

ADELE THERON



how  
to get  
over

*A trauma-  
informed  
approach  
to divorce  
recovery*

**Divorce**

**Workbook**

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## Instructions for using the workbook

This workbook is designed to accompany the How to Get Over Divorce book. All the core teachings, stories, frameworks, and daily preparation live inside the book itself: your job is simply to work through it step by step and use this workbook to record your insights, complete your exercises, and track your progress. If you'd like additional support, you can also access video guidance for every single day of the program by joining the DIY online version, available for purchase on the Naked Divorce website: <https://nakeddivorce.com/naked-divorce-emotional-freedom-diy-online-program/>

# Part One: Intro

## Exercise

Take some time to think back on your life. How have you dealt with loss in the past? (Whether it was the loss of someone special or a beloved pet)

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What steps did you take that were healthy and healing?

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What steps did you take, or not take, that hampered your recovery?

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## Exercise

Identify what the TRUE agenda has been in healing from your divorce. What do you think it might be?

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What is the impact on your life of having this agenda?

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What can you now see is possible?

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What is a new agenda you are committed to having in your life?

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## 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.

**I'VE BEEN IGNORING HEALING**

		
Fulfilment	Happiness	I need to feel right because he wronged me
Vitality	Inspiration	I get attention from people
Aliveness	Healing	I want to stay in my comfort one
Love	Being a great parent	Avoid responsibility
Abundance	Health	Laziness
Confidence	Fun	Use the time to relax
Relaxation	Intimacy	Enjoy people feeling sorry for me
Joy		

**I DON'T NEED TO HEAL, I AM FINE**

		
Fulfilment	Happiness	I need to feel right because my ex wronged me
Vitality	Inspiration	I get attention from people
Aliveness	Healing	I want to stay in my comfort one
Love	Being a great parent	Avoid responsibility
Abundance	Health	Laziness
Confidence	Fun	I am a martyr and will suffer in silence
Relaxation	Intimacy	Enjoy people feeling sorry for me
Joy		

**I WON'T HEAL, IT'S IMPORTANT TO SUFFER**

		
Fulfilment	Happiness	I need to feel right because my ex wronged me
Vitality	Inspiration	I get attention from people
Aliveness	Healing	I won't let him get away with it, he will pay
Love	Being a great parent	Avoid responsibility
Abundance	Health	Laziness
Confidence	Fun	Enjoy people feeling sorry for me
Relaxation	Intimacy	
Joy		



The angel represents positive life-attributes which include happiness, love in your life, health, vitality, self-expression, fulfilment, 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 your 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 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, 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 twenty 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?
  - Are you being a martyr?
  - Are you being a victim?
  - Are you being passively aggressive?
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?

## Part Two: The Healing Formula



**3 Specific Divorce Breakthroughs**  
**+ 7 Foundations of Transformation**  
**= Focused Intensity**

## Part Three: The 7 Foundations of Transformation

### Foundation #1: Ethics

#### 1. Be Self-Expressed

##### Exercise

Where are you not fully self-expressed in your life?

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Do you have a habit of bottling up your feelings?

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How effective you are in communicating your frustrations?

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Do you blow up? Over what?

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## 2. Avoid Short Term Emotion Avoidance Tactics (STEATs)

### Exercise

Try to identify at least two examples of short-term relief you have used to displace your feelings. This is not as easy as it appears. It could be your first chance to demonstrate your commitment to total honesty in this recovery process

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## 3. Establish a Grounded Routine



I created a YouTube video on the topic of Grounded Routine. To watch me explain the concept, go to [www.youtube.com/@Naked.Recovery](https://www.youtube.com/@Naked.Recovery)

## 4. Sleep on Any Drastic Changes

### Exercise

Are there any drastic changes you are considering? What is driving you to make these drastic changes?

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## 5. Say NO

### Exercise

List three ways in which you allow yourself to be intruded on:

1. ....  
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2. ....  
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3. ....  
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List three ways in which you can choose to establish your boundaries and respect yourself in the next few weeks:

1. ....  
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2. ....  
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3. ....  
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## 6. Cause vs. Effect

One of the most powerful shifts you can make during divorce recovery is moving from living “at the effect of life” to living “at the cause of life.”

### ***Living at the Effect looks like this:***

- Believing your ex “ruined your life.”
- Saying “*my ex makes me angry*” (as if your emotions are controlled by them).
- Waiting for someone else to rescue you.
- Obsessing over what others think.

This creates helplessness, resentment, and stagnation.

### ***Living at the Cause looks like this:***

- Accepting that your emotions belong to you – no one can “make you feel” something without your participation (Eleanor Roosevelt).
- Taking ownership of your actions and choices, even in difficult circumstances.
- Refusing to argue for your limitations.
- Choosing to rise, learn, and assign empowering meaning to your experience.

### ***Power Statements for Living at Cause:***

- “*I take action.*”
- “*I am responsible for my life and how it runs.*”
- “*These are my emotions; I own them.*”
- “*If something bad happens, I choose how to respond.*”
- “*I find meaning, learn lessons, and grow from what has happened.*”

At first, practising this mindset may feel uncomfortable. But like a muscle, agency strengthens with use. Even one empowering thought or action each day can shift your trajectory. Within three weeks, this becomes more natural.

A useful exercise is to **channel your hero for a day**. Ask yourself: *How would Oprah respond? How would James Bond walk into this situation? How would Martin Luther King Jr. handle adversity?* Step into their mindset, their posture, their courage – and practise *being* that version of yourself.

### ***The Bottom Line:***

Your divorce may not be your fault, but your healing is your responsibility. When you live at cause, you move from being a victim of circumstance to being the creator of your next chapter.

## **7. Focus on Yourself vs. Your Ex**

Training your mind away from your ex is like training a puppy: it requires patience, boundaries, and rewards.

8. **Notice and release (ignore the yelps).** When your mind drifts to your ex, don't fight it – simply notice the thought, label it as unhelpful, and imagine it drifting past like a cloud. This is the basis of mindfulness practice (Kabat-Zinn, 1990).
9. **Set a short leash.** If your mind spirals into fantasies, analysis, or “what if” stories, cut it off swiftly. Say firmly, “No, enough.” Then redirect yourself with a concrete action – journaling, a power walk, or phoning a supportive friend.
10. **Reward progress.** Celebrate when you notice longer stretches without obsessing. Acknowledge your progress and treat yourself in healthy ways – reinforcing the habit of self-focus.

## **The Lesson**

Focusing on your ex – or on any other external distraction like work, children, or friends – is a way of avoiding your own healing. The invitation of this program is to become fascinated with yourself: your feelings, your growth, your rediscovery of who you are. When you shift the lens inward, you stop colliding with old pain and start building the life that is waiting for you.

## **In summary**

Each day of the Emotional Freedom Program includes an exercise that reminds you of the ETHICS of the Naked Divorce Emotional Freedom Program. Every day you have an opportunity to rate yourself and then devise actions you can take to move up a level (a rating of one is low on the scale and a rating of ten is high on the scale).

***Tip: Whenever you feel lost during your divorce, come back to the ETHICS of the program. Each day, take a look at actions you can take to put them back in place.***

# Foundation #2: Nourishment

## Managing Your Health and Diet

### Exercise

If you were to treat yourself like an athlete, what would you change about your life and about the way you are handling this divorce?

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### Nourishment Lesson #1: How Trauma Hijacks Your Hormones and Neurotransmitters

Divorce is a physiological shock as much as it is an emotional one. The thoughts and feelings you experience during trauma are directly tied to chemical processes in your brain and body. Trauma alters the balance of **hormones**, which regulate stress and energy, and **neurotransmitters**, which influence mood, focus, and motivation. These shifts explain why you may feel foggy, erratic, exhausted, or overwhelmed.

#### **Hormones: Cortisol and Adrenaline**

The **amygdala** acts as the brain’s alarm system. When it senses threat, it triggers the “fight, flight, or freeze” response and floods the body with adrenaline and cortisol. Under ordinary circumstances, the **hippocampus** helps regulate this process, moderating the amygdala and storing accurate memories of what has happened. Under trauma, however, the amygdala dominates, releasing a surge of stress hormones and suppressing the hippocampus (Arnsten, 2009).

This is why during divorce you may feel:

- Nausea or stomach upset, because cortisol increases stomach acid.
- Memory problems or mental fog, as cortisol suppresses hippocampal activity.
- Tired but wired, unable to sleep even when exhausted.

Cortisol's short-term purpose is survival. It mobilises stored sugar, fat, and protein into energy so the body can respond to immediate threat. This mechanism evolved to help us run from danger. But in divorce, there is no lion to outrun, and yet your body reacts as though your life is in danger. Chronic high cortisol disrupts metabolism, weakens immunity, raises blood pressure, and is strongly associated with depression, anxiety, and cardiovascular disease (McEwen, 2007).

### **Neurotransmitters: Dopamine and Serotonin**

Stress hormones also disturb the brain's neurotransmitter balance.

**Dopamine** is the brain's reward and motivation chemical. It drives focus, pleasure, and goal-directed behaviour. Under acute stress, dopamine temporarily spikes in the prefrontal cortex. When stress becomes chronic, the brain rapidly breaks dopamine down, leading to depletion (Baik, 2020). This creates a cycle of restlessness, impulsivity, obsessive checking, and eventual exhaustion. Clients often describe urges to monitor their ex's social media, overwork, clean compulsively, or avoid calm at all costs.

Excess dopamine also contributes to the physical sensation of heartbreak. Neuroimaging studies show that social rejection activates the same brain regions as physical pain (Eisenberger et al., 2003). This is why heartbreak feels like a blow to the chest.

### **Exercise**

Can you relate to any of these feelings above? Which ones do you feel most intensely?

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**Serotonin** regulates mood, sleep, digestion, and feelings of calm. When cortisol and adrenaline surge, serotonin drops sharply (Chaouloff, 2000). This is why people in the throes of divorce can feel weepy, overwhelmed, or hopeless. Low serotonin is linked with depression, anxiety, insomnia, and increased appetite for sugar or comfort foods.

### **Signs of serotonin depletion include:**

- A desire to withdraw and avoid social situations.
- Avoidance of conflict, combined with feelings of victimisation.
- Cravings for sugar or comfort food, particularly later in the day.



## Foundation #3: Working With Your Emotions



I created a YouTube video on the topic of releasing emotions. To watch me explaining the concept in more detail, go to [www.youtube.com/@Naked.Recovery](http://www.youtube.com/@Naked.Recovery)

### Steps to Releasing Your Emotions



Angry



Confident



Confused



Content



Elated



Flirty



Frustrated



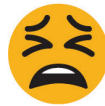
Gloomy



Happy



Insecure



Irritable



Relaxed



Spacey



Stressed



Tired



Weepy

*Label and name your emotion daily during the program. This validates how you are feeling and helps you track your progress.*

## Foundation #4: Performing at Work



Listen to more tips about handling your career during divorce by watching my YouTube video on career management at [www.youtube.com/@Naked.Recovery](http://www.youtube.com/@Naked.Recovery)

## Foundation #5: Commitment

### Commitment = Results

#### Exercise

Are YOU choosing to get over your divorce or are the circumstances of your life telling you it's not possible?

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What are you choosing to do about that?

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## Foundation #6: The Right Support

### Exercise

Are any of these myths, intellectualisations or thoughts shared above familiar to you? What myths about divorce have you found yourself buying into?

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Which friends or family members have you noticed are being unsupportive?

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Can you find it within yourself to give them a Weirdness Pass so you can forgive their ineptitude?

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## Appoint a Divorce Angel

One of the most important parts of the Naked Divorce Emotional Freedom Program is having a **Divorce Angel**. This should not be a close friend or family member, but rather someone impartial who can champion you through the 21 days. A Divorce Angel is your accountability partner, not your therapist. Their job is to keep you on track, not to rant with you or collude with your pain.



**Important: I do not recommend attempting the Naked Divorce Emotional Freedom Program without a Divorce Angel. If you cannot find someone in your life, consider working with a trained Divorce Angel from the Naked Recovery team.**

## Foundation #7: A Game Plan that Works



**Warning: Do not proceed with the program without the Daily Checklist. It is critical to do the exercises, the reading and follow the Daily Checklist daily. The Emotional Freedom Program is designed in a very particular way to achieve certain objectives.**

### What you will be doing daily

#### **Daily Instructions**

1. Begin each day by taking your recommended supplements and drinking a hot cup of water and lemon. This will rejuvenate you
2. Open your Daily Checklist for the day and fill in the date
3. Read the lesson for the day and read the exercise to be done. Allow your mind to think about the answers for the exercise during the day
4. Complete the Daily Conditioning Processes for that day
5. Take your **Emotional Freedom Program** Journal with you wherever you go, so you can work on your homework during the day. Alternatively, if you are doing the online program, you can update each component of the program on your mobile phone or mobile device and print everything later
6. In the evening after dinner, avoid television and spend time working on your homework for the day.

