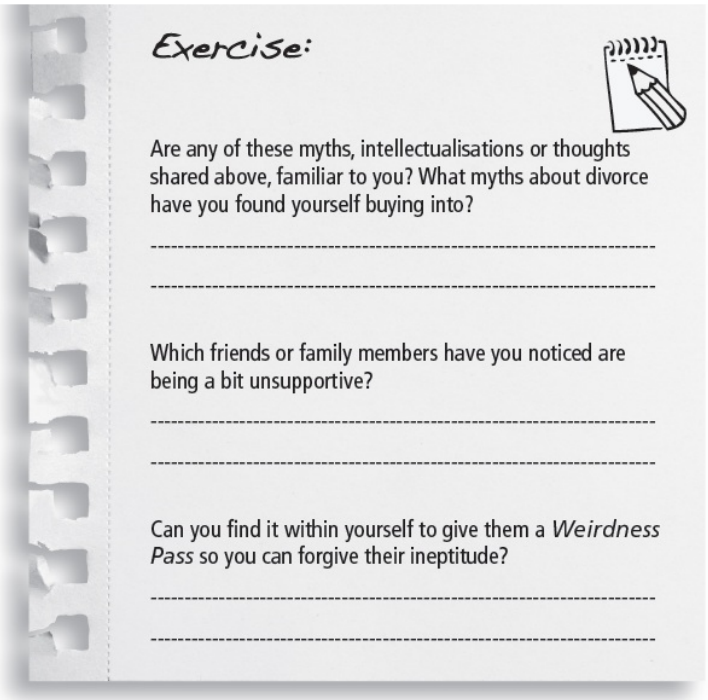


Give your family and friends a Weirdness Pass

Give the people in your life a *Weirdness Pass* which is a ticket allowing your loved ones to say weird or inappropriate things while you're dealing with your divorce.

They don't know any better and no one trained them on how to deal with the situation.

Remember not to take on board anything that they say. Remain aware of what they are saying, and of the myths and possible generalisations in their comments, to guard against becoming embroiled in their intellectualisations.



Divorce Angel

Appoint a ***Divorce Angel*** . This should be someone who is preferably not a close friend or family member but someone you can discuss your ***naked divorce*** experience with.

Your ***Divorce Angel*** is your champion who will walk alongside you in the darkness of your divorce, back into the light. If you are feeling vulnerable or have anxieties, it's best to work with a trained ***Divorce Angel*** from www.nakeddivorce.com but ultimately be careful whom you choose. If you select someone who dislikes your former husband or has any kind of agenda for you or your life, each discussion could turn into a rant session. Also, someone you know too well could feel too much empathy for you. This could impede your progress.

Your *Divorce Angel* should be someone that:

- you don't necessarily know that well, someone who won't buy into any of your drama.
- is wise and has it together has healthy personal relationships
- is not afraid to tell you the truth
- cares about you being empowered

If you wish to have an impartial super-trained ***naked divorce*** coach to be your personal ***Divorce Angel*** , feel you require any additional support, check **www.nakeddivorce.com** for more information.

Divorce - Tip 2

The Ex-Factor

Set yourself up for success and minimise contact with your ex

If you are just getting divorced and still feeling raw from your break up, minimise contact with your ex, particularly during the first 15-21 days. Continued contact with your ex could lead to confusion and may lead you off the track, feeding your needy side.

Ex-Factor Etiquette when there are no children involved

Being friends with your ex

Good for you if you can make the transition from divorced to friends, especially if you don't have children and have no real reason to stay in touch. I recommend ensuring that you've established your new, separate life before you make this transition. If you become best buddies too soon, your relationship with your ex could become a social crutch, or something you hide behind in place of creating a life for yourself.

The important point about being friends with your ex is that the relationship should evolve naturally. Don't force it.

Also, it will not happen immediately – it cannot. You will need some time to ensure the relationship evolves into something clear where you can be friends.

In the beginning I recommend going cold turkey and not seeing your ex at all. Break all contact, delete contact on Facebook and stop stalking your ex at the supermarket. Use the exercise on setting boundaries to set crucial boundaries with your ex.

When you have a new relationship you must honour your divorce. That means putting your new partner first. Any new relationship takes time to develop and you don't want an ex hanging about in the wings to jeopardise things.

You judge whether a natural friendship with your ex is healthy or not. If it

interferes in your new life or your new relationship, cool it down.

Sex with your ex

Sometimes partners continue their sexual relationship after a break up. It may be that you're less familiar with each other after your divorce so the sex can feel more passionate. Some couples will 'use' each other for sex although this prolongs the hurt. I know of women who continue to sleep with their ex-partners long after they've remarried and had children. One such woman was Sue.

Sue continued to sleep with her ex-husband Ed on and off for three years even after Sue had re-married. It was very detrimental to both of them moving on or committing to their new relationships. When Sue's new husband found out about her affair with her ex-husband, he ended their relationship immediately. Sue's life became turmoil as she went through her second divorce within the space of a year.

This is not moving on. You need a clean break. You need closure. Don't waste your life clinging to old relationships.

Women are particularly susceptible to sleeping with their ex during the Panic/negotiation phase of the divorce ***grieving cycle*** as a way of getting back together. For some people, sex might mean intimacy but to others, sex simply means sex. It's important to be clear on your competing agendas before embarking on a sexual relationship.

Understand the phases you'll go through after your divorce. Understand your hormones and those angst-ridden feelings and where they come from. The next time you feel compelled to contact your ex, ask yourself:

- ➔ Do I miss being with my ex or do I simply miss being in a couple?
- ➔ What if my ex says, "Let's give it another go." Will you be able to change what didn't work the first time in your relationship?
- ➔ If you're leaving the outcome of your relationship in your ex's hands, ask yourself, "What do I want? Is my ex the person I want to be with for the rest of my life, even if nothing changed?"

If you are still harbouring resentment and anger towards your ex

Do a programme like the ***naked divorce*** 21-day programme as soon as possible as this level of resentment and bitterness has a lasting impact on your life.

If you can't be friends

Be civil and friendly. When you bump into your ex, greet them, shake hands or hug ONLY if you're both comfortable with this, in same way you would greet a business associate. Keep your interactions brief and then move on.

Ex-Factor Etiquette when there are children involved

Don't expose your children to marital conflict

When children are involved in divorce it's very important for parents to behave civilly. I accept that this can be hard. It might always be hard. But there will be times you have to see your ex, particularly at school events or if you need to discuss something related to their parenting. In these cases, the rules are easy:

- → **Don't speak badly of your ex in front of your children EVER.** Respect your child's right to have a relationship with both their parents and do not use your children as a go-between or carrier of nasty messages. KEEP your children out of any marital conflicts.
- → **Do not volunteer unsavoury information about your ex in front of your children** . **Do not argue in front of your children.** Be polite and set a good example for your children
- → **Prioritise having an amicable relationship with your ex.** It is important that your children feel you are still presenting a united front.
- → **Make sure your marital settlement or divorce agreement is clear on ALL the details.**
- → This ensures that there are no misunderstandings in the future.
- → **Don't give your children false hopes of their parents reuniting.** It's important that they do not receive confusing messages.
- → **If your ex does push your buttons, think ahead before you see them and ask yourself:**
  - What are the triggers?
  - How will you keep the peace and stay calm?

- What do you want to achieve in your interactions?

Dealing with your ex's strong emotional outbursts

The vast majority of boundaries are in fact a negotiation rather than a rigid line in the sand. Adults need to negotiate boundaries between themselves. This is the standard for all relationships and is particularly true for romantic relationships.

If you don't risk sharing how you feel and don't speak up, you'll blow up and/or become passive aggressive and damage the relationship.

Being powerful in the face of your ex's strong emotional outbursts

STEP 1: Understand that the angry or emotional outburst is not personal to you. It's about the wounded little boy or wounded little girl inside the person who is shouting or screaming.

If seated, stand up and stand tall with your shoulders back and hands at your sides. As the person is saying whatever they are saying, tell yourself that whatever they are saying is about *them feeling hurt* and wanting to hurt someone else. It has nothing to do with you.

STEP 2: Look intently at your ex, to assure them that you are listening. Stop doing what you are doing. Do not fidget and switch off the television. Often what riles people the most is the feeling that they are not being listened to. Eliminate this possibility by giving them the assurance that you are listening to them.

STEP 3: Do not react. Allow whatever they are saying to wash over you, like it is simply words that have no meaning.

When they are done ranting or having their say, simply do the following:

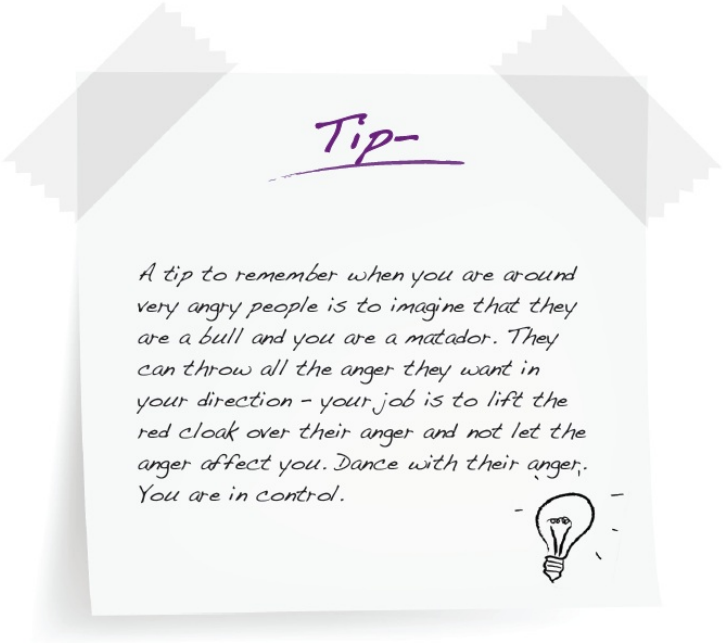
Take a deep breath and say, "I understand that you are feeling angry (or upset, or disappointed, etc.)

and I understand that because of this situation, you feel this emotion very strongly." Do not respond to the specific points of what they said. Simply say that you are, "willing to talk when things are calmer."

STEP 4: Simply walk out of the room and leave. Have a cup of tea and be still. Try not to raise your voice to match them, just refuse to play the game.

STEP 5: If you feel that discussions are impossible, write a letter adopting a very

factual matter-of-fact tone.



Get yourself a great coach

Everyone who wants to achieve success in whatever they do in life needs to treat herself like an athlete and they usually have a great coach. Now that you have seen what is possible when you have someone rooting for you and standing next to you as you do the ***naked divorce*** , find someone that you can set goals with and check in with on a weekly/bi-weekly/monthly or quarterly basis.

If you like the way we work within the ***naked divorce*** team, we have many angels and coaches who support people in follow-up programmes long after the ***naked divorce*** has completed. We help people with life coaching, career coaching, dating plans, financial breakthroughs and healing from other traumas or other breakdowns. We also have lifeline calls so you can just book an hour when you need to talk through a particular challenge you are dealing with. For more information, go to www.nakeddivorce.com.

Divorce - Tip 3

Help your kids

Help yourself first

To ensure that you're ready and able to support your children through the trauma of divorce, or get back to managing your team at work or leading a project again, help yourself first. Without helping yourself first, you'll be in no position to help anyone who relies on you.

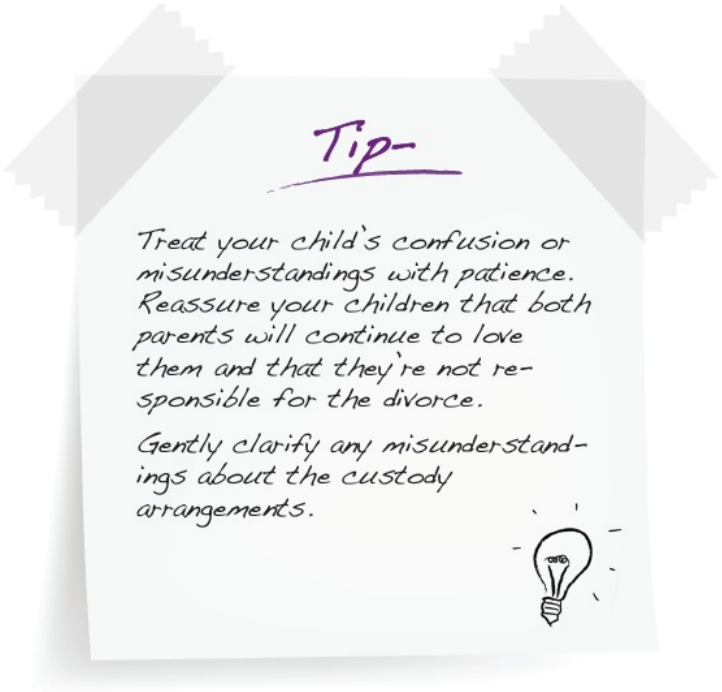
What do children believe during divorce

Many children believe that they had something to do with the divorce. They may remember times when they argued with their parents, got poor grades, or got into trouble. They may associate that conflict with their parents' conflict and blame themselves.

Also, some children may worry that their parents will stop loving them, or that they will never see the estranged parent again. Sometimes young children don't understand the meaning and permanence of divorce. Sometimes they believe that it's one parent's fault or that someone else is to blame.

Reassurance and consistency is important in the early days of divorce.

Sherlyn Luedtke says, "tell your children that although the love between mom and dad has changed, that this kind of love is different than love between parent and child. This love is forever and special." Sherlyn also believes in telling your children the same things over and over again to prove that there is consistency.



What do children want from their parents

This list is taken from a study done at the University of Missouri where children of divorce were asked what they needed from their mom and dad. The list is written by children themselves:

- ➔ "I need both of you to stay involved in my life. Please write letters, make phone calls, and ask me lots of questions. When you don't stay involved, I feel like I'm not important and that you don't really love me."
- ➔ "Please stop fighting and work hard to get along with each other. Try to agree on matters related to me. When you fight about me, I think that I did something wrong and I feel guilty."
- ➔ "I want to love you both and enjoy the time that I spend with each of you. Please support me and the time that I spend with each of you. If you act jealous or upset, I feel like I need to take sides and love one parent more than the other."
- ➔ "Please communicate directly with my other parent so that I don't have to send messages back and forth."

- ➔ "When talking about my other parent, please say only nice things, or don't say anything at all. When you say mean, unkind things about my other parent, I feel like you are expecting me to take your side."
- ➔ "Please remember that I want both of you to be a part of my life. I count on you both to raise me, to teach me what is important, and to help me when I have problems."

How you communicate with your children is key

Difficult as it may be to do, try to strike an empathetic tone and address the most important points, right up front. Give your children the benefit of an honest, but child-friendly, explanation.

If you go to www.helpguide.org and read the texts I have recommended, they indicate there is a specific way to speak to your children so that you have told them enough but not too much. A summary of all the texts say:

- ➔ **Provide continuity.** Children need the sense of continuity provided by a certain amount of structure such as dependable meal and bed times, leisure and work times.
- ➔ **Be consistent in routines and explanations of what happened.** Children have very keen attention to detail when stressed. Repeat the same reason for your divorce several times if necessary. Sometimes they need to hear the same message 100 times. Try to have a plan with your ex that they do the same thing.
- ➔ **80% of communication is related to tone and body language** . Ensure you are calm and grounded before engaging in communication.

Normal reactions to separation and divorce

The resources www.childrenanddivorce.com, www.parentcoordinationcentral.com and www.helpguide.org state that although strong feelings can be tough on children, it is normal for them to experience some anger, anxiety and mild depression BUT if things get worse rather than better after several months, it may be a sign that your child is stuck in depression, anxiety or anger and could use some additional support. www.helpguide.org

states you must watch for these warning signs of divorce-related depression or anxiety:

- ➔ Sleep problems, nightmares or bedwetting.
- ➔ Poor concentration.
- ➔ Trouble at school.
- ➔ Drug or alcohol abuse.
- ➔ Self-injury, cutting.
- ➔ Frequent angry or violent outbursts.
- ➔ Withdrawal from loved ones.
- ➔ Avoiding favourite activities.

Steps to reduce traumatic effects of a divorce on your children

There are several steps to follow to reduce the traumatic effects of divorce on children and now that you have taken care of yourself, study the resources, books and texts I have provided in this chapter to ensure you provide stability, structure and continuity for your children. Support them by helping them express emotions, and commit to truly listening to these feelings, without getting defensive. Listen and help them find words for their feelings, acknowledging their right to their feelings. Also let your children know that even though the physical circumstances of the family unit will change, they can continue to have healthy, loving relationships with both of their parents.

Develop a parenting plan

Pediatricians and authors Jennifer Lewis and William Sammons recommend that divorced parents develop a parenting plan for their children.

Most divorcing parents are understandably concerned about the custody status of their children because it defines how the major decision-making responsibilities will be allocated, and may influence where the children live. However, what primarily impacts the children's lives is not their custody status but the schedule of time that they spend with each parent and the nuts and bolts of how that schedule is implemented.

This blueprint for the children's care, Lewis and Samons call the parenting plan, should be a much more comprehensive document than the typical visitation agreement. A successful parenting plan needs to incorporate sufficient details to ensure children will not experience ongoing arguments and conflicts between their parents about the arrangements they are putting in place. A parenting plan could contain the amount of time that the children will spend with each parent, the time(s) and place(s) of handover, guidelines to holidays and vacations, calendar of joint schedule, joint-parenting rules and guidelines so that there is consistency in parenting (including bed times, diet, watching television, homework etc.) It has also been advised to include details such as what to do in the event of last minute delays or cancellations.

Letters to your children

In my weekly newsletter, you will find LOADS of tips, techniques and letter templates for helping your children comes to terms with the divorce. The templates include letters to young children, older children and letters to the school. Sign up at www.nakeddivorce.com today.

Divorce - Tip 4

Handle your work like a pro

Your career VS your divorce

Keeping your career on track while coping with a divorce is like juggling eggs: you have to remain focused to continue performing, and falling apart is not an option.

The office is no place to vent your repressed feelings, but if that's where you find yourself when a rage attack threatens, there's an exercise at the end of this section that will help you remain calm and at peace.

The naked divorce etiquette for dealing with your divorce at work

The general rule of thumb when facing divorce is that you should take leave from work to gather yourself. If you cannot take two weeks, even three or four days will do. Not only will you need this time to be alone to think, but you'll need privacy to do so.

Some people find they need a routine to carry them through a crisis and the comfort of routine is one thing, but be wary of throwing yourself into work as a distraction too soon. When you do go back to work, there are some tips that are helpful.

General tips:

- ➔ It's very common to feel foggy and unclear during the first few weeks of a divorce, as your mind is preoccupied with feelings. It's therefore a good idea to write down all action points and notes from meetings so that you have a reference. Pay special attention to requests being made of you. Remember that with all the Adrenalin and Cortisol in your bloodstream, the Hippocampal (memory store) function in the brain is limited, so write everything down.
- ➔ Ensure you communicate clearly about what you are willing to take on and what time frame you can commit to for those outputs. Add on a buffer of

30% to all deadlines as you won't be your usual, productive self.

➔ Make a point of taking a lunch break each day for a few weeks. Leave the office and take a walk. It's important to take time out when you're under severe stress.

➔ To remain calm at work drink a great deal of Peppermint or Chamomile tea and use Rescue Remedy drops on a regular basis.

➔ A great way to remain calm and focused at work or to relax when heartbreak threatens to overwhelm you is to listen to the ***naked divorce*** Break Up Reboot. Download your complimentary programme today by signing up to the free newsletter on the www.nakeddivorce.com website.

> *"Take eye drops and good, soft tissues to work. If you find you need a good crying session in the bathroom, use the eye drops so that your emotional state is not overly obvious to everyone."*

➔ If possible, don't discuss the details of your divorce with your colleagues. Even if they're good friends, discuss details outside of work and only with those you know will not make your divorce the office gossip of the day. Avoid crying sessions with your colleagues at a bar or in the parking lot or kitchen area. I know that it can be delicious to win the sympathy vote, but this strategy is not easy to come back from. Having the details of your divorce batted about the office will only add to your stress and this could therefore count against you if you are looking to climb the corporate ladder later on.

The naked divorce etiquette for handling your boss at work

➔ Firstly, tell your boss what you're dealing with. Do this in a brief and matter-of-fact way. Don't give your boss the gory details just ask for a few days off. Deal with any urgent matters that won't wait until your return to the office. If you think you might get overly emotional, write a formal email or letter.

➔ No matter how evolved your workplace may be, most working environments are not equipped to handle an employee's personal issues. Unfortunately divorce is a personal issue. HR departments are often unsympathetic and do not offer adequate support. Their job is to minimise company risk and you crying in their office is something they are obliged to report to your boss (certainly in the cases I have seen and experienced).

➔ Keep in mind, although it's hard to hear, you are hired to do a job. All your company cares about is whether or not you can do the job you are hired to do. Your company does not owe you anything as most companies expect their employees to leave their personal issues at home. Therefore, try to remain professional and as unemotional as possible whilst at work. If you feel yourself getting emotional, excuse yourself and leave the building for 10 minutes. A personal tip from me is don't let others see you being overly emotional if possible, they might judge your competency based on your ability to handle strong emotional stress so are the wrong crew to lean on for support.

Newsletter: In my weekly newsletter, you will find lots of tips, techniques and letter templates for dealing with your boss. Sign up at: **www.nakeddivorce.com**

➔ Communicate very clearly with your boss about what he or she can and can't count on from you. Give deadlines and try your best to stick to them. However, if it looks like you are struggling to meet a deadline, communicate with your boss immediately and recommit to what is possible.

➔ Your colleagues and boss will be looking to see if you are working less hours. Therefore, unless you have permission to work less, work the full-allotted time you are hired to work. If it looks like you might arrive late to work, communicate immediately that you are going to be late AND ensure

you work later to make up the time.

➔ If you have the option to work from home, do so. It's easier to maintain professional etiquette via email than to be around the colleagues and people you work with everyday when you're dealing with raw emotions.

➔ Inform the accounts department as soon as possible about your pending divorce as your tax code may change. If you feel nervous about calling and aren't feeling organised, prepare a list of things to communicate and email this through. Ensure that you include your current tax code in the email.