## **Daily conditioning processes**

### ***The 'I feel' process***

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

### ***Daily Declarations***

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

### ***The 'acknowledge your successes' process***

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

## Checking in with your ETHICS

<i>Ethic</i>	<i>Rate yourself on a scale of 1-10</i>	<i>Actions I will take to move this ETHIC to a level 10 in my life</i>
Full self-expression	8	<ul style="list-style-type: none"> <li>• I commit to stop hiding out and telling Sally that Bill and I are getting divorced.</li> <li>• I will call Angie to tell her the truth about her dress I borrowed and that I did lose it.</li> </ul>
Avoid STEATs	10	<ul style="list-style-type: none"> <li>• Am SO proud of myself for being so healthy and focused at the moment. I even caught myself almost hiding behind the kids and it didn't happen. WOW!</li> </ul>
Establish a Grounded Routine	6	<ul style="list-style-type: none"> <li>• I commit to having a hot bath before bed so I don't stay awake all night worrying.</li> <li>• I will go home at a reasonable hour and make time to cook dinner.</li> <li>• I just called Myra to help me with the washing and ironing, which was piling up – feel SO much better!</li> </ul>
Sleep on any drastic changes you wish to make in your life	2	<ul style="list-style-type: none"> <li>• Hmm. I sucked at this today as I decided to dye my hair blond. It came out rusty orange and now I have to go to the hairdresser tomorrow to fix it. Argh!</li> </ul>
Say no	5	<ul style="list-style-type: none"> <li>• I will tell Paul tomorrow that he cannot come over before 3p.m. because earlier doesn't work for me</li> </ul>
Cause VS effect	10	<ul style="list-style-type: none"> <li>• Feel pretty good just completing this list and proud that I haven't been a victim once today!</li> </ul>
Focus on you VS your ex	9	<ul style="list-style-type: none"> <li>• Have not thought about my ex once today, so to reward myself have just booked a massage for tomorrow after fixing my hair disaster.</li> </ul>

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

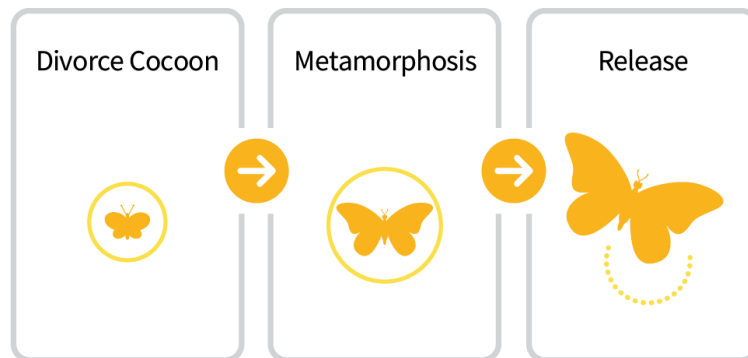
When you're feeling overly emotional at work and feel you need to put your emotions aside to focus on your day, practice the Exercise for handling your emotions while you are at work, featured earlier in the book.

## Daily exercises

If you follow **Emotional Freedom Program** to the letter, you will not only heal more meaningfully, but you will also be happier and more fulfilled. Remember, be kind to yourself. If you fall off the wagon, simply begin again, get back on track and focus on completing the program.

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

These techniques allow you to leave the pain of heartbreak behind. But life may give it back to you if you don't learn from what it's showing you. The purpose of the pain is to teach you, so you learn and are protected in the future.



A reminder of the 3 stages of the Emotional Freedom program.

### Exercises to establish the Divorce Cocoon (Days 1-4)

The first four days are all about establishing the *Divorce Cocoon*, which is the cornerstone of becoming invincible during the program.

#### During *Divorce Cocoon* you will:

- Get grounded in the ETHICS of the program
- Get grounded in the STRUCTURE and Grounded Routine of the program
- Find ways to handle your emotions and discover where you are within the Grieving/Healing cycle

If you feel particularly vulnerable, just stay on Day 4 and repeat it until you feel ready to proceed.

### Exercises during Metamorphosis (Days 5-14)

Metamorphosis begins by surrendering and truly feeling your emotions. You will start to work through how you feel about your ex and your divorce. There will be a TEST you need to pass, checking your *Divorce Cocoon* is in place before you commence with Metamorphosis. Do not move into Metamorphosis until the *Divorce Cocoon* is established.

#### During *Metamorphosis* you will:

- Write your relationship story
- Get clear about everything you learned from your old relationship and list what you will do better in the future

- Find out what generalizations you have made about your ex
- Restore a balanced view of your ex (whether that means falling out of love or putting an end to the hatred you might feel)
- The anger exercise (a day to just go crazy)
- Discover your patterns from past relationships so you can be aware of them
- Hear the sorry you have always wanted to hear from your ex
- Diagnose the old patterns which existed within your relationship
- Find the true source of your divorce

Handling your ex with respect is a core value within the **Naked Divorce Emotional Freedom Program**. We are just not that big into bitter and twisted people (besides it will make you have a pointed face). In the long run, the friends you have in common will admire you for not lowering yourself to revenge levels.

### **Exercises during Release (Days 15-21)**

The final seven days are all about rebuilding yourself emotionally.

#### **During Release you will:**

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

This is the home stretch. For me it was the most exciting and personally moving part of my journey. This is also the part I enjoy most when working with clients.

## Schedule your life around the program

“ Failing to plan is planning to fail.  
 - Alan Lakein, author on personal time management

To get through your divorce you must dedicate daily time to your healing. This requires planning and preparation.



**Tip: Do not try to fit the Naked Divorce Emotional Freedom Program into your life – this has no power. Fit your life around the Naked Divorce Emotional Freedom Program and have it been the centre of your life for 21 days. This way, you know you will succeed.**

### ***Planning is an up-front investment in success, so you can:***

- Avoid wasting effort
- Consider and include all factors, focusing on the critical ones
- Identify all the changes needed to be made. If you know what these are then you can assess in advance the likelihood of being able to make those changes, and take action to ensure you will gather the resources you need in advance

### **For the duration of the program...**

- Plan the start date for your Naked Divorce Emotional Freedom Program. The program has been designed to start Day 0 on a Thursday. Give yourself at least a week to handle some of the things on the **Emotional Freedom Program Things to Handle list** and the **Emotional Freedom Program Shopping List** within this chapter before commencing the program
- If possible, try not to arrange nights out during the week so you can focus on your healing work for the day. (It's only for 21 days - it's worth it!)
- If possible, try not to arrange any social engagements during the three weekends of the **Naked Divorce Emotional Freedom Program**. This will enable you to focus on the healing work
- Schedule at least one massage within the 21 days
- Schedule your days so you get to bed earlier than normal (aim for no later than 22:30)
- DURING WEEKDAYS:** Set aside at least 90-120 minutes daily to work through the **Emotional Freedom Program** exercises and daily checklist. Schedule a morning healing routine of approximately 20-30 minutes and then schedule 60-120 minutes later in the day (either at lunch time or in the evening before you go to bed). Each day's exercise has a time estimate on it, based on years of trials with people - this is to give you a good indication of how to fit your work and home routines around the homework tasks where possible. The most important thing is to establish a routine and stick to it

- DURING WEEKENDS:** Set aside enough time on weekends to do your intensive healing work. (Arrange a babysitter for your children if you need to)
  - **Weekend number 1:** Schedule in six hours on Saturday and six hours on Sunday - Plan to spend the first weekend of **Emotional Freedom Program** arranging your living arrangements or spring-cleaning and tidying your existing home AND sorting out your finances and foundational integrity (for more details on what this will entail, you can look at Days 2 and 3 of the program). It may be a good idea to invite a few people to assist you in sorting out your finances or spring cleaning your home
  - **Weekend number 2:** Schedule in 4-6 hours on Saturday and 3-5 hours on Sunday
  - **Weekend number 3:** Schedule in 2-3 hours on Saturday and 3-4 hours on Sunday
- Schedule in exercise, time to cook meals, and administrative tasks, too. Because there will be a lot to handle, it may be a good idea to take a step back from administrative tasks for a few days to give yourself space to do the program

### Exercise

Are YOU choosing to get over your divorce or are the circumstances of your life telling you it's not possible?

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What are you choosing to do about that?

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.....

.....

Now, schedule in handling the following activities, in the week prior to commencing the program:

### **The Things to Handle list**

#### ***Ensure you remove these items from your home during the program:***

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

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

- A baseball bat or axe. (I am serious about this one. But don't worry, you won't be harming anyone!)
- An iPhone/Android phone or other mp4 player
- Print the 7 Foundations for Transformation, found at the end of the book. Put them up in a place where you will be reminded of them daily
- Print out the Daily Declarations, found at the end of the book, and if possible, laminate them to put in your shower cubicle
- Appoint a Divorce Angel. If you get stuck, appoint someone from our team
- Your ex. If your ex is used to hearing from you regularly, let your ex know you are doing a program to heal from your divorce
- Request support from your ex and let them know you won't be seeing much of them while you do the program, as you need to focus on your healing
- Friends and family. Tell them you're doing the Naked Divorce Emotional Freedom Program. Request their support and let them know you won't be seeing much of them either as you'll be focusing on your healing

## The Shopping List

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

### **You should have available:**

- A journal to write in every day (although if you do the online program, it's already online for you to access anytime, anywhere, as well as print out)
- 10 bags of ice to keep in the freezer, or a big bag of wood, or an old car tyre for Day 9's exercise
- Green Tea and a bag of lemons
- Some herbal teas like peppermint or chamomile tea
- Several bottles of water
- Nutritious (and preferably organic) food. Focus on foods rich in colour, for example, green leafy vegetables, red tomatoes, strawberries and grapes, yellow pumpkin, peppers, fresh oranges, fruits in season, and fresh fish.

### **Cortisol reduction supplements:**

Purchase the following:

- A good complete multivitamin and mineral supplement
- Magnesium-C - take one capsule three times a day
- Advanced essential minerals, two capsules three times a day. (Mineral absorption and assimilation can be impaired by stressed adrenal glands. Minerals are essential for energy metabolism)
- Ashwagandha
- Maca root powder
- B5, one capsule a day
- B6, one capsule a day
- Vitamin C and Omega-3 fatty acid-rich foods with more complex carbohydrates (Serotonin levels can be controlled through diet and supplements and these foods will help)

OPTIONAL: Tissue salts, which are wonderful for restoring the salts that live in your cells, but which can become depleted because of the hormonal imbalance precipitated by the stress of divorce. They can be found in most health food shops. Tissue salts are available in homoeopathic tablets which dissolve on the tongue. They are available individually as described below.

- Tissue salt # 12: SILICIA: This tissue salt will sooth irritation and excessive anger
- Tissue salt # 6: KALI PHOSPHATE: This will help if you are feeling mentally and physically exhausted, sleep-deprived, anxious, and stressed

- Tissue salt # 4: FERRUM PHOSPHATE: This will boost your immune system
- Tissue salt # 2: CALCIUM PHOSPHATE: To alleviate that pale and gaunt look, palpitations, sadness, and poor healing and recuperation

## Time to choose

This is it. Your moment of choice. The program will take commitment.

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

You know how it goes right?

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



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

OR

You can take the path less travelled and commit to do everything it takes to get you over your divorce in a focused and healthy way. Sometimes it will be painful, and human beings don't like pain. We will do anything to feel good, even hiding behind denial. HOWEVER, the power of this program is *once it's done, it's done*. You can go on and have a wonderful life, free from relationship baggage and grief. It's time to dig deep, be a warrior, stop complaining, and sort your life out.

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

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

## The Emotional Freedom Program Readiness Test

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

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

If you answered **Not ready, I am not sure, not yet or no** to three or more of these questions, you're probably not ready to get over your divorce and you're likely holding onto your suffering. If this is the case, complete the Real Impact of My Divorce exercise earlier in this book so you have a clear picture of the actual toll divorce is taking on your life. If you find you are still not ready, then put the book aside. Come back to it when you feel you are ready. Whatever you do, do not start the program in a half-baked way. It will not lead to breakthrough results.

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

## What you will learn in the Naked Divorce Emotional Freedom Program

### **By walking this path with me through the Naked Divorce Emotional Freedom Program:**

- You will learn to build a strong foundation in your life, to contain your emotions and contain the pressure you will experience as you heal from your divorce
- You will learn about the science of healing. I researched healing from divorce and will share everything I have learned
- You will learn how to deal with the emotions and the processes you will encounter
- You will learn to how to feel calm and re-establish emotional equilibrium
- You will find out why your marriage didn't work and how to get over your ex
- You will learn to change bad habits and eliminate destructive psychological patterns
- You will learn to build a great relationship with yourself, your children, friends, family and community
- You will learn to regain self-confidence and open the door to new love.

I will be alongside you through this. I will hold your hand, but I will also kick your butt when necessary. So, if you're ready to accept that, let's go!