The naked divorce etiquette for handling your divorce at work if you are the boss

➔ If you are the boss going through a divorce, the key thing is appoint someone you trust to delegate responsibilities to. Explain to this person that you are dealing with some personal issues at home (don't get into specifics) and that you will require some extra support in the coming weeks.

➔ When you delegate, be very specific about what outcomes need to be achieved. Have a discussion with this person or people about what you envisage and what the end game is and ask them to build plans for how those outcomes are to be achieved. Ask them to break the tasks down as

much as possible.

- ➔ Once everything is handled and you have a structure in place to achieve the outcomes laid out, take some time off to handle your personal situation.
- ➔ If you have a very close-knit team share with them what is going on, but keep it brief. This is not the time to get the sympathy vote or try to get everyone to feel sorry for you. It's important to remain powerful and grounded in their eyes. This will win their respect and regard in more ways than one.
- ➔ Even if you have close relationships with clients, I wouldn't recommend telling them about your divorce. Simply mention you are taking some time off and who their contact person is whilst you are away.
- ➔ If necessary: check in with your team whilst you are away to ensure that the delegation has worked successfully. This will give you peace of mind.

The naked divorce etiquette for handling your divorce if you have your own business

- ➔ This is the tough one and I can tell you from personal experience, that driving ways to earn money whilst feeling raw emotions is not an easy thing to do.
- ➔ I recommend getting the healing over with as soon as possible so you can get back to earning money. If you delay your healing, you may begin attracting all kinds of negativity to your business. So in a nutshell: prioritise getting over your divorce as soon as possible so you can get back to work.

If you don't have a team and you are self-employed, what I recommend is to:

- ➔ Take some time-out if possible, to ensure your living arrangements and personal situation is stabilised again.
- ➔ Communicate with your clients that you have a personal emergency to deal with and when you will be back at work. Let them know how your accountabilities will be handled in your absence.
- ➔ If you cannot take time-out, get clear on all your revenue and expenses and work out exactly what your financial requirements are and by when.

➔ If you don't think you can keep to your financial commitments, then get into immediate communication with your creditors and work out a plan, ensuring you lower your expenses as much as possible to ride the storm.

➔ Follow the general tips covered earlier.

➔ Ensure you sleep more, eat healthily and take care of yourself.

The naked divorce exercise for handling your emotions whilst you are at work

When you feel you need to put your emotions aside to focus on your work, practice the following exercise. Cycle through the four 'A' words:

Be **A** ware of the emotion.

A ccept the emotion.

A cknowledge your right to your emotion. **A** ct normal.

This is how it works:

1. When feeling overly emotional, stop.
    1. Stop doing anything.
    2. Just sit.
    3. Be still.
2. Breathe.
    1. Breathe long and deeply, right into your belly.
    2. Let the breath fill your lungs like the ocean surging up the shore.
    3. Breathe like this for 20 breaths. And if you cry, you cry.
3. Become **aware** of what is happening. It's simply the increase of Cortisol and Dopamine combined with the depletion of Serotonin which are contributing to feelings of depression or craziness. It's an uncomfortable feeling, but it will pass if you let yourself be with it and keep taking your daily supplements and following the **Trauma Diet** .
4. Visualise. Liken the erratic emotions to a puppy that has run off without a leash. Understand that your emotions cannot be controlled, whilst at the same time you do not need to engage with them. Allow the emotions to simply be. Just notice them. Watch them and remain calm whilst breathing

deeply. Try to describe the emotional form. What is the emotion's colour, texture and shape? Give that part of yourself that feels crazy a label, or a name like Red Dragon, or Mad Dog. Ask the emotion, "What am I to learn from you? What will set me free from you?"

5. **Accept** and acknowledge the craziness and anxiety. If you allow yourself to see the emotions as visitors, they will eventually pass.
6. No matter how you're feeling at that moment, behave normally. **Act completely normally** . Even if it feels fake, it doesn't matter. You will have time to process these emotions later in the day when it's appropriate. You know that the craziness will pass. (Acting normal whilst feeling crazy emotions is a great Cognitive Behavioural Therapy technique and works very effectively.)
7. Make yourself a hot water drink. Chamomile or Peppermint tea is very soothing. Alternatively, add some lemon and two teaspoons of honey to a cup of boiling water. Drink it slowly. With each sip, sense the craziness retreating, like a tide. Calm down.
8. Take a walk outside if you can. Walk slowly and gracefully, as if you're gliding. While walking, cycle through your five senses and ask yourself, "what do I see, hear, touch, taste and smell?" Keep the focus outside your mind and on what's around you. Stop for a moment whilst walking and study the plants around you or the ants in the grass. Be vigilant about looking at your surroundings rather than listening to the voice in your head.
9. Remind yourself that there will be an opportunity to feel your emotions when you're in a safe space later.
10. Remind yourself that everything will be okay. Think of all the things that people have overcome in their lives. Think of someone who has overcome immense obstacles to achieve greatness and beauty in their lives. This can be you.

Divorce - Tip 5

Avoid CHECKING OUT and learn to feel your emotions

John James and Russell Friedman, who wrote 'The Grief Recovery Handbook' talk about confronting your emotions rather than filling your life with things that fill your time, but only provide a short-term relief. They tell the story of how a mother may deal with a child's crying by offering the child a cookie. The mother may say, "Don't cry. Here, have a cookie and you will feel better." Later in life, that child could associate fixing their feelings with food. Eating the cookie in the moment, the child gets distracted and may forget about the incident that caused the upset, but the fact remains that there was no emotional completion of the pain caused by the event. The event and all the feelings associated with it, were buried.

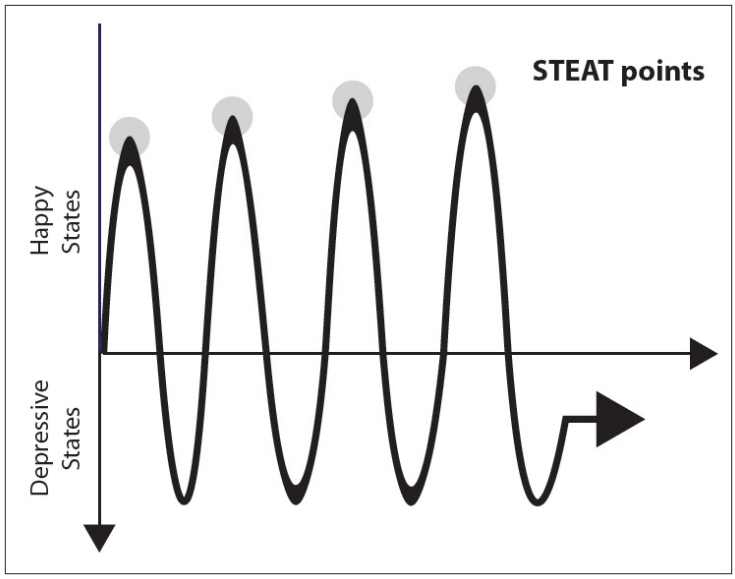
Short Term Emotion Avoidance Tactics will help you feel better in each moment BUT the thing to be aware of is that you are not feeling better for real – it's a false sense of security - a false feeling of recovery. It fits into the *False Healing* category.

Short Term Emotion Avoidance Tactics are things you do to avoid feeling the pain, numb the pain, or to take the pain away in the short term. They are often escapism-type activities where you keep SO focused and busy that there is no time to think about how you are feeling or doing. If you fill your life up with lots of S.T.E.A.T.s, your healing will not progress.

The sad thing is that for most people who struggle to get over their divorce are engaging in a cycle of feeling the pain, applying a ***Short Term Emotion Avoidance Tactic*** , feeling the pain, applying another ***Short Term Emotion Avoidance Tactic*** etc. until over time they feel numb and they think this numbness is them healed from their divorce.

S.T.E.A.T.'s prolong the emotional rollercoaster of your divorce. So you never **fully grieve** for long enough or experience the loss critical to healing for real.

Your emotional rollercoaster will go up and down, up and down as shown in the STEAT points diagram below.



Short Term Emotion Avoidance Tactics include but are not limited to:

- ➔ Excessive socialising.
- ➔ Over-exercising.
- ➔ Fantasy or escapism activities (books, TV, movies).
- ➔ Shopping/retail therapy.
- ➔ Work and becoming a workaholic.
- ➔ Ignoring feelings.
- ➔ Pretending something hasn't happened.
- ➔ Overeating.
- ➔ Eating foods loaded with sugar and fat (comfort eating). Excessive drinking of alcohol.
- ➔ Excessive use of recreational drugs.
- ➔ Using prescription drugs such as tranquilisers or antidepressants.
- ➔ Exercising compulsively.
- ➔ Behaving compulsively.

- ➔ Excessive sex with or without a partner.
- ➔ Excessive 'busyness'.
- ➔ Constantly intellectualising and analysing situations.
- ➔ Excessive reading or TV viewing.
- ➔ Spending hours watching romantic movies or fantasising about the one.
- ➔ Keeping conversations superficial.
- ➔ Burying angry emotions under the mask of peace and love.
- ➔ Spending countless hours with your children under the guise of being a good parent but with the actual agenda being to use your children in some way to help you feel better.

My story:

It was within the first four days of my divorce. At 02:30 am I was on my third glass of wine and hadn't eaten in three days. I had been in my tracksuit for 36 hours straight and had chain-smoked 40 cigarettes (and I'm not even a smoker.)

There was a pile of laundry on the couch waiting to be ironed and used tissues everywhere. The house was in absolute chaos and I didn't feel like doing anything. I wasn't answering my phone or talking to my family or anyone else. I had a vision of being found dead of a broken heart at the age of 65, still wearing pajamas, with no love or man in my life.

The only time I left the house, I was so distracted, I almost drove into a wall. I thought that if I could convert my emotional pain into physical pain, I could take a pill for it. How bizarre my thoughts were!

The reality is that I was in despair. I felt completely out of control. For someone who is usually organised and structured, this was a very new feeling.

Nothing helped and I remember thinking, "Why the hell is this happening to me?"

I had read 27 books on breaking up in two weeks. I had spoken to two therapists. I had spoken to a counselor.

I listened to music. I listened to a personal development CD. I spoke to friends. Nothing helped. I was going crazy. I was so uncomfortable in my own skin. The pain felt unbearable, I just wanted to feel normal again.

If this sounds familiar to you or you can relate in any way, welcome to the club. You are completely normal and you will be okay. Here are some completely normal responses to divorce:

- ➔ Numbness – numbness can be physical, emotional, or both. The numbness lasts for different periods of time for different people.
- ➔ Disrupted sleep patterns – not being able to sleep or sleeping too much is completely normal.
- ➔ Changing eating habits – it's normal to have almost no appetite or a need to eat nonstop, or both, alternately.
- ➔ Rollercoaster of emotional energy – extreme ups and downs. As a direct result of these emotional highs and lows, you may feel emotionally and physically drained.
- ➔ Depression – feeling low and depressed is normal.
- ➔ Despair, desolation and desperation.
- ➔ Reduced concentration.
- ➔ Feeling hopeless.
- ➔ Feeling helpless.
- ➔ Feeling strong anger or rage.
- ➔ Experiencing dramatic mood changes. Exhibiting a change in personality.
- ➔ Losing interest in most activities.
- ➔ Experiencing a change in sleeping or eating habits.
- ➔ Performing poorly at work.

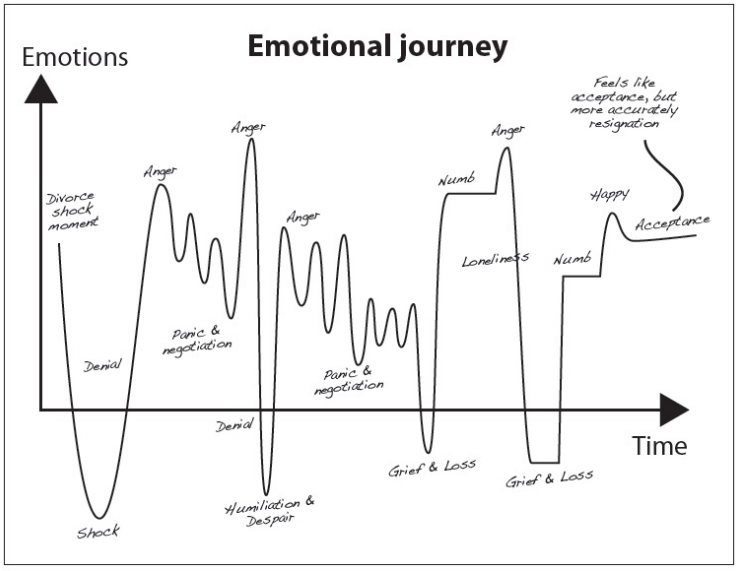
> *"I feel like a piece of fabric fraying at the edges, one piece of thread at a time. I can only really handle what is right in front of me. Almost like I have tunnel vision"*
>
> *Debbie, 42*

You will feel low for the first few weeks, even months. That's normal. After that, you'll start to feel more like your old self. You'll start to rationalise things and you'll begin to work out what to do next. This is a turning point, and it means you're thinking about your future. The pain will still be there, but it will become easier to bear but if you do a programme like the ***naked divorce*** 21-day programme you'll find many things you can do to work through the pain and speed up your recovery.

You may feel it tempting to keep busy and avoid being alone. However, if you want to heal, the KEY is to FACE your emotions and process them. I know this may sound like a frightening idea. I remember thinking that my own sadness and grief would swallow me whole. What I did realise after a few days was that every single emotion had another emotion underneath it, almost like there were layers of emotions which needed to be peeled off.

My job was to simply move through each emotion, find the boundary or ending of the layer and move onto the next emotional layer. There was actually a natural ending to each emotion but only when I truly experienced and acknowledged the preceding emotion. And none of the emotions lasted particularly long and they certainly didn't swallow me up whole. I realised I had nothing to fear by feeling them. When you resist your emotions and avoid being with them by indulging in ***Short Term Emotion Avoidance Tactics*** , you prolong the healing cycle unconsciously. You will consequently have no say about how much time your healing will take or what will happen.

Lucy's emotional journey: This graph below tracks the healing experience of one of my clients prior to meeting her. It illustrates the first year of the past five years of her life as drawn by her.



Lucy's rollercoaster started off with a big shock stage, an initial paralysis at hearing the bad news of her husband leaving her. She described it as a big kick in her stomach and an indescribable ache.

This was followed by a denial stage where she spent days trying to avoid the inevitable, telling herself it was not happening. This was followed by an anger and betrayal stage where Lucy was very angry with her husband. Unsure of how to process the emotions she simply ignored them, and began

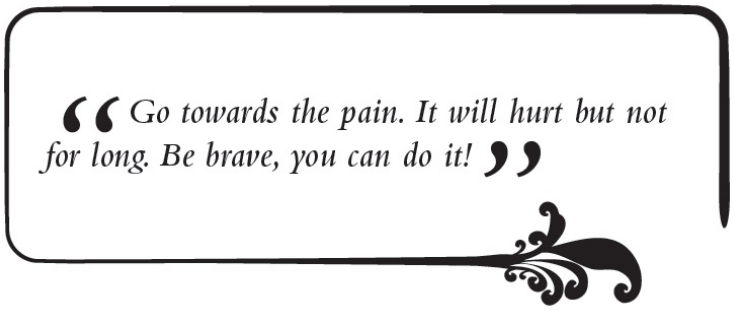
panicking that she had lost him. She spent weeks pleading for him to return, promising to be a better wife to him. When she realised that he wasn't coming back, she again felt anger. She shouted and screamed at him. When he didn't retaliate she felt humiliation and disgust with herself. This disgust soon turned into despair, closely followed by more anger, which she didn't process and more pleading with her husband to take her back.

She momentarily felt grief and loss then went out and slept with a colleague from work. Afterwards she felt numb, briefly angry, then numb again. When the colleague didn't call her back, she was overcome by loneliness and more grief and loss. She then started drinking more alcohol and soon returned to numbness. As the divorce came through, she felt momentary happiness. Her life continued along this path for several years. In the second and third and forth years, she continued the cycle of up and down. The numbness lasted days, then weeks, then months. She said for years, she simply went through the motions in her life. Almost feeling like she was dead inside.

When we started working together five years later, she was feeling very numb and resigned. She told me that life since her divorce was a series of ups and downs and that over time she just felt quite numb and had understood the numbness to be a form of acceptance. Upon examination, we actually found that deep sadness, resentment and anger were still very much present in her life. The numbness was masking the deep grief and upset over her husband leaving her. She has fallen victim to being passive over time and thought that simply the passage of time would cause her healing. We also discovered that she made use of ***Short Term Emotion Avoidance Tactics*** (S.T.E.A.T.s) like alcohol, food, sex with random strangers, and spending hours and hours at work to avoid feeling the pain of her heartbreak.

She realised then that although she had learnt a great deal during the past five years, she had not healed from her divorce and did not know what to do to heal. She commenced the ***naked divorce*** journey and achieved the inner peace she had been seeking all those years.

Lucy's emotional rollercoaster is not too dissimilar to any of my client's emotional rollercoaster's after divorce. The problem for Lucy was that there was no knowledge of which emotion was coming next or how long the emotional ride would take. She realised that although she achieved moments of happiness, they were often fleeting and shallow like a mirage in a dessert. She would then jolt back to earth as if awakening from a dream.



Lucy's healing cycle also didn't stop, it kept going for five years and just when she thought she was had healed after an extended period of numbness or false acceptance, she would get knocked back by something that happened in her life and the emotional rollercoaster would speed up again, revealing another emotional dip or bend or loop.

To avoid feeling the feelings at each point, she sought out ***Short Term Emotion***

Avoidance Tactics (S.T.E.A.T.s) to bring her instant relief, and what she didn't know at the time was that those ***Short Term Emotion Avoidance Tactics*** just prolonged the cycle of the rollercoaster ride. She felt extremely stuck in her life and that there was no way for her to get off the emotional rollercoaster, or exercise any control over decreasing the time on the ride. She was simply strapped into her seat and needed to hold on for the duration of her journey.

I could tell you hundreds of similar stories and to me this is the saddest part about divorce healing – the years of your life that are spent in purgatory or in a departure lounge.

Because there is no clear process to follow to overcome the emotional grief, no grief cycle which maps out what emotion might come next, and no structured support along the way; everyone deals with divorce as best they can. This can often lead to long-term depression and a lack of contentedness with life.

Lucy was very brave when she proactively confronted and dealt with her emotions so they didn't hang around polluting her life.

The thing is, there is a very specific science to releasing emotions effectively and within the ***naked divorce*** programme, we use a technique which is pretty damn amazing if we say so ourselves. If you are serious about healing then learning this one simple technique can really help you along the healing path.

The naked divorce grieving cycle

The ***naked divorce grieving cycle*** is something I created based somewhat on the work of Elizabeth Kübler-Ross, my experience as a change management consultant, the invaluable lessons I learnt from my divorce, during my Post Grad in Trauma and Post Traumatic Stress Disorder and from studying numerous cases as a ***Divorce Angel*** .

If you can learn to truly FEEL each emotion and stand strong within it, each layer of emotion will pass and a new emotion will arise.

The emotional highs and lows experienced after a divorce can feel very extreme as they alternate between activity and passivity in our very human and desperate efforts to avoid the change.

The difference between Lucy's emotional journey and the ***naked divorce grieving cycle*** is that by taking the right courageous steps throughout your healing journey, you are in the driver's seat of your divorce and are not allowing your life to be

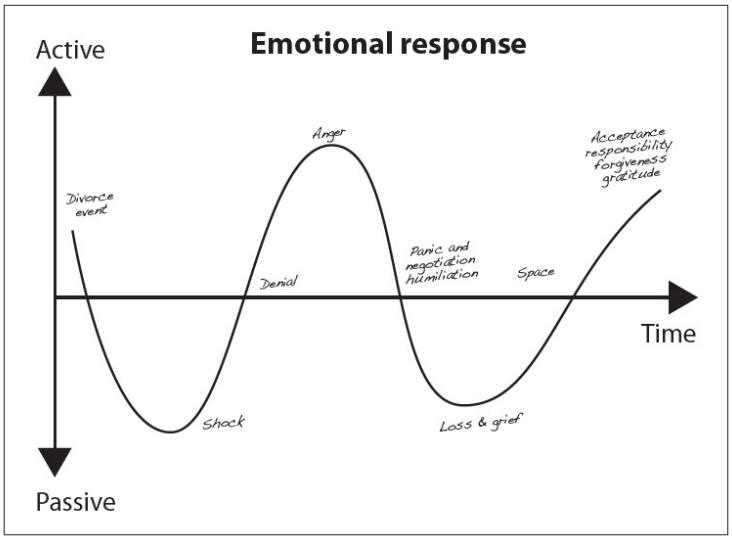
buffeted around by your emotions.

The initial state before the cycle begins is often quite stable, at least in terms of the subsequent reaction to hearing the bad news (compared with the ups and downs to come, even if there is some variation, this is indeed a fairly stable state).

And then, in the calm of this relative paradise, a bombshell bursts...

The ***naked divorce grieving cycle***

1. **Denial stage:** trying to avoid the inevitable.
2. **Anger and betrayal stage:** frustrated outpouring of bottled-up emotion.
3. **Panic and negotiation stage:** seeking a way out. Making deals with your ex. A strong sense that if you could only change X then your ex would stay.
4. **Humiliation, fear of failure or looking bad stage:** gradually sinking into a spiral, feeling embarrassed and avoiding seeing people.
5. **Despair stage:** realisation that something awful is coming your way and you're strapped into the rollercoaster and helpless.
6. **Loss, grief and depression stage:** a final realisation of the inevitable, surrendering to the grief.
7. **Space and nothingness stage:** once you have grieved and grieved, experiencing loss and pain, you're left with a feeling of nothingness. It's different to numbness because you feel very present and can notice things around you. Your senses are heightened. You may also find that you cannot cry anymore. You experience an emotional vacuum.
8. **Acceptance stage:** seeking realistic solutions and finally finding the way forward, it's not a feeling of resignation. It's a feeling of profound understanding of the way things are and the way things are not.
9. **Responsibility and forgiveness stage:** taking responsibility for where you may have caused cracks in the relationship and contributed to its subsequent breakdown and divorce. Forgiving your ex and yourself for any failings during the relationship is a critical part of true and real healing.
10. **Gratitude stage:** transformational experience. Learning from your divorce and seeing positives and negatives from the experience. This stage completes the healing.