### **Notice of important information and health warnings**

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

- a. *are uncertain about your ability (either mentally, emotionally or physically) to participate in the Naked Divorce Emotional Freedom Program or are currently in therapy and your therapist has advised you to not participate in the Naked Divorce Emotional Freedom Program;*
- b. *have a history of manic-depressive disorder which is also known as bi-polar disorder either person- ally or within your family, are taking, have taken or been prescribed to take within the previous eighteen months any medication to treat bi-polar disorders;*

- any drugs or medicines, whether prescription or non-prescription, intended to treat or affect mental processes or mood or to treat a chemical imbalance (such as Lithium, Gabapentin or Depakote); or anabolic steroids;*
- c. have considered suicide, self-harm or harm to yourself or another or have a history of depression (acute or chronic), whether or not this has ever been treated or diagnosed; are taking, have taken or been prescribed to take within the previous eighteen months anti-depressants (such as Celexa, Cipram, Prothiaden, Elavil, Prozac, Zoloft, or others);*
  - d. have a history of any psychotic disorder (an example would be schizophrenia), (either yourself or within your family) whether or not you or your family are being or have ever been treated or hospitalised; are taking, have taken or been prescribed to take within the previous eighteen months anti-anxiety drugs (such as Klonopin, Xanax, Dormicum, Librium, Ativan, or others); anti-psychotics (such as Stelazine, Risperdal, Zyprexa, Dogmatil or others);*
  - e. have a history of drug abuse (including steroids and cannabis) which has not been treated or have used any drugs or steroids in the past twelve months.*

## **My declarations and commitments to myself**

- I, .....
- have carefully **read the notice of important information and health warnings** and understand the recommendations and instructions
  - I acknowledge and understand that the Naked Divorce Emotional Freedom Program was designed for people who clearly understand they are responsible for their own health and well-being before, during and after the Naked Divorce Emotional Freedom Program
  - I represent that I am not participating in the Naked Divorce Emotional Freedom Program to handle any emotional problems better handled by a medical professional and I fully understand that no portion of the Naked Divorce Emotional Freedom Program is delivered or supervised by medical or health professionals
  - I understand that I alone am responsible for my choice to participate in the Naked Divorce Emotional Freedom Program
  - I warrant that I am responsible for my own health at all times prior to, during and after my participation in the Naked Divorce Emotional Freedom Program
  - I promise to do the program **EXACTLY** as it is designed and not to do it my own way
  - I promise to commit to apply the Healing Formula of the **Emotional Freedom Program** wholeheartedly
  - I promise to keep the 7 Foundations of Transformation in my mind throughout the program. I will go back to restoring them whenever I feel a loss of power

- I promise to work diligently at my healing every day
- I promise to put both feet into the program. Even when there are days, I don't want to do the work, I will do the work because I am committed to myself and my healing
- I promise that if I do skip a day, I will get back on track as soon as possible. I won't allow it to mean anything where my healing is concerned
- I promise I will complete all steps of the **Emotional Freedom Program** and will not take any shortcuts
- I have read through the warnings earlier in the book and I validate that it's safe for me to do this program
- I promise to love myself and to be kind to myself throughout the program. I am wonderfully created
- My Divorce Angel's name is . My Divorce Angel has signed the guideline sheet. I promise to check in every day
- I promise to take care of my health and nourishment during the **Emotional Freedom Program**
- I promise to guard against becoming a workaholic, having meaningless sex, indulging in retail therapy, and excessive socializing or partying as I understand that during this intensive healing process, I need to take good care of myself

---

Signed

Date

# Part Four: The Naked Divorce Emotional Freedom Program

## Write Your Healing Goal

### Day 0 – Healing goal

This day is grounded in **goal-setting theory** (Locke & Latham, 2002) and the coaching psychology practice of **implementation intentions** (Gollwitzer, 1999; Hagger et al., 2016). Research shows that forming a vivid, specific healing goal and pairing it with an “if-then” plan (“If it’s 8pm, I’ll write in my journal”) dramatically increases the likelihood of follow-through. Coaching psychologists often use these strategies because they strengthen motivation and create a sense of self-efficacy right from the start.



***We shall call this your HEALING GOAL. This HEALING GOAL is used in conjunction with the Naked Recovery Break-Up Reboot.***

 Thursday, .....

 Estimated time to complete the exercise: 90 minutes

## The Emotional Freedom Program Checklist

### Morning

- Drink a glass of hot water with a squeeze of lemon, take your supplements.
- Read through the Thought for the Day.
- Read through the exercise you’ll be doing later today.
- Allow yourself to think about it during the day. I feel...(Circle the emotions that are most appropriate. At the end of the day update the chart to see what other emotions you experienced.)



Angry



Confident



Confused



Content



Elated



Flirty



Frustrated



Gloomy



Happy



Insecure



Irritable



Relaxed



Spacey



Stressed



Tired



Weepy

*Label and name your emotion daily during the program. This validates how you are feeling and helps you track your progress.*

- Do your Daily Declarations while in the shower.
- Get dressed and put on your make-up; make an effort to look good, even if you're not going to work.

**Going to work**

- Optional: Take the Emotional Freedom Program to work with you. You may want to work on it during your break.
- Drink at least six glasses of water during the day. Crying is thirsty work.

**Practice the four A's.**

When you're feeling overly emotional at work and you feel you need to put your emotions aside to focus on your day, practice the four A's taken from the Emotional Freedom Program exercise for handling your emotions whilst at work. Practice being Aware of your emotions as they arise. Accept them. Acknowledge your right to have them. And then simply Act Normal. The moment you get home or get to the bathroom at lunchtime, you can let loose!

**Not going to work**

If a weekend, start on the exercise for the day as soon as you can.

**Home**

**Prepare dinner.**

- If you have children, put them in front of a DVD while you prepare dinner. Take time to cook the food with love and care. Cry if you need to. Wail and sob while you're slicing the onions. It's a good cover! Whatever you do, let go completely, surrendering to all your emotions. When done, drink lots of water.
- Try to get some exercise today, even if it's a ten minute walk.
- Check in with your Divorce Angel and let them know very briefly how you're doing.
- List at least five successes you enjoyed today:

1. ....
2. ....
3. ....
4. ....
5. ....
- .....
- .....
- .....
- .....
- .....
- .....



ETHICS of the Program (Rate yourself on a scale of 1 to 10, 1 being ‘needs work’ and 10 being ‘I feel absolutely balanced here’):

Ethic	Rate yourself on a scale of 1-10	Actions I will take to move this ETHIC to a level 10 in my life
Full self-expression		
Avoid STEATs		
Establish a Grounded Routine		
Sleep on any drastic changes you wish to make in your life		
Say no		
Cause VS effect		
Focus on you VS your ex		



NOW, break down your goal into the five senses to expand on each part:

**Visual (sight)**

.....  
.....  
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**Auditory (hearing)**

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.....  
.....

**Kinaesthetic (touch)**

.....  
.....  
.....

**Kinaesthetic (emotions)**

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**Gustatory (taste)**

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.....  
.....

**Olfactory (smell)**

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.....  
.....

# The Divorce Cocoon

The next four days are about establishing a supportive and grounding *Divorce Cocoon*.

## Day 1 – Be gentle with yourself

The focus on self-kindness and rest is backed by **self-compassion interventions** in coaching psychology (Neff & Germer, 2018). Self-compassion has been shown to reduce shame, lessen self-criticism, and improve resilience during stressful transitions. In coaching practice, self-compassion training helps clients widen their “window of tolerance” (Siegel, 2012), allowing them to experience painful emotions without being overwhelmed.



**TIP FOR THE DAY:** If your best friend was going through the pain of divorce, think about what you would do for him or her and then look at how you can be your own best friend during this time.

Rule #1: Be gentle with yourself.

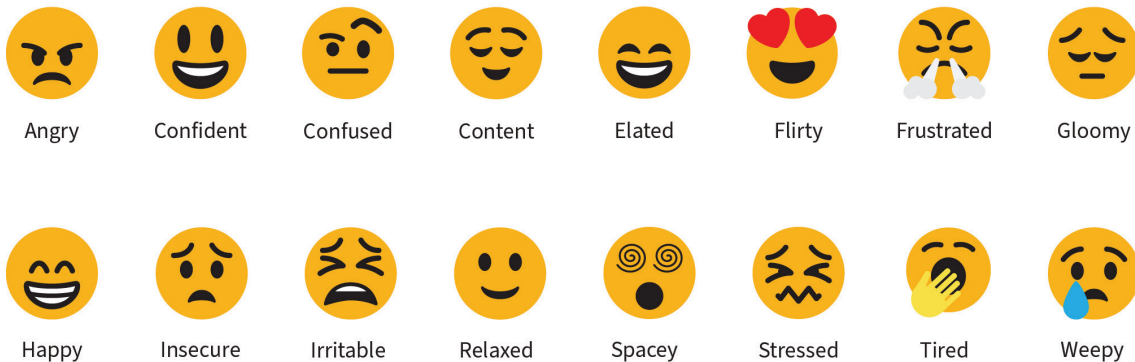
## Theme: Be gentle with yourself

-  Friday, .....
-  Estimated time to complete the exercise: 60 mins

## The Emotional Freedom Program Checklist

### Morning

- Drink a glass of hot water with a squeeze of lemon, take your supplements.
- Read through the Thought for the Day.
- Read through the exercise you’ll be doing later today.
- Allow yourself to think about it during the day. I feel...(Circle the emotions that are most appropriate. At the end of the day update the chart to see what other emotions you experienced.)



*Label and name your emotion daily during the program. This validates how you are feeling and helps you track your progress.*

- Do your Daily Declarations while in the shower.





ETHICS of the Program (Rate yourself on a scale of 1 to 10, 1 being ‘needs work’ and 10 being ‘I feel absolutely balanced here’):

Ethic	Rate yourself on a scale of 1-10	Actions I will take to move this ETHIC to a level 10 in my life
Full self-expression		
Avoid STEATs		
Establish a Grounded Routine		
Sleep on any drastic changes you wish to make in your life		
Say no		
Cause VS effect		
Focus on you VS your ex		

- Complete your daily homework

## **Daily homework**

Go to <http://www.nakeddivorce.com> and take the test to find out how messed up you are. Make a note in your journal about where you are in the grieving process and how you feel about where you are. Think about what you will tackle this weekend, whether it be your finances or your home to lay a solid foundation for your Divorce Cocoon.

**Day 2 – Home clean-up**

This day’s exercise is based on **behavioural activation**, a strategy used in both clinical and coaching contexts to combat avoidance and inertia (Martell et al., 2010; Ekers et al., 2014). Taking small, structured actions—like tidying or organising—creates momentum and restores a sense of agency. Coaching psychology research shows that building micro-habits in this way helps shift clients from passivity into proactive change.



**TIP FOR THE DAY:** Divorce is extremely unsettling so establishing a Grounded Routine and solid foundation is key to your healing. Focus on your home and finances for the next two days and work hard at clearing out junk and restoring order. The order, structure and routine will be grounding for you.

**Theme: Home clean-up**

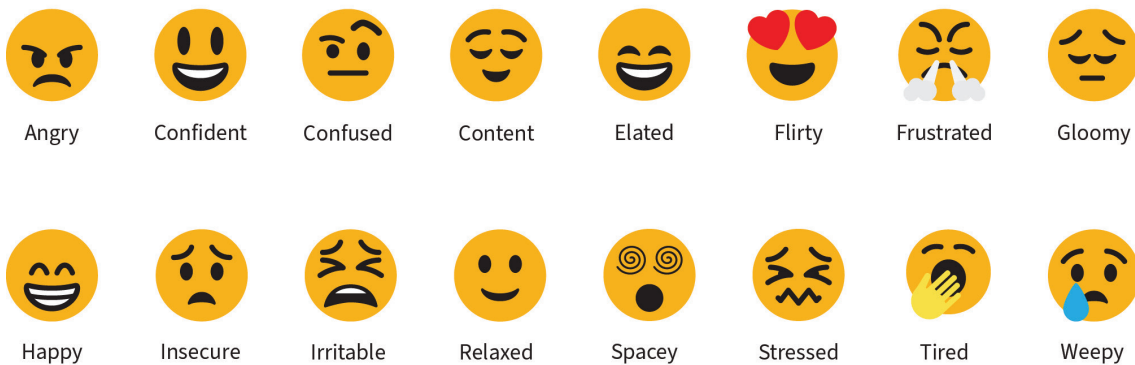
Saturday, .....

Estimated time to complete the exercise: 60 mins

**The Emotional Freedom Program Checklist**

**Morning**

- Drink a glass of hot water with a squeeze of lemon, take your supplements.
- Read through the Thought for the Day.
- Read through the exercise you’ll be doing later today.
- Allow yourself to think about it during the day. I feel...(Circle the emotions that are most appropriate. At the end of the day update the chart to see what other emotions you experienced.)



*Label and name your emotion daily during the program. This validates how you are feeling and helps you track your progress.*

- Do your Daily Declarations while in the shower.
- Get dressed and put on your make-up; make an effort to look good, even if you’re not going to work.





ETHICS of the Program (Rate yourself on a scale of 1 to 10, 1 being ‘needs work’ and 10 being ‘I feel absolutely balanced here’):

Ethic	Rate yourself on a scale of 1-10	Actions I will take to move this ETHIC to a level 10 in my life
Full self-expression		
Avoid STEATs		
Establish a Grounded Routine		
Sleep on any drastic changes you wish to make in your life		
Say no		
Cause VS effect		
Focus on you VS your ex		

- Complete your daily homework

## **Daily Homework**

1. Spend today making a list of all the things you need to do to sort out your home or your living situation over the next six months.
2. Whether it's a spring clean, redecoration, moving furniture around, plan to do a chunk of this work today.
3. Then schedule to complete the rest of the work over the coming weeks and months. The goal for the end of the day is to feel physically exhausted but to feel clearer in your mind and more on top things.

**Day 3 – Financial clean-up**

Tackling your finances aligns with **problem-focused coping** (Lazarus & Folkman, 1984) and **solution-focused coaching** (de Shazer & Berg, 1997). Both approaches are widely used in coaching psychology because they help clients reduce anxiety by focusing on what can be controlled and by identifying practical, concrete steps forward. Financial stress is a major contributor to psychological distress, and addressing it directly increases clarity and restores a sense of stability.



**TIP FOR THE DAY:** Besides the immediate decisions around your home and finances, defer any major decisions about your life for at least six weeks. Sleep on it. Your emotional state could cloud your decision-making abilities.

**Theme: Financial clean-up**

Sunday,.....

Estimated time to complete the exercise: 5 hours

**The Emotional Freedom Program Checklist**

**Morning**

- Drink a glass of hot water with a squeeze of lemon, take your supplements.
- Read through the Thought for the Day.
- Read through the exercise you’ll be doing later today.
- Allow yourself to think about it during the day. I feel...(Circle the emotions that are most appropriate. At the end of the day update the chart to see what other emotions you experienced.)



Angry



Confident



Confused



Content



Elated



Flirty



Frustrated



Gloomy



Happy



Insecure



Irritable



Relaxed



Spacey



Stressed



Tired



Weepy

*Label and name your emotion daily during the program. This validates how you are feeling and helps you track your progress.*

- Do your Daily Declarations while in the shower.
- Get dressed and put on your make-up; make an effort to look good, even if you’re not going to work.





ETHICS of the Program (Rate yourself on a scale of 1 to 10, 1 being ‘needs work’ and 10 being ‘I feel absolutely balanced here’):

Ethic	Rate yourself on a scale of 1-10	Actions I will take to move this ETHIC to a level 10 in my life
Full self-expression		
Avoid STEATs		
Establish a Grounded Routine		
Sleep on any drastic changes you wish to make in your life		
Say no		
Cause VS effect		
Focus on you VS your ex		

- Complete your daily homework

## **Daily Homework**

1. Spend today making a list of all the things you need to do to sort out your home or your living situation over the next six months.
2. Whether it's a spring clean, redecoration, moving furniture around, plan to do a chunk of this work today.
3. Then schedule to complete the rest of the work over the coming weeks and months. The goal for the end of the day is to feel physically exhausted but to feel clearer in your mind and more on top things.


**Day 4 – Get grounded inside the Divorce Cocoon**

Grounding practices reflect **somatic coaching approaches** and the principle of **creating a holding environment** (Winnicott, 1965; Ogden, Minton & Pain, 2022). Coaching psychology emphasises the importance of helping clients regulate their nervous systems before tackling deeper change. Grounding stabilises your system, signalling safety and calm, and is consistent with polyvagal- informed coaching approaches (Porges, 2022).



**TIP FOR THE DAY:** If you're tempted to contact your ex, don't. It is better that you put some distance between your- self and the situation. If you feel a burning neediness to call for answers about how this all happened, etc. note that you're probably in the Panic/negotiation stage of the Emotional Freedom Program grieving cycle and still have a lot of Dopamine kicking around in your system. Stay off the caffeine, alcohol and stimulants, eat lots of green, leafy vegetables and stick to your supplements. The panicky feeling will pass.

**Theme: Get grounded inside the Divorce Cocoon**

 Monday,.....

 Estimated time to complete the exercise: 60 mins

**The Emotional Freedom Program Checklist****Morning**

- Drink a glass of hot water with a squeeze of lemon, take your supplements.
- Read through the Thought for the Day.
- Read through the exercise you'll be doing later today.
- Allow yourself to think about it during the day. I feel...(Circle the emotions that are most appropriate. At the end of the day update the chart to see what other emotions you experienced.)



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Confused



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Elated



Flirty



Frustrated



Gloomy



Happy



Insecure



Irritable



Relaxed



Spacey



Stressed



Tired



Weepy

*Label and name your emotion daily during the program. This validates how you are feeling and helps you track your progress.*

- Do your Daily Declarations while in the shower.
- Get dressed and put on your make-up; make an effort to look good, even if you're not going to work.





ETHICS of the Program (Rate yourself on a scale of 1 to 10, 1 being ‘needs work’ and 10 being ‘I feel absolutely balanced here’):

Ethic	Rate yourself on a scale of 1-10	Actions I will take to move this ETHIC to a level 10 in my life
Full self-expression		
Avoid STEATs		
Establish a Grounded Routine		
Sleep on any drastic changes you wish to make in your life		
Say no		
Cause VS effect		
Focus on you VS your ex		

- Complete your daily homework

## Daily Homework

It may seem extremely basic but establishing a solid foundation is critical to ensuring the success of the program and ensuring you have a Divorce Cocoon in place so when you start with Metamorphosis, then you are ready to handle whatever comes your way.

Work through each of the **7 Foundations of Transformation** and ensure that each element is in place and you are clear on how to work with each foundation.

Confirm that you have gone through all the introduction sections of this book.

In particular:

1. **ETHICS** – Spend some time today ensuring that the ETHICS of the program are intact and that you score at least a five on each item in the table on the next page. Then make a list of some actions you can take tomorrow to move this ethic up to a level ten in your life. Then schedule those actions in your diary and get them done!

Work through each of the **7 Foundations of Transformation** and ensure that each element is in place and you are clear on how to work with each foundation.

Examine each foundation and check the following. If anything is missing, put it in place:

2. **NOURISHMENT** – are you in a routine of taking your healing supplements? Have you changed your diet to ensure you are eating healthier (an increase in green and red foods)? Have you decreased your intake of sugar and stimulants?
3. **WORKING WITH YOUR EMOTIONS** – are you clear on how to release your emotions in a healthy and ethical way?
4. **PERFORMING AT WORK** – have you had key conversations with your boss and/ or staff at work? Do you feel able to work and process your emotions at another time? Have you practiced the exercise for handling your emotions whilst you are at work?
5. **COMMITMENT** – can you categorically say that you commit to completing the program and that you will do whatever it takes to complete it?
6. **THE RIGHT SUPPORT** – have you been having check-in sessions with your Divorce Angel and do you feel you have the support you need to complete the Naked Divorce Emotional Freedom Program?
7. **A GAME PLAN THAT WORKS** – have you purchased everything required, handled everything there is to handle and scheduled in the time you need to complete the Naked Divorce Emotional Freedom Program?

## Test

Call your Divorce Angel and discuss the work you have done in the past four days.

ONLY IF your Divorce Angel agrees that you are ready to move into Metamorphosis, will you be ready to move into Metamorphosis.

Ensure YOU feel ready to move too!

# Metamorphosis

Metamorphosis begins once the *Divorce Cocoon* is in place. This phase lasts for ten days.

## Day 5 – Your relationship story

This day draws directly from narrative coaching (Drake, 2007) and **expressive writing interventions** (Travagin et al., 2015). Coaching psychologists use narrative approaches to help clients re-author their stories and step out of cycles of blame. Writing and reading back your relationship story is evidence-based: it increases self-awareness, facilitates meaning-making (Neimeyer, 2001), and opens the door to forgiveness and growth.



**Tip for the day:** Whilst working on your relationship story if you notice that you've been living in a dream world, be calm. This is very common during a trauma. Keep in mind that living in a romantic dream world is the thinking of the little girl within you. But inhabiting that world is problematic. It keeps you stuck in a childlike way of being. Girls become women through the pain of facing reality.

## Theme: Your relationship story



Tuesday, .....



Estimated time to complete the exercise: 90–120 mins

## The Emotional Freedom Program Checklist

### Morning

- Drink a glass of hot water with a squeeze of lemon, take your supplements.
- Read through the Thought for the Day.
- Read through the exercise you'll be doing later today.
- Allow yourself to think about it during the day. I feel...(Circle the emotions that are most appropriate. At the end of the day update the chart to see what other emotions you experienced.)



Angry



Confident



Confused



Content



Elated



Flirty



Frustrated



Gloomy



Happy



Insecure



Irritable



Relaxed



Spacey



Stressed



Tired



Weepy

Label and name your emotion daily during the program. This validates how you are feeling and helps you track your progress.





ETHICS of the Program (Rate yourself on a scale of 1 to 10, 1 being ‘needs work’ and 10 being ‘I feel absolutely balanced here’):

Ethic	Rate yourself on a scale of 1-10	Actions I will take to move this ETHIC to a level 10 in my life
Full self-expression		
Avoid STEATs		
Establish a Grounded Routine		
Sleep on any drastic changes you wish to make in your life		
Say no		
Cause VS effect		
Focus on you VS your ex		

- Complete your daily homework

## **Daily Homework**

Write down your entire relationship story. Write down the whole thing: how you met, all the romance, events, drama, and hurt. Ensure you distinguish the exact moment you ‘died’ a little in your self-expression or happiness. Those moments are key to working out where things started going wrong. Make sure it’s as long as possible and write it like you would a best seller. Don’t skip any key details.

- When done, read it to yourself five times. Make sure you re-read it until you know it intimately.
- Make a note in your journal of what happens each time you read your story. How does it feel?
- Remember to schedule time with your Divorce Angel tomorrow to read them the story.

**Day 6 – Lessons from your relationship story**

This exercise builds on emotional intelligence frameworks (Mayer, Caruso & Salovey, 2016) and the practice of mentalization (Fonagy et al., 2016). Coaching psychology uses these approaches to help clients recognise, label, and track emotions, which reduces overwhelm and increases emotional clarity. Simply naming an emotion has been shown to decrease its intensity (Lieberman et al., 2007), making this inventory a powerful self-regulation tool.



**TIP FOR THE DAY:** You are making great progress. Now, notice any *Short Term Emotional Avoidance Tactics* that may be creeping in to sabotage you. Anything you’re considering doing that could side track your healing will only slow down your progress. Because your mind is afraid of change, it will plot to take you out of the game. Remain vigilant and guard against STEATs.

**Theme: Lessons from your relationship story**

Wednesday,.....

Estimated time to complete the exercise: 90 mins

**The Emotional Freedom Program Checklist**

**Morning**

- Drink a glass of hot water with a squeeze of lemon, take your supplements.
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*Label and name your emotion daily during the program. This validates how you are feeling and helps you track your progress.*

- Do your Daily Declarations while in the shower.
- Get dressed and put on your make-up; make an effort to look good, even if you’re not going to work.





- ETHICS of the Program (Rate yourself on a scale of 1 to 10, 1 being 'needs work' and 10 being 'I feel absolutely balanced here'):

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Sleep on any drastic changes you wish to make in your life		
Say no		
Cause VS effect		
Focus on you VS your ex		

- Complete your daily homework

## **Daily Homework**

Your exercise is to read your story to your Divorce Angel. Discover the patterns and look at what you can be responsible for.

**Day 7 – Considering your divorce from a different point of view**

Reframing your relationship story draws from cognitive reappraisal (Ochsner & Gross, 2018) and narrative coaching (Drake, 2007). Both approaches are core in coaching psychology, teaching clients to shift perspective on difficult events. Evidence shows that reframing activates prefrontal regulatory networks in the brain, reducing the power of negative emotions and making space for growth.



**TIP FOR THE DAY:** We all have a little critic in our heads telling us bad and unhelpful things about ourselves. Whenever this critic has anything to say about how you should or shouldn't be handling your divorce, I would like you to practice saying this, "Critic, thank you for sharing. Now SIT DOWN AND BE QUIET."

**Theme: Considering your relationship from different points of view**

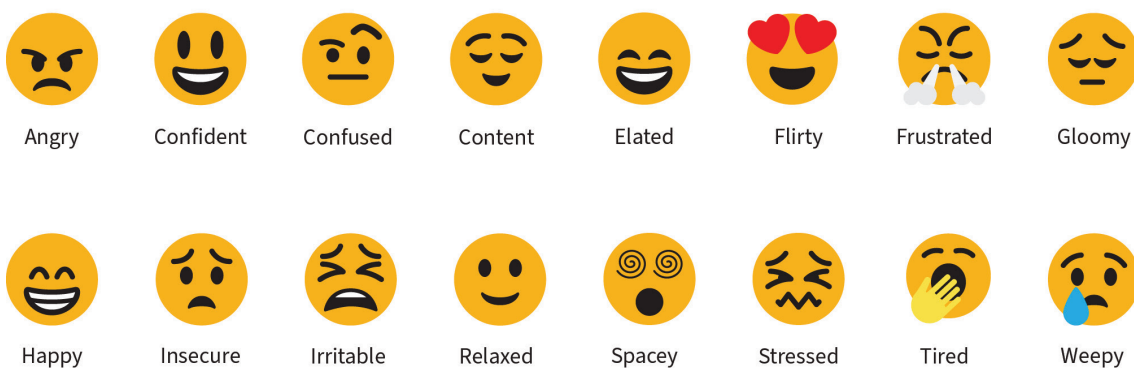
Thursday,.....