Often, just understanding where you are in the process and accepting that it is a process that you will get through, really helps. It's important to keep in mind that although the graph looks linear, you will bounce between the first six stages many times.

One minute you may be feeling angry and the next minute you're back in despair. But by feeling the emotion deeply and profoundly, it will pass and reveal the next emotional layer. If you avoid ***Short Term Emotion Avoidance Tactics*** whilst processing your emotions, the emotional rollercoaster will end sooner. It's only when you're finished grieving authentically, to the point of being aware of only space and nothingness around you that will you be truly ready to move through to the advanced stages of the cycle.

If you choose to do the 21-day programme, by the time you are complete you'll achieve those most advanced stages of the ***naked divorce grieving cycle*** .

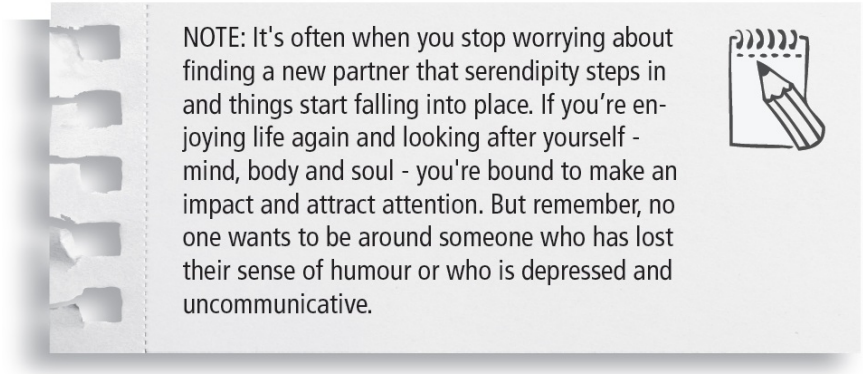
Divorce - Tip 6

Falling in love again

Ensure you feel completely fulfilled as a person first

Relax. Focus first on healing and being happy within yourself before you start focusing on finding THE ONE. If you focus on being fulfilled by yourself, then you are immediately more attractive to a partner. If you limp along like a broken butterfly needed another 'half' who will complete you, you will attract the wrong type of person into your life.

Take the trip you always wanted to take. Develop your own interests and pursuits. Get happy on your own. You have just spent the past however many years focused on being in a relationship. This is now YOUR time to live your life and savour it.



Be aware of attracting rescuers while you're healing

Be wary of attracting rescuers during your time of healing. The potential partners you meet while you're in a compromised state may well be attracted to your vulnerability and that part of you that is needy and wanting to be comforted and cared for.

Don't attach yourself to any new acquaintances or friends who see you as less than you are.

Create your dream relationship blueprint

Answer these questions below in your journal:

- ➔ Do you have a certain type of partner you attract and where did this come from? Is this type healthy for you? What type of partner do you believe is the type who will be the best for you in your life?
- ➔ How was your life when you met your ex? Were you happy and confident or feeling needy and desperate?
- ➔ What were your ex's positive traits that attracted you and what good aspects or attributes of that relationship would you like to create in your next relationship?
- ➔ What are your expectations now? What are you looking for in your dream relationship? Think of your dream relationship. Close your eyes and create a little movie scene in your mind of you with your dream partner. How do you know it's your dream partner? What's happening in this scene? Write down everything you see, feel, hear, touch and experience. Ensure it's a vivid scene.

Minimise contact with your new love interest

Likewise, if you have just started seeing someone new and are not sure if it's a rebound thing or not: take a breather. Your ability to attract the right person into your life is diminished when not thinking clearly. If the person is the right person for you, they will wait. What you actually need is SPACE to truly think, feel and connect with yourself VS. run away behind ***Short Term Emotion Avoidance Tactics*** .

Divorce - Tip 7

EAT RIGHT - I know it sounds crazy but your diet is making you behave eratically

There is a part of our brain called the Amygdala. The Amygdala is where we think the 'fight or flight' response comes from. It responds best to the senses, like sight, sound and smell. It reacts fast, like an alarm going off, saying "That's dangerous, run away" or "That sounds worrying, go and look". The Amygdala is not something we can control. To store memories in the brain, the Hippocampus and the Amygdala work together, with the Hippocampus largely controlling when and where the Amygdala fires. During trauma, however, the Amygdala takes over.

When the Amygdala gets overstimulated, it dumps out tons of Adrenalin, Noradrenalin and Cortisol, also known as Hydrocortisone, all hormones produced by the Adrenal Cortex. These hormones are released in response to stress or shock and with a bad break up or divorce, a great deal of stress is impacting your body. Together with Adrenalin, the primary function of Cortisol is to increase blood sugar. It helps us store sugar in the liver as Glycogen, aids in fat, protein and carbohydrate metabolism and suppresses the immune system. Mother nature equipped us with this hormone to assist us in fight-or-flight situations, such as having enough blood sugar in our body to give us the energy to run away from a lion. Its job is to quickly convert stored energy sources in the body into usable energy.

Although there isn't a lion coming at you, a divorce situation can be a major shock and your body believes that your life is in danger. So it pumps out Cortisol to prepare you to run away.

Cortisol also stimulates gastric acid secretion. This is why you sometimes feel nausea or light-headedness - almost as if you've sustained a blow to the stomach. This is also why many people don't eat much when dealing with heartbreak; they literally lose their appetite.

Elevated levels of Adrenalin and Cortisol also shut down the Hippocampus in the

brain – it seems to sort of 'fuse out' because of the increase in stimulation. This is why you cannot remember anything when you feel traumatised and can only handle simple tasks right in front of you (this is why we have a Daily Checklist within the ***naked divorce*** 21-day programme.)

Cortisol is also associated with a weakened immune system and this is why chronic elevations of Cortisol are detrimental to your health in the long term. Elevated levels of these hormones have been linked to Adrenal fatigue, hormonal imbalances, heart disease, excessive blood sugar levels, elevated cholesterol, and pretty much anything else that stress precipitates within the body. Getting your Adrenalin levels and Cortisol levels under control is all about sleep, diet and exercise and this is key to rapid healing. The details are covered within the **Trauma Diet** which is complimentary as part of any coaching programme with the ***naked divorce*** Angels. Generally you want to focus on cutting out:

➔ Sugar

➔ Alcohol

➔ Stimulants and artificial flavourants, colourants and energy drinks

➔ Junk food

➔ Caffeine

If you want to learn more about why you feel SO weird when experienced your divorce or break up trauma, watch the video below on my Youtube channel.

If you can change your diet completely, it will help with your healing process, promise!

2. Eating more of the wrong stuff and elevate that 'achey' feeling in your chest which scrambles up your hormones and

neurotransmitters!

It's actually quite simple: when you have experienced a trauma, adjust your eating habits and lifestyle to support yourself in your healing. The following tips should be followed to support your healing...

- ➔ Use Cortisol-reduction supplements
- ➔ Serotonin levels can be controlled through diet and supplements. In particular, focus on getting more Vitamin C and omega-3 fatty acids, and eating more complex carbohydrates instead of eating sugary foods. A complete **Trauma Diet** can be purchased on the ***naked divorce*** website and is complimentary with any of our coaching programmes.
- ➔ There are specific tissue salts to use, which are effective for restoring the salts in your cells. These can be depleted through the hormonal imbalance precipitated by stressful events such as divorce. They can be found in most health food shops.
- ➔ Eat at regular intervals throughout the day. Don't skip meals or your body will release Cortisol. Avoid too many carbohydrates as they trigger a Cortisol release in response to constantly-elevated Insulin levels.
- ➔ Get to bed earlier.
- ➔ Avoid all stimulants (nicotine, energy drinks that contain ephedra-like compounds, and caffeine) or restrict yourself to only one-two per day. Stimulants shift the body into sympathetic dominance, in other words, the fight or flight reaction so they increase the levels of Adrenalin and Cortisol in the body. Stimulants can also disrupt your sleeping patterns. If you must have your daily coffee, try decaffeinated, or ensure you don't drink coffee after midday.
- ➔ Keep your workouts under one hour. At the one-hour mark, your testosterone levels begin to decline and Cortisol levels rise. 45-minute workouts are even better.
- ➔ Maca Root Powder is also known to reduce Cortisol levels and restore the adrenal glands to health.
- ➔ Use stress reduction techniques. To calm yourself and restore your hormonal balance, listen to the ***naked divorce*** Break Up Reboot. It's a relaxing audio

programme designed to refocus your mind on your HEALING GOAL (discussed on Day 0 of the 21-day programme) and realign the neurotransmitters in your brain. Listening to it every day for 21 days will dramatically increase your healing process and reboot those feel-good emotions. It also helps you sleep so for all you insomniacs out there, get the programme! You can download your complimentary ***naked divorce*** Break Up Reboot today by signing up to our complimentary newsletter on the www.nakeddivorce.com website.

➔ Exercising compulsively.

➔ Behaving compulsively.

➔ Excessive sex with or without a partner.

➔ Excessive 'busyness'.

➔ Constantly intellectualising and analysing situations.

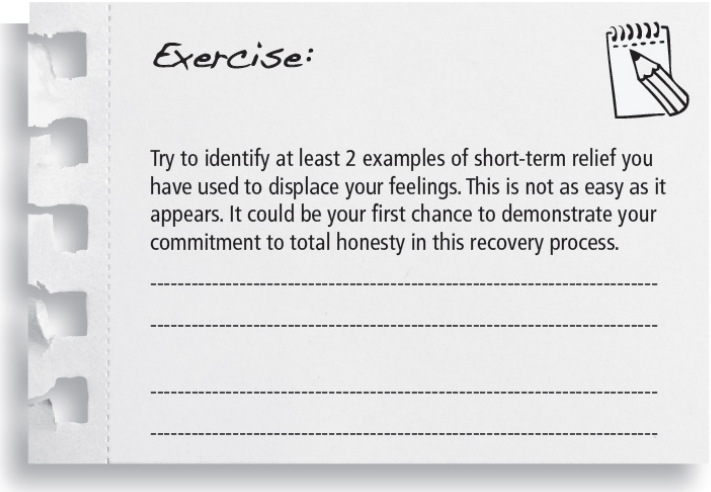
➔ Excessive reading or TV viewing.

➔ Spending hours watching romantic movies or fantasising about the one.

➔ Keeping conversations superficial.

➔ Burying angry emotions under the mask of peace and love.

➔ Spending countless hours with your children under the guise of being a good parent but with the actual agenda being to use your children in some way to help you feel better.



Divorce - Tip 8

Stop believing that time will heal the wound

During the very early days of my divorce I took some action and spoke to two therapists. This is what everyone said would be a good idea to do.

Both therapists told me that as I had been with my husband for seven years, that it would probably take me at least 18 months to two years to get over the relationship and that with weekly therapy sessions I would heal.

The first therapist commenced the therapy session by taking me back to an incident from my childhood. I was two-years-old and was in hospital for many months due to a congenital hip birth defect. The doctors were spending months building me hip sockets and due to the strict rules of the hospital, my parents were not allowed to visit me very often. Consequently I developed some quote unquote *abandonment issues* . My therapist looked like she had struck the lottery as I saw the dollar-signs in her eyes. Rather than focus on the divorce, my therapist was linking my feelings related to the divorce to the fear I'd felt in childhood.

We explored that incident for some time and after two hours of deconstruction (and a hefty bill later), I left feeling thoroughly dis-empowered and confused. Not only had my husband 'abandoned me', my parents, doctors and family had abandoned me, and in turn, not only was I now annoyed with my former husband, I was now annoyed with the world too. How on earth was this supposed to be useful?

The parallel relevance of exploring the moment of abandonment in childhood and my husband leaving, although fascinating, was not helping me get out of bed in the morning and deal with the issues right in front of me. I resolved that I did not want to spend months dissecting each aspect of my childhood, followed by my teenage years and then adult years in order to make sense of my divorce. I had very real issues to face in front of me right now. I had a career, had to get back to earning money and I wanted to talk about how I felt today and not about my life when I was two-years-old. This process went on for two weeks until I tried another therapist which was a similar tale.

Now, I know therapy works wonders for many people. I also know that it works very effectively in many situations and that millions of people all over the world choose therapy above any other process. Personally, it was very nice to have someone to talk to and I won't knock that for a second. I do however think that certain people do not have the need or patience for therapy and I count myself within this category. I wanted to get on with my healing. I wanted to take active steps and get to a place of empowerment again. I did not want to indulge in self-pity or gaze longingly at my navel whilst I drifted back into my childhood. It felt like a distraction from the reality and emotions I knew I needed to confront in the here and now. I was seeking an alternative to traditional forms of healing and in most cases, the clients who choose to work with our team in the ***naked divorce*** , have similar feelings.

My specific issues with therapy were:

- ➔ I had no understanding of what I was going through and going to therapy didn't give me any power in taking charge of my own healing. I felt dependent on my therapist.
- ➔ It felt like we were going to do a great deal of analysis during therapy and it was going to take an enormous amount of time. As human beings, we can tend to become fascinated by ourselves and our stories and I believe that taking great time to heal can be very destructive if we allow ourselves to become too self-indulgent. Renowned UK psychotherapist Nea Clark (http://www.balancedbusinessladies.com/) says, "There is no need to indulge your feelings over a long period of time. Time doesn't heal them. Better to do a programme like the ***naked divorce*** and focus intensively on healing within a defined period of time. It's healthier for your mind but also for your body". Independent surveys conducted by the Stress Society of the United Kingdom have also shown that those who take a very proactive approach to healing lead happier lives.
- ➔ The healing process didn't feel transparent, it felt like the therapists I saw either had no idea how I was going to heal or they had the secret to healing and the only way I was going to find out what the secret was, was to commit to seeing them on a weekly basis for 18 months.
- ➔ I felt that there was no goal or focus to my healing. We would talk and I would say how I felt. This aimless chatting was not my vibe.
- ➔ My therapists were not experts in divorce. They were expert therapists and

knew techniques for healing from all kinds of ailments. What I didn't realise then and realise today is that divorce, like most trauma-treatments have a very specific treatment and healing protocol. Working with someone who didn't specialise in trauma treatment and was afraid of any strong emotions I might have was not particularly useful to me.

➔ My healing did not fit into the, "let's meet once a week for one hour" structure. I required around-the-clock support with a phone call here, a text there, an email at one a.m., or a session with one day's notice. I wanted someone to walk with me through the abyss, which was staring at me and not to interact in a conventional way. Everything in my life was moving so fast that by the time my weekly session arrived, everything had changed and I spent the session catching my therapist up on my life VS actually making any real progress.

Traditional therapy, in my experience, is not very effective in dealing with trauma because healing from a trauma requires intensive focused action. Additionally, therapy and traditional healing practices have based their disciplines on the premise that you need time to heal which can elongate the process. Top-notch trauma therapists are actually very quick and they work systematically with a rigorous process to help people heal but those therapists are not easy to find as they work only in specialised trauma units.

So what we have are traditional therapists trying to treat traumas using traditional techniques and the concept of needing time to heal is consequently so ingrained in our society, that challenging this notion is usually met with an extraordinary amount of resistance, and in some cases, even anger or dismissal. The thought of healing quickly feels fake, shallow or unbelievable and could be misconstrued as a trivialisation of the healing process.

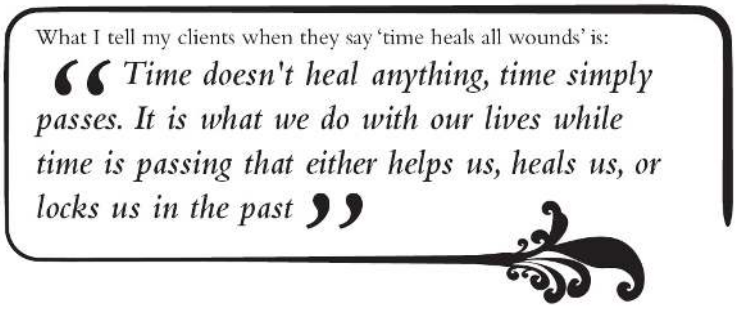
I really understand if you are thinking these thoughts.

In my experience in developing the ***naked divorce*** *Healing Formula* , time is actually a hindrance to healing, as over time the sense of urgency to take action dissipates.

Rosemary Kennedy (a renowned author and wife of Joseph Kennedy and the mother of President John F. Kennedy) shared her thoughts on time…

"It has been said, 'time heals all wounds.' I do not agree. The wounds remain. In

time, the mind, protecting its sanity, covers them with scar tissue and the pain lessens. But the wounds remain."



Please note: *throughout the book, I make reference to case studies of my clients. Names have been changed to protect their confidentiality in all instances.*

A bright, highly educated young woman came to see me six years after her marriage had ended. She told me that although she had three relationships since her divorce, all of them ended in quick succession because she still felt hurt and angry feelings towards her ex-husband. To keep herself under control, she kept herself frantically busy. She threw herself into her work, taking on tasks others wouldn't do, answering emails and writing proposals until late at night, and travelling on most weekends. At home, she spent hours cleaning and straightening up her apartment so it looked like a picture out of a magazine. She was doing whatever she could to distract herself from acknowledging what she already knew – she was not over her ex. She was running from her grief and numbing her pain with her busyness.

She finally realised she had to do something and we began our work together. She later told me that she was embarrassed that when we started working together, that she was in the same place in her mourning as others who had only recently divorced a few months earlier. It was as if her mourning had gone no further from where it was five and a half years ago. She was stuck, and no more time would have eased or erased her grief. Time had done nothing for her; time had NOT been her friend.

After completing the ***naked divorce*** 21-day programme she worked through what she had been running from for over five years and as an added bonus, found peace with her father's death also. Her frantic behaviours have ceased and now, she is a fully functioning young woman with plans for dating and a successful love life into the future.

Divorce - Tip 9

Ensure you process your divorce or your next relationship could be a disaster

Scott M Peck coined the phrase, "Cheap Forgiveness" in his 1992 cassette series entitled 'Blame and Forgiveness'. He spoke of it being a cut-rate substitute, a quick and easy pardon with no processing of emotion and no coming to terms with the injury. What happens when people take their time to heal is they become resigned, complacent, and lazy; believing that the status quo is fine. *False Healing* to me, is synonymous with Cheap Forgiveness. It's the cut-rate substitute for true and real healing at a deep level. There is no processing of emotion and no coming to terms with the divorce.

There is also a real impact of *False Healing* …

1 False Healing can lead to illness

Sophie is the mother of a good friend of mine. She was a very vivacious and charismatic woman. She loved her husband and young son deeply. One day her husband left her very unexpectedly. Three years and a very bitter divorce passed. Sadly, her son hated his father almost as much as she did and the pair never had a good thing to say about him.

The only things she lived for were her son and her dream to travel to Greece. Every month she saved for her trip to Greece but she never healed from her divorce and whilst inside she was dying, hoping that time would heal her wound.

One day she started coughing uncontrollably. The cough was persistent and lasted a few weeks. Eventually she went to the doctor who suggested some tests. After a month the results confirmed that she had terminal cancer.

Within six months she had died. On her deathbed, she acknowledged her regret that she had never forgiven her former husband for leaving

her.

As my friend tells the story, he said he believes that his mother's unwillingness to heal from the divorce was the source of her illness. He has subsequently chosen to reconcile with his father.

Dr Deepak Chopra, author, renowned endocrinologist, and leader in the field of quantum physics and mind-body healing, formulated the theory of cellular healing. It has been scientifically established that cells inside the body regenerate at different speeds – liver cells in six weeks, stomach-lining cells in three days, eye cells in less than forty-eight hours. Why is it then, you might ask, that a liver riddled with cancer in January would still be riddled with cancer in June? As the liver cells regenerate every six weeks they should already have regenerated several times...

Dr Chopra believes we all have what he calls *phantom memories* stored inside our cells. What he means is that inside each degenerative cell lies a traumatic memory and before that degenerative cell dies, it passes on its memory to the next cell. So the new cell is born as a replica of the previous cell. Thus the cells keep replicating themselves, passing on the degenerative memory from one generation to the next, and so on. Although the cells replicated, what they were replicating was the degenerative cell pattern stored inside.

Dr Chopra compiled thousands of case studies of the process successful survivors had used to heal themselves from serious diseases. He discovered that they were able to access the cell memory and the associated negative emotion, which they worked towards resolving and then releasing. When they did this, the degenerative memory was not passed on to the next cell generation and thus the next cell was born as a new, healthy cell. This process became known as cellular healing.

Dr Chopra's findings have since been backed by other scientists and the now late pharmacologist Dr Candace Pert, a PhD in cellular biology and biophysics from the United States, backed up Dr Chopra's research through laboratory experiments. Dr Pert unequivocally established that emotions and the body are neurologically linked and that there is a chemical expression for every emotion that we have.

When we repress an emotion the body releases a chemical into the bloodstream. This chemical travels to certain cell receptors and blocks them, leaving them incapable of communicating with the rest of the cells in the body. If those cell

receptors remain blocked over a long period of time then there is a propensity for toxicity to build up and diseases to occur within the blocked areas.

Conversely, Dr Pert has also found that when you express emotions fully and in a healthy, non-repressive way, the cell receptors remain open.

When you bury your emotions over time, it can have a very lasting impact on your health, wellbeing and happiness. It can also lead to premature ageing and illness.

Some of the symptoms of buried emotions include:-

- ➔ A feeling of extreme tiredness and general fatigue.
- ➔ Losing hours in the day because you are preoccupied with daydreams.
- ➔ Spending all day watching television or lying in bed sleeping.
- ➔ Losing your lust for life and rarely wanting to talk about how you are feeling or doing. Blowing up at the smallest of things for no apparent cause.
- ➔ Focusing on keeping busy rather than on feeling things. If you battle to sit still and have to keep busy all the time, consider that you might be repressing your emotions.
- ➔ An inability to concentrate for any extended period of time.
- ➔ Focusing on your ex and what he's doing rather than focusing on how you are feeling. Tumultuous relationships with those close to you.