Estimated time to complete the exercise: 60-90 mins

**The Emotional Freedom Program Checklist**

**Morning**

- Drink a glass of hot water with a squeeze of lemon, take your supplements.
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- Allow yourself to think about it during the day. I feel...(Circle the emotions that are most appropriate. At the end of the day update the chart to see what other emotions you experienced.)



*Label and name your emotion daily during the program. This validates how you are feeling and helps you track your progress.*

- Do your Daily Declarations while in the shower.
- Get dressed and put on your make-up; make an effort to look good, even if you're not going to work.





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Say no		
Cause VS effect		
Focus on you VS your ex		

Complete your daily homework

### Exercise

In the space below, describe a central problem you're experiencing in your divorce with regards to your ex:

.....

.....

.....

.....

.....

.....

.....

<i>Write down ten things that describe how this problem is a stumbling block to you:</i>	<i>What is another context for this behaviour where the meaning may be different?</i>
1.	
2.	
3.	
4.	
5.	

<i>Write down ten things that describe how this problem is a stumbling block to you:</i>	<i>What is another context for this behaviour where the meaning may be different?</i>
6.	
7.	
8.	
9.	
10.	

Think about your divorce from different angles

- What are the generalizations you've made about your ex?
- Why is your point of view so biased?
- Now imagine a famous person you really respect watches a movie of your life. Watch the movie through their eyes. What point of view might this famous person have about your situation? It's important to consider the perspective of someone you respect to see what they would think from a position of neutrality.
- Now imagine an alien lands on our planet and they watch a movie of your life. Watch the movie through their eyes. What point of view might this alien have about your situation? It's important to consider the perspective of someone who has no idea about human nature and is watching your life story from a different position of neutrality.
- Notice the differences between what generalization you made vs. what the famous person and the alien noticed. What are they?

## ***The critic in our heads***

We all have a little critic in our heads BUT it is key to challenge the validity of what your little voice tells you. This exercise will help you to find other meanings in what is happening in your life which can be more empowering than the dis-empowering meanings you may have in place today.

**The little critic in your head is not you.**

**You are the one who notices the little critic.**

The little critic is just your worst thoughts, worst meanings and worst night-mares voicing their negative commentary. To help me with my little critic in my head, I gave it a name.

My little critic's name is Jane. Whenever I hear it say, "*Adèle, you are ugly, you are unattractive and you are going to wind up alone*" I just say, "*thanks Jane, but your opinion is not valid, so shut it.*"

Sometimes I have amusing moments where I notice Jane rattling on about something, but since separating my 'Jane' from the real me, my ability to control the negative chatter in my head has improved.

Give a name to the critic which operates in your head. Whenever the critic has something to say in the next five days, practice telling it to be quiet.

**Day 8 – Perception vs. projection and pedestal shift**

Day 8 is grounded in **mindfulness-based coaching**, now widely integrated into coaching psychology (Passmore & Marianetti, 2007). Mindfulness strengthens self-awareness and reduces stress reactivity. Meta-analyses confirm that regular mindfulness practice improves resilience, lowers rumination, and enhances emotional regulation (Goyal et al., 2014; Tang et al., 2015).



**TIP FOR THE DAY:** “Whatever you do, you do to yourself. To judge others only compounds your own faults.”

- Buddha

“A pedestal is as much a prison as any small, confined space.”

- Gloria Steinem

**Theme: Perception vs. projection and pedestal shift**

Friday, .....

Estimated time to complete the exercise: 120 mins

**The Emotional Freedom Program Checklist**

**Morning**

- Drink a glass of hot water with a squeeze of lemon, take your supplements.
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Cause VS effect		
Focus on you VS your ex		

- Complete your daily homework

**Complete the exercise below.**

<p>Think of a situation in which your ex is pressing your buttons</p>	<p>Example: He spends hours on his laptop.</p>
<p>Describe their behaviour</p>	<p>Example: Engrossed in his laptop and totally oblivious to me.</p>
<p>Do you ever do the same thing? Be honest.</p>	<p>Example: Sometimes I can become engrossed and not want to be interrupted. I get that.</p>
<p>How would you prefer them to behave in that moment?</p>	<p>Example: Turn around when I talk to him and listen intently to what I have to say.</p>

How can you behave better when you display the same behaviour?

Example: I can listen more to others. I notice that I tend to think more about what I will say VS. truly listening to others when they speak.

## ***PART II of rebalancing your view of your ex***

### **Pedestal Shift**

If you are feeling very strong positive emotions about your ex (you've allowed your ex to stay on their pedestal), balance out those strong emotions by doing this exercise.



**Note: if you struggle to do this exercise alone, contact your Divorce Angel and request to do the exercise together.**

### **Answer these questions:**

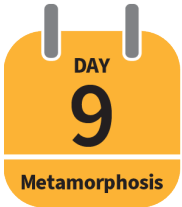
- Was I truly happy in my relationship? And if so, why? Was the happiness real or was it simply what I told myself was real?
- Did I feel like the BEST version of myself when I was with my ex?
- Was my ex definitely feeling like the BEST version of himself with me?
- What about my ex was irritating that I have glanced over?
- Describe ten events in detail that hurt me in the relationship.
- What characteristics came out which were undesirable traits that I am willing to acknowledge (close your eyes and replay each of those events in your mind. Turn up the brightness of each event in your mind's eye as you replay them).

After replaying each event, journal how you feel about your ex now?

For the rest of day, question if you were in reality about your relationship and whether your ex truly deserves to be put on a pedestal.

**Day 9 – Releasing strong emotions**

This practice reflects Acceptance and Commitment Coaching (ACC), an evidence-based approach adapted from ACT (Hayes et al., 2019; Passmore & Leach, 2013). Emotional freedom comes from learning to “defuse” from overwhelming thoughts and feelings rather than avoid them. In coaching, this skill helps clients stay present and act according to values even under stress.



**TIP FOR THE DAY:** According to countless research studies mentioned within the Bibliography of this book, a leading cause of depression is often the suppression of emotions over a long period. Let go, surrender to all your emotions and feel them fully. When you do actually feel your emotions fully, none of them last more than 30 minutes. It’s the resistance to feeling emotions which often leads to depression.

**Theme: Releasing strong emotions**

Saturday,.....

Estimated time to complete the exercise: 6 hours BUT take the whole day

**The Emotional Freedom Program Checklist**

**Morning**

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Cause VS effect		
Focus on you VS your ex		

- Complete your daily homework



**Warning: I don't advocate releasing emotions 'at' anyone. This is called ranting and is not a responsible action. Be responsible for the timing in terms of releasing your emotions.**

## Complete your daily homework – start this in the morning.

### ***Rationale for this exercise***

In the Emotional Freedom program, catharsis therapy is not simply about venting for its own sake. It provides a safe, contained space for you to fully release and express emotions that may have been suppressed or denied. Research suggests that emotional expression in a structured and supportive context can reduce physiological stress responses and promote psychological integration (Pennebaker & Smyth, 2016).

Importantly, the session does not end with release alone, time is taken on Day 10 to reflect alone or with your Divorce Angel to process meaning, and integrate the experience into a constructive path forward. This aligns with evidence that combining emotional release with guided reflection enhances self-awareness and long-term healing (Greenberg, 2015; Whelton, 2004).

### **Exercise**

#### **Release your strong emotions like anger/upset and despair**

This exercise is designed as a catalyst to help you trigger your emotions into action. Even if you are not feeling angry, you can tap into your anger with this exercise. It is healthy to feel your anger. There is no judgment and this exercise is not about being enlightened or positive, just be angry.

#### **You need:**

- 1 baseball bat/squash racket/cricket bat or sturdy stick.
- 5-10 large bags of ice, and WEAR gloves and goggles!
- A large, open space that is easy to clean afterwards and where you can smash the ice and not be heard or disturbed.
- Wear loose clothing and shoes.
- Make cards for all the things that make you angry in your life.

#### **Steps:**

- Clench your fists and teeth and breathe angrily to get into the mood
- Think about all the things you're angry or upset about, everything that should have happened in your marriage, in your life, in your divorce. Allow yourself to embrace these emotions and then allow yourself to feel them, express them through shouting or swearing or screaming.
- There is no need to think, just feel and express.
- When you're ready, beat the living daylights out of that bag of ice!

- Roar, yell, scream, and cry. Don't stop until the ice has been destroyed.
- Feel and release any other emotions that arise. Allow them to be. They will not last for more than thirty minutes to a few hours if you surrender to them (then they are done.)
- You will know you are done feeling your emotions when you can feel no more and are simply present to nothingness and the feeling of 'space'.

**When done:**

- Ensure you drink water or juice. Releasing emotions is thirsty work!
- Clean up any mess.
- Rest. You'll probably feel very tired.



**Special note: If you did not complete Day 9's exercise, then delay progressing with Day 10 of the Emotional Freedom Program until you have completed the exercise from Day 9.**


**Day 10 – Completing your past relationships**

Taking ownership of your role in your story connects to **locus of control** (Rotter, 1966) and **Self-Determination Theory** (Deci & Ryan, 2000). Coaching psychology emphasises autonomy and responsibility because they increase agency and intrinsic motivation. Studies show that clients who embrace responsibility for their healing experience greater post-traumatic growth and self-efficacy (Tedeschi et al., 2018).



**TIP FOR THE DAY:** There is a temptation to think that the reason your relationship failed was because of your ex and who they were. Be careful of falling into this trap. The common person in all of your relationships is you. If you have the courage to find out where you can be responsible for your relationships not working out, then you have the power.

**Theme: Completing your past relationships**

 Sunday,.....

 Estimated time to complete the exercise: 60-90 mins

**The Emotional Freedom Program Checklist****Morning**

- Drink a glass of hot water with a squeeze of lemon, take your supplements.
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Confused



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Elated



Flirty



Frustrated



Gloomy



Happy



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Irritable



Relaxed



Spacey



Stressed



Tired



Weepy

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- Get dressed and put on your make-up; make an effort to look good, even if you're not going to work.





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Say no		
Cause VS effect		
Focus on you VS your ex		

- Complete your daily homework

## Daily Homework

### **Completing Day 9**

- Underneath your anger are needs you had within your marriage or relationship that you never communicated. What did you need in your marriage that you never received? Write down those needs.
- List the things you have learnt from the relationship and that you will never repeat or do again
- Keep going until you have a list of fifty things you have learnt

### **Discover your own unconscious patterns in relationships and your core issue**

The important part in discovering your core issue is to identify what you feel whenever you play out your pattern. Your feelings will point in the direction of your core issue. Take a moment now and do this exercise:

1. Write a brief story of all your past relationships using the questions below. Make a note of everyone you can remember. Write down what happened to end the relationship and the feelings you felt when it ended. (Be more honest with yourself than you've ever been before).
  - Name of person?
  - How did you meet them?
  - How long were you together?
  - How did it end?
  - Who ended it?
  - What do you believe ended it?
  - What did you decide about yourself at the end of this relationship?
2. Now, read all your stories back and if you haven't already, find the common threads in what you wrote. Perhaps you have abandonment issues, perhaps you consistently attract cheaters or abusive men. Perhaps it always ends with an argument. Maybe you can't commit because you feel like committing is a sure path to feeling hurt if your partner leaves. Maybe you don't speak up because you're scared that you'll get into trouble.
3. Look over what you wrote in the previous step and identify the common feelings you felt in most of your relationships. Usually these feelings surface as fears, particularly when you perceive that you are somehow under threat. These fears will point you to your issue that you keep on inviting into your life.

My pattern in relationships is that I always go back to doing:

*(Describe your repeating pattern keeping in mind that how you do ANYTHING is how you do EVERYTHING).*

.....  
.....  
.....

The reason I do this is:

.....  
.....  
.....

When complete, journal what you noticed:

.....  
.....  
.....  
.....  
.....

Can you find any patterns within your past relationships? If so, list all the patterns you have found.

.....  
.....  
.....  
.....

Keeping those patterns in mind, what choices do you now make for your future?

.....  
.....  
.....  
.....

**Drink at least six glasses of water during the day.**

**Day 11 – Hear the ‘sorry’ you have always wanted to hear**

This day is based on **behavioural activation** and **self-efficacy theory** (Bandura, 1997). Coaching psychology often works with small, achievable actions that build momentum. Research shows that behavioural activation reduces depressive symptoms (Mazzucchelli et al., 2020) and that mastery experiences are the most powerful way to rebuild confidence and resilience.



**KEEP THIS IN MIND FOR THE DAY:** To get complete emotional release from your marriage, you might need to hear your ex say “sorry”. Realistically, very few of us will ever get the ‘sorry’ we need to help us heal.

The exercise is all about how you can be in the driver’s seat when it comes to hearing the perfect apology.

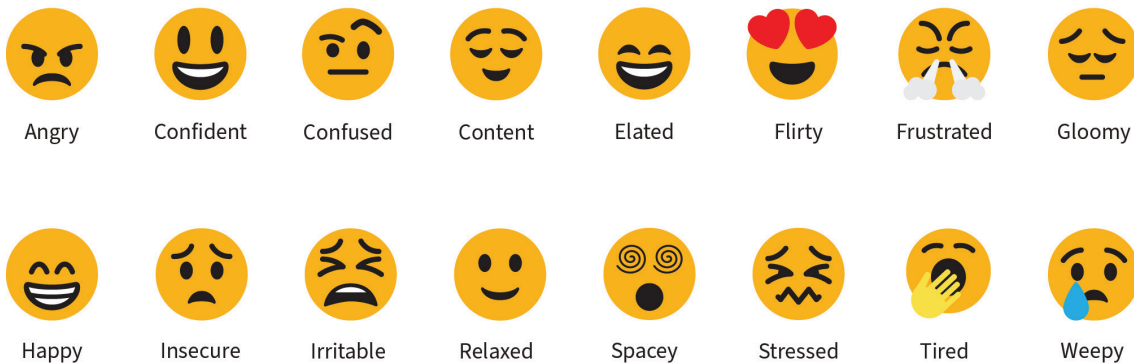
**Theme: Hear the ‘sorry’ you have always wanted to hear**

- Monday, .....
- Estimated time to complete the exercise: 90 mins

**The Emotional Freedom Program Checklist**

**Morning**

- Drink a glass of hot water with a squeeze of lemon, take your supplements.
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- Read through the exercise you’ll be doing later today.
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Say no		
Cause VS effect		
Focus on you VS your ex		

- Complete your daily homework

**Read through the exercise you will be doing later today. Allow yourself to think about it during the day.**

## **Exercise**

Write a letter from your ex to you. In the letter, write:

1. Everything you ever wanted your ex to apologise for: ([Your name], I am so sorry I ever did xxxx or made you feel xxxx, or didn't love you like you deserved to be loved...) Make sure it is a long letter and do not leave anything out.
2. When done, read the letter out loud to yourself.
3. Journal how you feel.
4. When you are done, rewrite each point of the letter in your own words to yourself. (For example, I forgive myself for being with someone who I knew didn't love me in the way I deserved to be loved, xxxx.)
5. When done, read the letter out loud to yourself.
6. Journal how you feel.

**Day 12 – Framework for your future relationships**

This practice aligns with **positive psychology coaching** and research on **forgiveness interventions** (Wade et al., 2014; Toussaint et al., 2020). Coaching psychology integrates forgiveness to help clients release resentment, which reduces anger and depressive symptoms while increasing wellbeing. Forgiveness is less about excusing another’s behaviour and more about freeing yourself from being emotionally bound to the past.



**KEEP THIS IN MIND FOR THE DAY:** “I never regretted the relationships I had, they always made me better for the next one...”

- **David Beckham**

Spend today thinking about what you learnt from your old relationship and how it has made you more aware and better prepared for your next one.

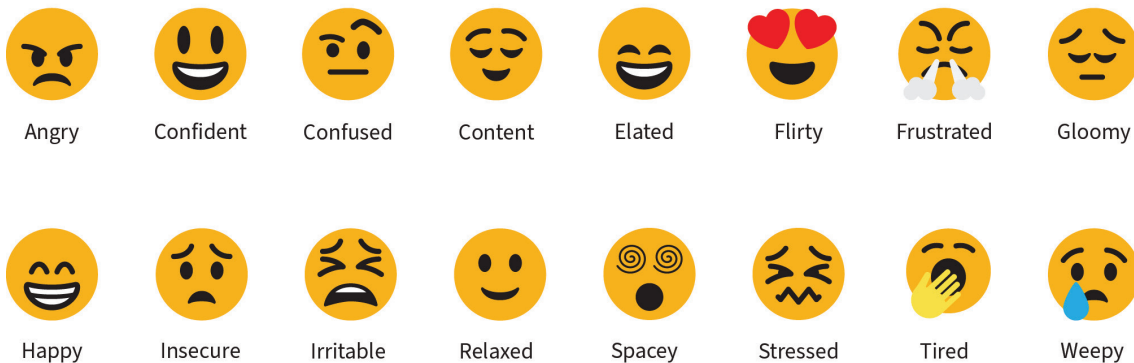
**Theme: Framework for your future relationships**

Tuesday, .....  
 Estimated time to complete the exercise: 90 mins

**The Emotional Freedom Program Checklist**

**Morning**

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- Complete your daily homework

## **Exercise**

### ***Go through the letter you wrote from your ex to yourself.***

1. Read the letter from your-ex-to-yourself out loud.
2. Read the letter from yourself-to-yourself out loud.
3. Write down what you are acknowledging yourself for in the relationship (in present tense; this is very important).
4. Write down what you are unwilling to tolerate in a relationship.
5. Journal how you feel about it and write down what you notice.
6. What character traits does your ideal partner have?
7. What kind of due diligence will you do next time around?
8. Optional: When done, burn the letters.

### ***Here are some examples:***

#### **What I acknowledge myself for:**

- I am supportive and caring
- I am the wind beneath my man's wings and I am elemental in his success
- I am courageous, adventurous and crazy
- I am responsible and aware
- I am sexy and fun to be with

#### **What I am unwilling to tolerate in a relationship:**

- Cheating.
- Stealing.
- Lying or wimpish behaviour.
- Hypocrisy.
- Endlessly sitting with a PlayStation or taking drugs.
- Uncommitted behaviour.
- Unwillingness to grow or look at growing or developing.

**Day 13 – Learning from past patterns in your relationship**

Day 13 uses one of the most studied **positive psychology interventions (PPIs)**: gratitude practices. Systematic reviews confirm gratitude journalling and reflection significantly improve wellbeing and reduce depressive symptoms (Cregg & Cheavens, 2021). Coaching psychologists use gratitude exercises to shift attention toward resources and strengths, creating a more balanced and hopeful mindset.



**KEEP THIS IN MIND FOR THE DAY:** There is a temptation to become obsessed with how your ex is doing, replaying the tape in your head of what was said and what it could have meant, and what should or shouldn't have happened in the relationship.

Instead of focusing on those thoughts, become fascinated with learning everything you can about the background dynamics of your relationship and the lessons you have learnt. Become keenly aware of yourself as a science project, where you use this event as a catalyst or experiment to learn everything you can about yourself and how you operate in a relationship. Learn those lessons now, so that you can put these to work successfully in your next relationship.

**Theme: Learning from past patterns in your relationship**

Wednesday,.....

Estimated time to complete the exercise: 90 mins

**The Emotional Freedom Program Checklist**

**Morning**

- Drink a glass of hot water with a squeeze of lemon, take your supplements.
- Read through the Thought for the Day.
- Read through the exercise you'll be doing later today.
- Allow yourself to think about it during the day. I feel...(Circle the emotions that are most appropriate. At the end of the day update the chart to see what other emotions you experienced.)



*Label and name your emotion daily during the program. This validates how you are feeling and helps you track your progress.*





ETHICS of the Program (Rate yourself on a scale of 1 to 10, 1 being ‘needs work’ and 10 being ‘I feel absolutely balanced here’):

Ethic	Rate yourself on a scale of 1-10	Actions I will take to move this ETHIC to a level 10 in my life
Full self-expression		
Avoid STEATs		
Establish a Grounded Routine		
Sleep on any drastic changes you wish to make in your life		
Say no		
Cause VS effect		
Focus on you VS your ex		

- Complete your daily homework

### Exercise

In examining the reading for today, journal about any patterns you can identify within your previous relationship. Look at which role you played and where you can be responsible for any negative patterns in your relationship.

1. Think about the five R's of relationships. Where didn't you communicate your resistances and resentments?

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2. What can you be responsible for in not managing the five R's of your relationship?

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3. What actions can you take to remedy this in the future?

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4. Think about Karpman's Drama Triangle. Were you stuck in one of these roles?

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5. What can you be responsible for being stuck in a disempowering role in your marriage?

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6. What actions can you take to remedy this in the future?

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7. Are you a Fuser or an Isolator in relationships?

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8. In the next few weeks, practice the steps explained above. If you are a Fuser, grant Isolators around you space and independence. If you are an Isolator, Gift the users around you.

**Day 14 – Finding the source of your divorce**

This exercise draws from **Possible Selves Theory** (Markus & Nurius, 1986) and **Appreciative Inquiry** (Cooperrider & Whitney, 2005). Coaching psychology uses visioning to help clients imagine desired future selves and pathways. Recent research shows that imagery-based interventions strengthen motivation by activating brain circuits involved in reward and planning (Schacter et al., 2017).



**KEEP THIS IN MIND FOR THE DAY:** It takes great courage to find the root cause of your divorce, but if you can be responsible for what happened in your relationship, you will free yourself. Responsibility does not mean blame. It means acknowledging that you were part of what didn't work so that you learn from the situation.

You will carry this sense of empowerment within yourself and into any new relationship. Think of it as an investment in change. If you leave your marriage with nothing but blame and the feeling that you were a victim of a bad situation, you'll remain dis-empowered and stuck.

**Theme: Finding the source of your divorce**

Thursday,.....

Estimated time to complete the exercise: 120 mins

**The Emotional Freedom Program Checklist**

**Morning**

- Drink a glass of hot water with a squeeze of lemon, take your supplements.
- Read through the Thought for the Day.
- Read through the exercise you'll be doing later today.
- Allow yourself to think about it during the day. I feel...(Circle the emotions that are most appropriate. At the end of the day update the chart to see what other emotions you experienced.)



Angry



Confident



Confused



Content



Elated



Flirty



Frustrated



Gloomy



Happy



Insecure



Irritable



Relaxed



Spacey



Stressed



Tired



Weepy

*Label and name your emotion daily during the program. This validates how you are feeling and helps you track your progress.*





ETHICS of the Program (Rate yourself on a scale of 1 to 10, 1 being ‘needs work’ and 10 being ‘I feel absolutely balanced here’):

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Sleep on any drastic changes you wish to make in your life		
Say no		
Cause VS effect		
Focus on you VS your ex		



# Release

You are now on the home stretch.

A 2015 study published in the Journal of Acute Care concluded that 77% of motor vehicle crashes happen within ten miles of a person's home. When people begin their journeys, they are alert, focused and have a high level of concentration. They take breaks and drive cautiously. They stop for lunch and let their co-driver take the wheel.

But close to their destination, they begin to relax and become complacent. They let their mind wander with arbitrary questions like, "How is the dog doing?", "Has the garden been watered?" OR they may think it's a good idea to take a detour. Be vigilant in the final five days – they are very important to your healing. Don't allow your mind to wander. Stay focused on your healing as you are not done yet and the next five days are the most fun because they are all about you, your life and what is next for you!

## Day 15 – Stepping into forgiveness

Boundary-setting is grounded in **assertiveness training** (Alberti & Emmons, 2017) and **autonomy-supportive coaching** (Moore et al., 2016). Coaching psychology emphasises boundaries as essential for autonomy, energy management, and healthy relationships. Assertiveness interventions are shown to improve self-efficacy, reduce stress, and build resilience in challenging environments.



**KEEP THIS IN MIND FOR THE DAY:** Forgiveness doesn't mean you're condoning what the other person did, but holding a grudge is like drinking poison, hoping the other person will die. Forgiveness is about setting yourself free...

## Theme: Stepping into forgiveness



Friday, .....

Estimated time to complete the exercise: 120 mins

## The Emotional Freedom Program Checklist

### Morning

- Drink a glass of hot water with a squeeze of lemon, take your supplements.
- Read through the Thought for the Day.
- Read through the exercise you'll be doing later today.
- Allow yourself to think about it during the day. I feel...(Circle the emotions that are most appropriate. At the end of the day update the chart to see what other emotions you experienced.)



*Label and name your emotion daily during the program. This validates how you are feeling and helps you track your progress.*

- Do your Daily Declarations while in the shower.
- Get dressed and put on your make-up; make an effort to look good, even if you're not going to work.

### **Going to work**

- Optional: Take the Emotional Freedom Program to work with you. You may want to work on it during your break.
- Drink at least six glasses of water during the day. Crying is thirsty work.

### **Practice the four A's.**

When you're feeling overly emotional at work and you feel you need to put your emotions aside to focus on your day, practice the four A's taken from the Emotional Freedom Program exercise for handling your emotions whilst at work. Practice being Aware of your emotions as they arise. Accept them. Acknowledge your right to have them. And then simply Act Normal. The moment you get home or get to the bathroom at lunchtime, you can let loose!