When you repress your emotions your behaviour and reactions to events in the present are really reactions to past events, too. This has a negative effect on your relationships. You can't be fully present with those you love until you have released your emotions from the past. Not dealing with your emotions over an extended period of time can also lead to major illness in your body.

Dr Pert, Dr Chopra and other scientists like them have spent years researching the lasting impact of repressed emotion in the body. Some of this research appears to suggest that specific emotions can also lead to specific issues in the body such as:-

- ➔ Repressing Anger (as it rests mostly in the shoulders and upper back) can lead to an unexpected outbreak of acne, issues with the jaw (as you have clenched your teeth), back and neck tension, and at its worst: cancer and chronic fatigue.

➔ Repressing Fear (as fear rests mostly in the stomach) can lead to constipation, Crohn's disease, irritable bowel syndrome and other issues of the bowel and colon.

➔ Repressing Sadness (as sadness lives mostly in the heart/lung region) can lead to heart/lung problems, throat and voice problems, and issues with your eyes.

2 False Healing can lead to premature ageing

Many people throw themselves straight back into work or their lives after divorce, regardless of the complexity of their emotions. As a career person, you're particularly at risk of the *soldiering on* syndrome, which essentially means that you throw yourself into noble pursuits like working or taking care of children or doing something whilst inside you are crying out in pain and not acknowledging your right to those emotions. Pretending you are fine when you are not can lead to a breakdown or to harbouring deep resentment and bitterness, which will not only impact your relationship potential in the future, but the quality of your life today.

Resentment and bitterness can literally affect your face as it carves a nasty pointed look. This is often referred to as the *divorce look* , when someone simply looks and behaves like they are divorced. Some people don't even know that people can sense their bitterness, but it is written all over them: the battle they did with marriage, and the resultant scars they carry with them. Whenever their ex is mentioned, a dark cloud covers their face which scrunches up with venom and anger whilst they calmly say that they are fine (whilst they wish their ex would burn in hell). These bitter thoughts have an ageing effect on the body too.

There is a character in Charles Dickens's 'Great Expectations' named Miss Haversham, who suffered this kind of deep resentment and bitterness from a failed relationship. The story goes that Miss Haver-sham was jilted at the altar by the love of her life. Her bridegroom ran away and she had no idea why. Her life ended metaphorically on that day and she lived with crushing emotional pain that completely overwhelmed her. Paralysed by the past, everything reflected her pain. Her home was left exactly as it was on the fateful wedding day; the wedding table covered in cobwebs, the guests' chairs empty. Almost 30 years later, she becomes guardian to a beautiful young child, Estella. In her bitterness, Miss Haversham sets about ruining Estella's young life, feeding her own sadness into the child who becomes an ice maiden. Miss Haversham's purpose is to exact

revenge upon men as a whole. An old quote passed down from generation to generation goes something like this;

> *"Holding onto resentment is much like taking poison and hoping someone else will die"*

If you find yourself holding onto your anger and resentment, consider the impact on your life and even on the wrinkles on your face!

Case study: Amy

Amy is an old friend from college who is amazingly successful in her job. Amy had been single for 15 years before she fell in love with Dave. For six months she was the happiest I had ever seen her. It was almost as if finding love had made her lighter on her feet and more at ease in people's company.

One day Dave left. No reasons were given. Amy was inconsolable. She became sick with grief and despair. She sought answers and when none were given, she became angry and bitter with resentment. If anyone mentioned Dave, her face contorted in anger and she would say, "I hope he rots in hell!"

Although it is some time later, she has concluded intellectually that he was simply the wrong man, but the resentment has remained. She has not dated successfully since. She keeps saying that she simply hasn't found the right man yet, but what she doesn't realise is that her persona has become tainted by bitterness. All of us who know Amy and love her, are desperately sad that she never moved on with her life, and that she never let go of her bitterness and resentment. What she doesn't see is that men are repelled by the anger they sense in her.

3 False Healing can lead to destructive behaviour post-divorce

Sometimes pretending you are fine when you are not can have long-term damaging repercussions.

Take the story of Sharon…

Case study: Sharon

Sharon married very young and although she loved Pete deeply, she felt trapped in the marriage. Pete had many affairs during their marriage and she thought that by falling pregnant, he'd change his ways. When she had her son, Oliver, she felt even more trapped and stuck in the marriage. Her anger at Pete for cheating on her worsened every day. She told herself it didn't bother her.

One day, she walked into the kitchen and told Pete she wanted a divorce. She packed her bags and left within an hour of telling him. She took Oliver to her mother's house for a few weeks and she decided to go out clubbing that night. She danced and drank until the early hours of the morning and went home with Rick, who she'd met at the club. She and Oliver moved in with Rick three weeks later. So began her journey into eight years of drug and alcohol abuse.

During this time, she called Pete many times to say she was absolutely fine and she totally forgave him for everything that had happened. But Sharon was not fine. Her substance abuse affected her and Oliver's lives. It was only when she lost custody of Oliver to Pete that it began to dawn on her that she had never processed her feelings from her divorce. She had spent eight years avoiding her emotions. She broke up with Rick and booked herself into rehab, committing to the journey of healing. She realised that there were no shortcuts and that she needed to get her life back. After two years of hard struggle she processed her feelings and lives with her son Oliver again.

Pete knew she was truly comfortable with the divorce when she called him one night to say how angry she had been for so many years. She admitted that finally she had found the courage to forgive him.

True forgiveness and true healing takes great courage and determination.

Today Sharon is free from the constraints of her past and is in a fulfilling and loving relationship with her new man. She chose to put an end to her days of hedonism and chose to heal from her divorce for real.

4 False Healing can have a severe impact on those closest to you

Many people overcome by anger or frustration as a result of their divorce, have no idea how their attitude impacts their loved ones. I have heard countless stories of the brothers, sisters, mothers and fathers of those experiencing divorce who are exasperated because they don't know how to support their loved one going through a bad break up or divorce. They are so tired of hearing their endless

complaints, and so desperate for this person to seek help, but are not sure how to address the topic for fear of reproach. Every family occasion and get together is plagued by tales of the break up or divorce woe and complaints as the family has to suffer through the domination of their loved one's divorce.

If you are courageous enough to recognise that you may be burdening and dominating your family and friends with your divorce stories, then take a hold of the situation now. Stop the cycle of misery and begin the path of the *Healing Formula* today.

5 False Healing can lead to relationship baggage

Relationship baggage damages relationships. So even though you may be hurting from your divorce, healing is critical in terms of securing your future happiness.

We all carry some emotional baggage but the question is - will you allow your troubles from the past to affect your current relationships? Not only will it impact your new relationship, but baggage is so unbelievably draining. If you are committed to your next relationship working out, you need to purge yourself of all your relationship baggage or make sure you manage it. Day 17 of the ***naked divorce*** is about healing from relationship baggage.

6 False Healing greatly impacts your children

Dr. Sara Eleoff, MD (Pediatrician in Rochester, NY) published research in 2003 (and subsequently each year) on the impact of divorce on children. Her research concluded then as it does now that divorce is an intensely stressful experience for children, regardless of their age or developmental level. Many children are inadequately prepared for the event and its ramifications. Her research study 'An Exploration of the Ramifications of Divorce on Children and Adolescents' found that less than 10% of children had emotional support during the acute phase of divorce, primarily because their parents were so wrapped up in dealing with their own pain that they were ill-equipped to support their children.

Before taking off in an aircraft, airlines brief passengers on the protocols to follow if there is a loss of cabin pressure and oxygen masks are required. The rule is that **masks should be fitted to the adults before they help their children** . The same thing applies to healing. If you are experiencing the trauma of divorce, it is imperative to prioritise your healing and support to ensure you are emotionally available to support your children. If you're struggling with the concept of

getting over this divorce for your own good, consider your children. The pain experienced by children at the beginning of a divorce comes from several factors; a sense of vulnerability as the family disintegrates, a grief reaction to the loss of the intact family (many children do not realise their parents' marriage is troubled), loss of the non-custodial parent, a feeling of intense anger at the disruption of the family, and strong feelings of powerlessness.

Sara's research has shown that younger children may experience disturbances with sleep, nightmares and sometimes bed-wetting. Older children vary between fantasies about their parents reuniting or extreme anger towards one of the parents who become the source of blame. Adolescents are prone to depression, extreme anger or suicidal thoughts but in some cases can come to understand the reason for the divorce and are capable of compassion. The issue is that the older the children are, the more their anger is tied into the shattering of their paradigm of relationships and the illusion that there is a happily-ever-after.

WARNING:

It's also important to guard against hiding behind your children's needs as an excuse for not healing from your divorce.

Divorce - Tip 10

You ain't fooling anyone: your TRUE agenda always shines through

You may not be sure about being ready to get over your divorce. Maybe you are not sure what to do or perhaps you picked up this book to see what will happen. Sometimes it's a question of commitment to the process, or being afraid of letting go. Perhaps you're still holding onto something.

Sometimes when we hold onto things, there is a certain payoff - some advantage or benefit that reinforces the cycle of behaviour - to not letting go.

But this payoff has high costs, whether to our vitality, affinity, self-expression, or sense of fulfillment. So if you are suffering but can see no way out of the suffering, consider that the benefit you are receiving for suffering is so juicy that giving up the suffering is simply inconceivable.

If I take my example with my ex-husband; he cheated on me many times and if I am truly honest, I enjoyed being the victim for a little while. It was utterly delicious.

"Poor sad and lonely Adèle who was wronged by this bad man. I feel so sorry for you."

I got loads of attention and lots of hugs and sympathy. I felt righteous and justified and had a gang of followers. We had 'Team Adèle' VS 'Team Bruce'.

The problem was that inside I was still suffering. I was more interested in my agenda of getting attention, being the victim and feeling righteous instead of moving on, healing and living a happy successful life. So here is a little secret I will let you in on: **Your TRUE agenda always shines through.**

The problem for most of us is we have no idea what our true agenda is. We lie to ourselves and tell ourselves and others that we have good intentions, but if you are feeling dis-empowered in any way, shape or form, consider that your true agenda is revealed.

Your true agenda is in place so you can receive some hidden benefit in return.

If at this point you're not entirely convinced that healing from your divorce is a priority, then read this next case study for another point to consider.

Rose is a beautiful woman in her seventies. I know her well and love her dearly. Sadly, she never got over her marriage, which ended in divorce more than two decades ago. Her ex-husband had an affair which lasted over 10 years and although he has moved on and married his lover, Rose is stuck.

Mention her ex-husband, or his new wife, and her face contorts with anger as she changes the topic, nervously fiddling with her wedding ring which she still wears on her wedding finger. For 17 years no other man has been able to get near her. As her heart turned to stone, she threw herself into other noble pursuits and interests such as taking care of an elderly woman, gardening, and her three cats.

Although many men asked Rose out on dates, she always declined. One evening I sat with Rose and asked her if she was happy. As she thought about the answer. I noticed tears rising. She said, "No, dear. I am sometimes so lonely I feel an ache in my stomach. I wish that I had chosen a different path, but so much time has passed now that I think perhaps it's too late."