### **Not going to work**

If a weekend, start on the exercise for the day as soon as you can.

### **Home**

#### **Prepare dinner.**

- If you have children, put them in front of a DVD while you prepare dinner. Take time to cook the food with love and care. Cry if you need to. Wail and sob while you're slicing the onions. It's a good cover! Whatever you do, let go completely, surrendering to all your emotions. When done, drink lots of water.
- Try to get some exercise today, even if it's a ten minute walk.
- Check in with your Divorce Angel and let them know very briefly how you're doing.



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Cause VS effect		
Focus on you VS your ex		

- Complete your daily homework

**Read through the exercise you will be doing later today. Allow yourself to think about it during the day.**

## Exercise

### Forgiving my ex:

- What do you not accept about your ex that you are still holding on to?
- What expectations of your ex and your marriage were not fulfilled and how did this make you angry?
- What impact does holding this grudge have on your life?
- Does holding onto this resentment change the situation in any way?
- Make a list of the things you'd like to forgive your ex for being or doing. Write each point like this...
  - I forgive [your ex's name] for XXX because YYY
  - For example: I forgive Bruce being with other women. Taking the poison of resentment, hoping he will die, is only hurting me. I release myself from this pain, knowing I cannot change what is and what isn't true about the past.
- Read the list out loud to yourself in the mirror until you genuinely 'feel' different about the situation and your ex
- Work out what you need to hear from your ex to move on. Say those words to yourself over and over again
- When you genuinely feel differently about the situation and your ex: Make a list of everything you are grateful for from having been married
- When you genuinely feel differently about the situation and your ex: Make a list of everything you are grateful for in getting divorced

### Forgiving myself

- What don't you accept about yourself that you are holding onto?
- What expectations of yourself didn't you fulfil on? Why does this make you angry?
- Does holding onto this resentment change the situation in any way?
- What commitments do I need to make to myself or what actions can I take to move on?
- Make a list of what you would like to forgive yourself for. Write each point like this...
  - I forgive myself for XXX because YYY
  - For example: I forgive myself for cheating on my ex- boyfriend at university because it happened so many years ago and the person, I was then not the person I am today. I learnt many lessons from that betrayal. I learnt about the pain and impact my actions had on him and on my own life. I learnt how important it is to apologise for the wrongs I committed. I learnt the valuable lesson of trusting myself and my fidelity in relationships.


**Day 16 – The vow break**

This day builds on **self-efficacy theory** (Bandura, 1997), a cornerstone of coaching psychology. Confidence grows through small mastery experiences: when you succeed at manageable steps, your belief in your capacity expands. Research confirms that interventions focused on mastery improve stress recovery and long-term wellbeing (Luszczynska et al., 2020).



**TIP FOR THE DAY:** This is the final stage of washing the bitterness, resentment and anger of your divorce out of your hair. Today is about the Vow Break.

**Theme: The vow break**

 Saturday, .....

 Estimated time to complete the exercise: 2-3 hours

**The Emotional Freedom Program Checklist****Morning**

- Drink a glass of hot water with a squeeze of lemon, take your supplements.
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Angry



Confident



Confused



Content



Elated



Flirty



Frustrated



Gloomy



Happy



Insecure



Irritable



Relaxed



Spacey



Stressed



Tired



Weepy

*Label and name your emotion daily during the program. This validates how you are feeling and helps you track your progress.*

- Do your Daily Declarations while in the shower.
- Get dressed and put on your make-up; make an effort to look good, even if you're not going to work.





ETHICS of the Program (Rate yourself on a scale of 1 to 10, 1 being ‘needs work’ and 10 being ‘I feel absolutely balanced here’):

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Say no		
Cause VS effect		
Focus on you VS your ex		

- Complete your daily homework



I created a YouTube video on the topic of the Vow Break. To watch me explaining the steps in more detail, go to [www.youtube.com/@Naked.Recovery](https://www.youtube.com/@Naked.Recovery)

## ***Complete your daily homework – start this in the morning.***

### **Exercise**

#### **The Vow Break**

Begin by journaling the following about your ex (do this as if you were talking to them):

- What can I acknowledge you for in our relationship?
- What was awesome about our relationship?
- What hurt me and what did I need to hear from you while we were married?
- What parts of you did I not see, acknowledge or accept while we were married?
- What are all the things I learnt from our marriage?
- What are all the things I learnt from our divorce?
- What do I need to hear from you now? (Do this after your letter from him to you)
- What I wish for you now?
- What promises and commitments do I make to you for the future (if applicable)?
- What promises and commitments do I make with regards to our children and your relationship with them (if applicable)?

#### **Separately:**

- Review your marriage vows and look at the promises you made. Acknowledge which promises you did and didn't keep
- Forgive yourself for any promises you broke and acknowledge yourself for all the promises you kept

When complete, here is a bonus opportunity for you.

#### **Bonus opportunity:**

Write a completion letter to your ex saying everything you want to say from the Vow Break above.

If you feel really brave approach your ex to do the Vow Break together or send him your letter. What I can say is that doing the exercise WITH your ex is a truly remarkable experience full of forgiveness and completion.



**Note: Do not approach your ex if you were in a toxic relationship where contact is unhealthy.**



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**Day 17 – Unpacking your relationship baggage**

Focusing on connection reflects **relational coaching** (Kets de Vries, 2014) and resilience research on social support (Holt-Lunstad, 2018). Coaching psychology highlights the role of quality social ties in buffering stress and fostering thriving. Strengthening your network of supportive relationships directly improves emotional resilience and long-term health.



**THINK ABOUT THIS FOR TODAY:** “Our lives improve only when we take chances and the first and most difficult risk, we can take is to be honest with ourselves.”  
 – **Walter Anderson**

Everyone has some form of baggage from a relationship, a nasty break-up or divorce. Without being insensitive, if you’re really committed to making your next relationship work, you need to purge that baggage, or manage it. Many people I have worked with have unresolved baggage spanning more than a decade. This baggage ruined any chance of happiness in their lives. Dealing with your baggage today could add years to your life. It could even save your life.

**Theme: Unpacking your relationship baggage**

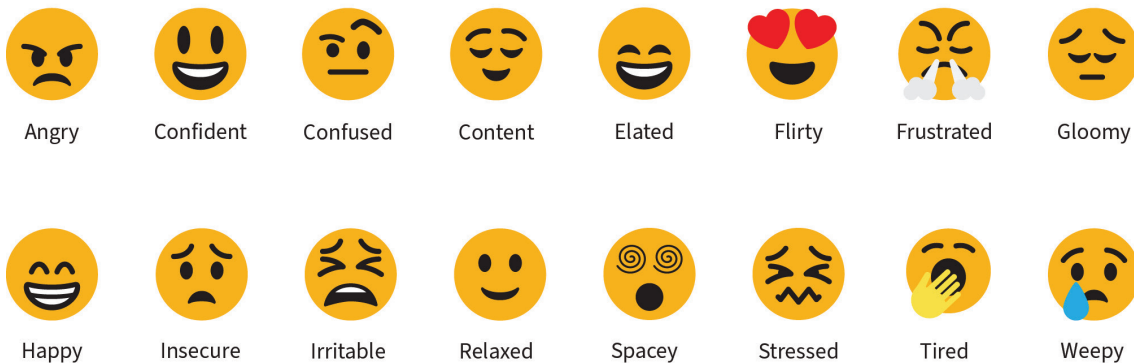
Sunday,.....

Estimated time to complete the exercise: 3-4 hours

**The Emotional Freedom Program Checklist**

**Morning**

- Drink a glass of hot water with a squeeze of lemon, take your supplements.
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*Label and name your emotion daily during the program. This validates how you are feeling and helps you track your progress.*

- Do your Daily Declarations while in the shower.





ETHICS of the Program (Rate yourself on a scale of 1 to 10, 1 being ‘needs work’ and 10 being ‘I feel absolutely balanced here’):

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Say no		
Cause VS effect		
Focus on you VS your ex		

- Complete your daily homework

## Exercise

### The Worry Buster

Feeling the angst of worry?

- Sit down in a quiet place and take a deep breath.
- Notice where you are feeling the worry in your body.
- Imagine that it has a shape and a colour. Think about its shape, texture, size and colour until you are clear about what it looks like.
- Then imagine moving it outside of your body, almost as if it's on a table in front of you so you can look at it.
- Imagine wrapping it in a tight ball of putty.
- Then, imagine throwing this putty-ball away with great force. If you can include arm movements in throwing it away, even better. If you can say out loud '*I banish you from my body!*' while throwing the putty ball away, it will be even more effective.
- Now, notice how you feel.
- If there is any part of that 'old' feeling left, keep repeating this exercise until you cannot remember what you were thinking about.

This Neurolinguistic programming-based technique may seem like a game at first, but let me assure you, visual imagination has a very powerful effect on feelings.

## Exercise

Spend some time today diagnosing your baggage type and complete the remedial work. You may have more than one baggage type running the show. If this is the case, do the remedial work indicated for all these baggage types.

There is some work you will need to do consciously when- ever this baggage comes up over the next few weeks or months. It may come up from time to time but whenever it does, knock it on the head immediately. Focus on what you want to have happen in your life rather than indulging in the negative thoughts of your baggage.

But make a choice today to dump the relationship baggage.


**Day 18 – Your values and what you want out of your next relationship**

This day reflects **Compassion-Focused Coaching** (Gilbert, 2010) and self-compassion interventions widely adopted in coaching psychology (Neff & Germer, 2018). Self-compassion lowers self-criticism, reduces stress, and improves emotional resilience. Coaching models emphasise it as a way to build inner strength, not weakness, by treating yourself with the same care you'd extend to a valued client or friend.



**KEEP THIS IN MIND FOR THE DAY:** 'Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light not our darkness that frightens us. Actually, who are you not to be? You are a child of God. Your playing small doesn't serve the world. There's nothing enlightened about shrinking so that other people won't feel insecure around you. We were born to make manifest the glory of God that is within us.'  
 - Nelson Mandela, inaugural address, written by Marianne Williamson

**Theme: Your values and what you want out of your next relationship**

 Monday,.....

 Estimated time to complete the exercise: 90-120 minutes

**The Emotional Freedom Program Checklist****Morning**

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- Read through the Thought for the Day.
- Read through the exercise you'll be doing later today.
- Allow yourself to think about it during the day. I feel...(Circle the emotions that are most appropriate. At the end of the day update the chart to see what other emotions you experienced.)



Angry



Confident



Confused



Content



Elated



Flirty



Frustrated



Gloomy



Happy



Insecure



Irritable



Relaxed



Spacey



Stressed



Tired



Weepy

*Label and name your emotion daily during the program. This validates how you are feeling and helps you track your progress.*

- Do your Daily Declarations while in the shower.
- Get dressed and put on your make-up; make an effort to look good, even if you're not going to work.





ETHICS of the Program (Rate yourself on a scale of 1 to 10, 1 being ‘needs work’ and 10 being ‘I feel absolutely balanced here’):

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Sleep on any drastic changes you wish to make in your life		
Say no		
Cause VS effect		
Focus on you VS your ex		

- Complete your daily homework

### ***What is at the centre of your life?***

Take a minute and list the people or things that your life revolves around. It may be one thing or a combination.

Here are some examples:

- Romantic relationship
- Job
- Children
- Hobbies
- Financial resources
- Favourite activities
- House, car and possessions
- Friends
- Health

What would you like the centre of your life to be?

Now, rewrite the list above in the order you'd love your life to reflect.

### ***When done, look at what are the things you value in your life?***

Look at the list below and put these values in the order of what you value most in your life.

- Acknowledgement
- Security and stability
- Family
- Wealth/abundance/excess
- Relationships
- Having fun
- Travel
- Material things
- Looking good
- Relaxing (reading/ watching movies/massage)
- Confidence
- Learning new things
- Mastering something
- Having children
- Being responsible for getting what you want out of a relationship

Complete this table below in your journal. Give at least three examples. The first example is from my own relationship journal:

You need to know how to achieve each of those objectives yourself or you will be no help in educating your new partner in how to fulfil on those objectives for you. How else will you tell your partner HOW to help you feel beautiful and desirable if you do not even know yourself?

<i>What I need to feel honoured and secure in a relationship?</i>	<i>At least 3 actions I can take to provide this for myself</i>
<p><i>Example: To know that I am beautiful and desirable as I am and that I have a healthy self-esteem about my body and looks.</i></p>	<ul style="list-style-type: none"> <li>• <i>To look in the mirror every day and tell myself how gorgeous I am.</i></li> <li>• <i>To have a special bath at least twice a week where I pamper myself and take care of my body.</i></li> <li>• <i>Go to the gym 4 to 5 times a week and train for and complete a triathlon.</i></li> <li>• <i>Eat healthily (lots of healthy salads, no snacking in-between meals, no junk food, drink 10 glasses of water daily).</i></li> </ul>
<p><i>What I need to feel honoured and secure in a relationship?</i></p>	<p><i>At least 3 actions I can take to provide this for myself</i></p>

**Day 19 – Loving yourself is often a function of setting boundaries**

Learning to say no is based on **assertiveness coaching** and **strengths-based approaches** (Linley & Harrington, 2006; Eslami et al., 2016). In coaching psychology, assertiveness skills are key for maintaining boundaries and protecting energy. Research shows that setting limits increases authenticity, self-efficacy, and reduces burnout, especially during times of emotional upheaval.