Whenever I discussed her divorce with her, she was adamant that she was fine. After all those years she was in denial and would not consider even dipping her toe in the ocean of healing.

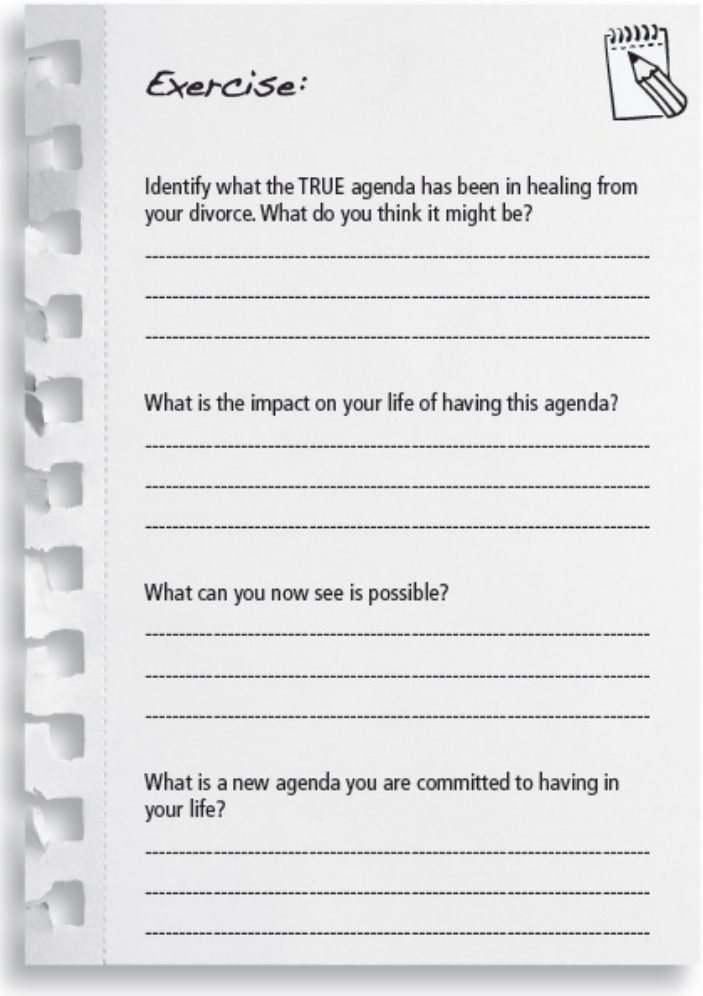
Sadly, there are many women like Rose, whose lives stop after divorce. It's almost as if someone snuffed out the candle in their lives.

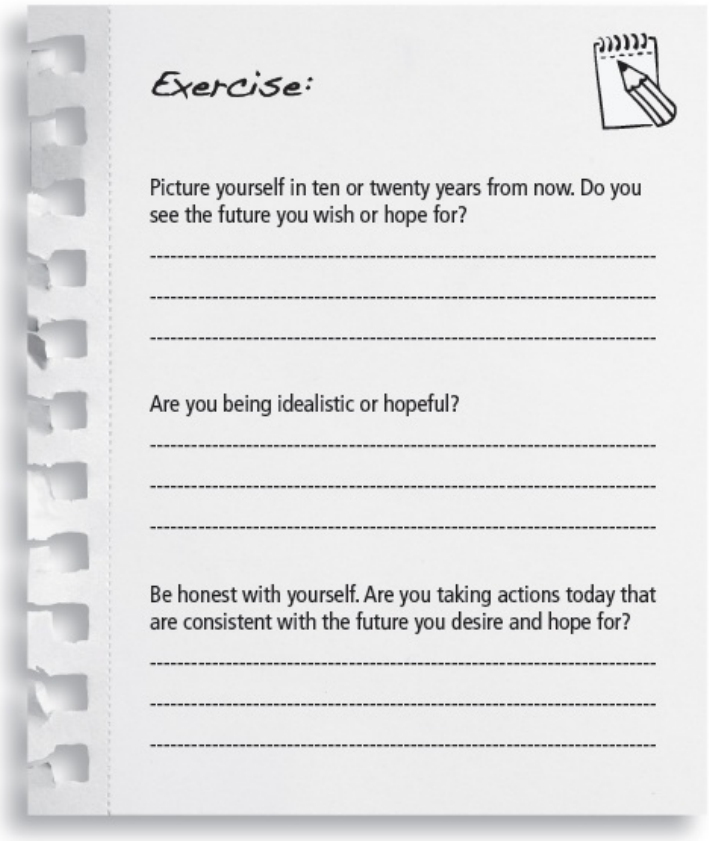
Let's get something straight right away. There is nothing wrong with choosing to be single, or living with cats (which are just the cutest creatures), provided you're having fun and not limping under tons of baggage, hurt and anger.

Picture yourself in 10 or 20 years from now. What do you see?

Do you see a lonely old person in the mirror? Do you see yourself angry at the world? In essence, most people tend to repeat the same situations in their lives over and over (unless something else interrupts this flow).

I feel immense sadness at this story. What an extraordinary waste of so many years. Rose became so conditioned by society to sit with her pain and suffering like it was normal, almost like the pain was her cross to bear.





Awareness of the real impact of your divorce

This exercise will evaluate the impact of your divorce on your life. It's called the ***Real Impact of My Divorce*** exercise. I was inspired in participating in the work of Landmark Education and there was an exercise in the programme called the Cost/Payoff exercise developed by Werner Erhard. This exercise on the next page was inspired by the work of Landmark and Werner.

Real Impact of My Divorce exercise

There are three cards with some options on them. Imagine there is an angel on your shoulder and in contrast, a little devil residing in your head.

The angel represents positive life-attributes which, include happiness, love in your life, health, vitality, self-expression, fulfillment, freedom, and sense of fun.

The little devil residing in your head represents your true agenda. You wouldn't be willing to give up all that you love in your life unless you were getting something back in return. If you feel you're resisting what I'm suggesting, this is good. It means we've hit a nerve. There is always a true agenda running the show if you are experiencing a negative impact in your life. The true agenda may be hidden, but it's always there, ever present.

Instructions:

1. Take a moment to study these three cards.
2. Pick the card that feels the most like the space you are in now.
3. Circle the angel life-attributes which you feel have been sacrificed. The circled items are a representation of the negative impact that not healing

from your divorce has had on your life.

4. Spend some time pondering what your true agenda has been in not healing from your divorce. In this process you might notice things about yourself that you haven't seen before. Use the true agenda on the card to prompt your own thinking. You might not like what you see. But I can assure you that facing up to these negative points could precipitate a significant turning point in your healing.
5. If you're struggling to find the true agenda, it's okay. This exercise can be confronting as most of the true agendas are wedged deep within our blind spot. One thing to try is to ask your family and friends (who are not afraid to tell you the truth) what they can see you get out of continuing your suffering. You may want to interview them.
6. Think of 20 points for each of these instances:
    - What are you holding onto being right about?
    - Why are you so angry?
    - What are the reasons or justifications you are clinging to?
    - What attention are you getting by holding onto this issue?
    - Who are you dominating by holding onto this issue?
    - Why are you refusing to let go?
7. Think of the negative impact this issue is having on your life. How much longer are you willing to sacrifice your life to hold onto your true agenda?

What does it take to heal?

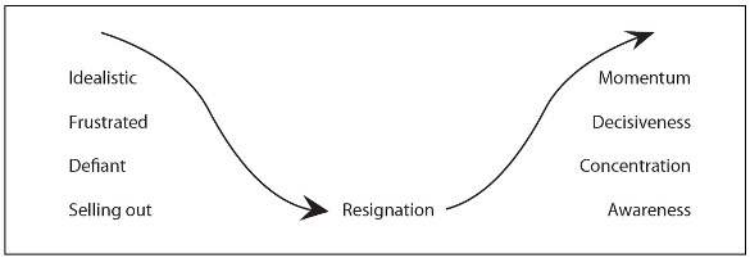
At some level, you may have some resignation about what healing could look like for you or some idea in your head that feeling different about your situation is not possible.

Wherever you are within the divorce or break-up healing cycle, the ***naked divorce*** can work for you.

- You may find yourself in the middle of your break up feeling the deep pain and sick feeling in your stomach. In this instance, you can achieve peace and completion EVEN IF the business-side of your break up is incomplete. Those who have completed the ***naked divorce*** whilst they are still getting divorced, found that they became less emotional, and they were less triggered by events and circumstances whilst handling the legalities of their divorce.

OR

- It may be that you got divorced months or even years ago and are still feeling stuck or unresolved. Perhaps you just feel ready to process all those emotions now. The ***naked divorce*** works in bringing up anything incomplete so you may heal those parts of yourself and move on.



Follow these simple steps to confront any resignation you might have and hit it on the head for good.

The journey out of resignation

STEP 1: Confront that you may be holding onto your suffering in some way. STEP 2: Become aware of the real impact of not healing from your divorce. STEP 3: Educate yourself on the *Healing Formula* and what it takes to heal. The *Healing Formula* is:

Healing Formula = Focused Intensity + 3 Key Breakthroughs + 7 Foundations of Transformation

STEP 4: Take focused action and concentrate on healing.

STEP 5: Take decisions on a daily basis to heal until you reach a momentum which leads to breakthroughs in your healing.

Open yourself up to a Clarity session with a Divorce Angel

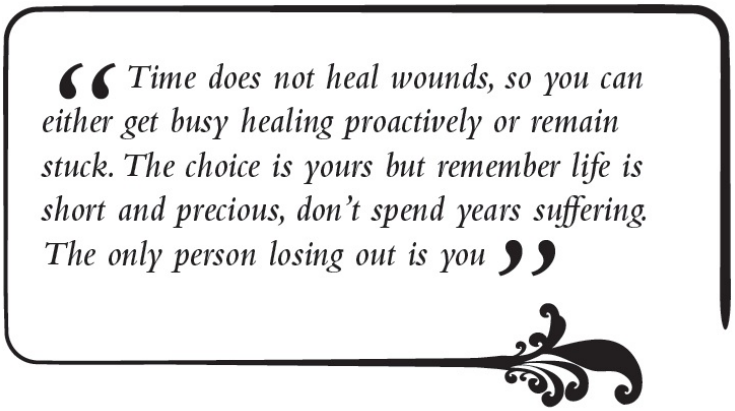
If you are serious about exploring whether the ***naked divorce*** healing journey is right for you, then join us for a Clarity Session! A Clarity Session is an invaluable process we have developed that will provide you with insights as to the issues to be resolved and uncover how to best leverage it moving forward in the context of the ***naked divorce*** 21-day programme.

Why attend a Clarity session?

1. Uncover the inhibitors which are keeping you stuck and keeping you from being your personal best
2. Discover the 5 key frameworks that will help you identify, organise and plan your healing journey
3. Address any concerns or challenges you may need to overcome to your healing
4. Discuss the ***naked divorce*** enrolment criteria and payment options to work out a programme which fits perfectly for your budget

Join us at the next Clarity Session by emailing us on info@nakeddivorce.com to

book your complimentary Clarity session today. Quote the code Etiquette in your communication.Time does not heal wounds, so you can either get busy healing or remain stuck. We can help you accelerate, fast! …



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