**KEEP THIS IN MIND FOR THE DAY:** Today is also an opportunity to learn about and define your boundaries in life. A strong sense of self-esteem is a function of your boundaries. A person with weak boundaries will have low self-esteem.

**Theme: Loving yourself is often a function of setting boundaries**

Tuesday,.....

Estimated time to complete the exercise: 90 mins

**The Emotional Freedom Program Checklist**

**Morning**

- Drink a glass of hot water with a squeeze of lemon, take your supplements.
- Read through the Thought for the Day.
- Read through the exercise you’ll be doing later today.
- Allow yourself to think about it during the day. I feel...(Circle the emotions that are most appropriate. At the end of the day update the chart to see what other emotions you experienced.)



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ETHICS of the Program (Rate yourself on a scale of 1 to 10, 1 being ‘needs work’ and 10 being ‘I feel absolutely balanced here’):

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Say no		
Cause VS effect		
Focus on you VS your ex		

- Complete your daily homework

## **Exercise**

Make a list of all the relationships in your life in which you experience a loss of power. Plan the emotionally honest conversations you want to have with these people, or the boundaries you will set with them. Schedule times over the next few weeks to have those conversations. If possible, have one of those conversations in the next forty-eight hours.

Getting really good at emotionally honest conversations and setting boundaries, needs practice. The good news is that the more you practice, the better you will become, so your job for the next thirty days is to practice, practice, and practice!

**Day 20 – What is your new life going to look like?**

Day 20 is anchored in **Meaning-Centred Coaching** (Lennox, 2013) and logotherapy principles (Frankl, 1959/2006). Coaching psychology increasingly integrates meaning-making as a driver of post-traumatic growth (Park et al., 2017). Reconnecting to purpose reframes divorce from “failure” to “transition,” creating a pathway for renewal and growth.



**KEEP THIS IN MIND FOR THE DAY:** “Life is too short to wake up in the morning with regrets. So love the people who treat you right, forget about the ones who don’t and believe that everything happens for a reason. If you get a chance, take it. If it changes your life, let it. Nobody said that it’d be easy, they just promised it would be worth it.”

- *Author unknown*

**Theme: What is your new life going to look like?**

Wednesday, .....

Estimated time to complete the exercise: 90-120 mins

**The Emotional Freedom Program Checklist****Morning**

- Drink a glass of hot water with a squeeze of lemon, take your supplements.
- Read through the Thought for the Day.
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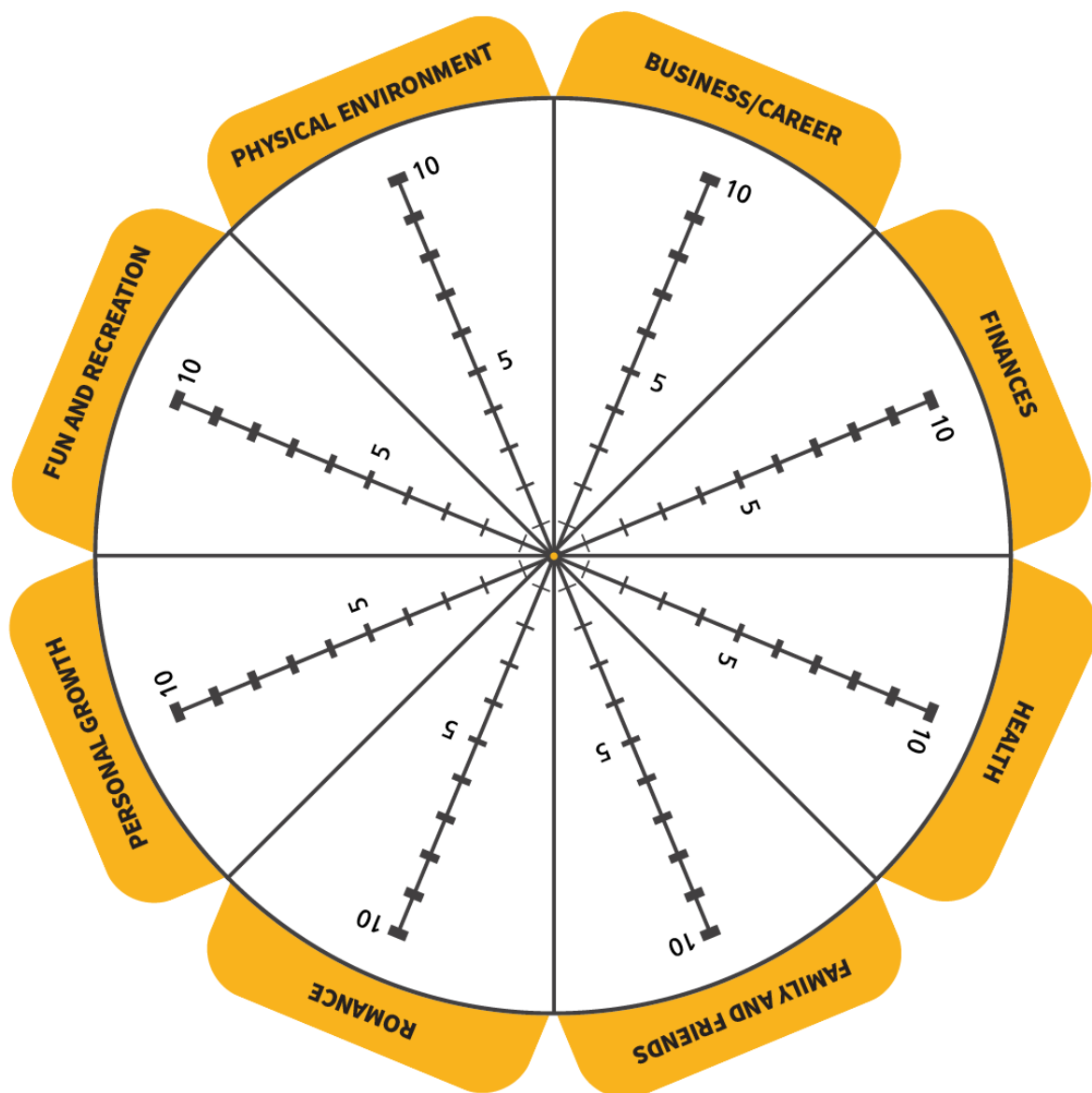
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## Exercise

- Below is an image called the Wheel of Life. Firstly, assess the various areas of your life by putting a score between 0 and 10 in each area, 0 being the score that requires the most work and 10 requiring no additional work at all.
- Next, decide on three actions you can take in each area to bring the scores in all areas of your life up to 10.



**Ask yourself:** What do I want to change about my life? How can I use this divorce as a catalyst to live my dream life?

3. Take a moment to think of the dreams you had as a child for your life. Create a comprehensive list of things you'd like to do before you die. Here are some examples from my list. I've crossed off quite a few off since articulating my list, so you never know where your life will take you! Whether you have five or two hundred things on your list, allow yourself to dream big!

- Fly into space
- Climb Mount Kilimanjaro
- Scuba dive the Great Barrier Reef in Australia
- Raft the Colorado river
- Ride the ten biggest, baddest rollercoasters
- Dog sled in Norway
- Boat trip through the fjords in Finland/Norway
- Fly a MIG jet to the edge of space
- Go on safari in north Africa
- Ride a motorcycle from Cape Town to Cairo
- Ride a motorcycle from LA to Buenos Aires
- Develop a Personal Manifesto where you define who you are from today onwards. What will your life be about?
- Choose your own Personal Anthem. This is a song that lifts you up and is the theme tune for your new life. You can listen to it whenever you want to feel pumped up, moved or excited about your life


**Day 21 – Celebration!**

Integration reflects the principle of **psychological flexibility** from **Acceptance and Commitment Coaching (ACC)** (Hayes et al., 2019; Kashdan & Rottenberg, 2010). Coaching psychology uses flexibility training to help clients adapt, align with their values, and sustain behaviour change. By this stage, you've built resilience-in-action: an embodied ability to face future challenges with openness and strength.



**KEEP THIS IN MIND FOR THE DAY:** Today is your chance to celebrate your enormous achievements over the past 21 days. You are a heroine!

**Theme: Celebration!**

 Thursday,.....

 Estimated time to complete the exercise: 30 mins

**The Emotional Freedom Program Checklist****Morning**

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Weepy

*Label and name your emotion daily during the program. This validates how you are feeling and helps you track your progress.*

- Do your Daily Declarations while in the shower.
- Get dressed and put on your make-up; make an effort to look good, even if you're not going to work.





ETHICS of the Program (Rate yourself on a scale of 1 to 10, 1 being ‘needs work’ and 10 being ‘I feel absolutely balanced here’):

Ethic	Rate yourself on a scale of 1-10	Actions I will take to move this ETHIC to a level 10 in my life
Full self-expression		
Avoid STEATs		
Establish a Grounded Routine		
Sleep on any drastic changes you wish to make in your life		
Say no		
Cause VS effect		
Focus on you VS your ex		

- Complete your daily homework

### **Checklist for the Emotional Freedom Program**

- Day 0 - Write Your Healing Goal

#### **Days 1-4: The Divorce Cocoon**

- Day 1 Theme: Be gentle with yourself
- Day 2 Theme: Home clean-up
- Day 3 Theme: Financial clean-up
- Day 4 Theme: Get grounded inside the divorce cocoon

#### **Days 5-14: Metamorphosis**

- Day 5 Theme: Your relationship story
- Day 6 Theme: Lessons from your relationship story
- Day 7 Theme: Considering your divorce from a different point of view
- Day 8 Theme: Perception vs. projection and pedestal shift
- Day 9 Theme: Releasing strong emotions
- Day 10 Theme: Completing your past relationships
- Day 11 Theme: Hear the 'sorry' you have always wanted to hear
- Day 12 Theme: Framework for my future relationships
- Day 13 Theme: Learning from past patterns in your relationship
- Day 14 Theme: Finding the source of your divorce

#### **Days 15-21: Release**

- Day 15 Theme: Stepping into forgiveness
- Day 16 Theme: The vow break
- Day 17 Theme: Unpacking your relationship baggage
- Day 18 Theme: Your values and what you want out of your next relationship
- Day 19 Theme: Loving yourself is often a function of setting boundaries in your life
- Day 20 Theme: What is your new life going to look like?
- Day 21 Theme: Celebration!

#### **Completion – Moving Forward**

Completing the program draws on **time-limited, structured coaching interventions** shown to accelerate recovery and strengthen self-efficacy (Grant, 2014; Cuijpers et al., 2019). Coaching psychology research confirms that short, intensive programs improve goal attainment and wellbeing by combining accountability, daily reflection, and evidence-based practice. You leave not just “over your divorce,” but with skills that sustain thriving long-term.

# The Healing Formula

Healing Formula = Focused Intensity + 3 Key Breakthroughs + **Emotional Freedom Program**

## *The Naked Recovery Foundations of Transformation*



## **The Daily Declarations for Women**

*I am wonderfully created, a beautiful and gorgeous creature  
who deserves all that is wonderful in this world.*

*I forgive myself completely for anything I have said or done  
to myself or others in my life.*

*I am a precious treasure and have enormous value  
to add to the lives of those I love,  
and particularly to the man I choose to share my life with.*

*I treasure my femininity and womanhood and will never  
compromise those attributes for anyone or anything.*

*I am deserving of love and happiness  
and there are many people in my life who love and adore me.*

*I am enough.*

*I am attractive enough, good enough and accomplished enough.*

*I am more than enough.*

*I love who I am and will focus on developing myself  
and fulfilling my destiny.*

*I am perfectly made to be the woman, girlfriend, wife,  
mother or grandmother I am intended to be.*

*I take care of my partner and support them in special ways.*

*I am always there for my partner.*

*But now is the time in my life to care for myself and to put my needs first.*

*I set healthy boundaries with others in my life, gaining power and respect.*

*I am sexy, fantastic in bed and great fun to be with.*

*I am the author of my life.*

*I alone can make the changes I need to be fulfilled.*

*Today I wear my invisible crown because it is my day,  
this is my world. And I love it.*

*Over and out!*

## **The Daily Declarations for Men**

*I am a powerful force to be reckoned with  
who deserves all that is great in this world.*

*I forgive myself completely for anything I have said or done  
to myself or others in my life.*

*I have enormous value to add to the lives of those I love,  
and particularly to the person I choose to share my life with.*

*I know who I am and will never  
compromise myself for anyone or anything.*

*I am deserving of love and happiness and there are many people  
in my life who love and adore me.*

*I am enough.*

*I am attractive enough, good enough and accomplished enough.  
I am more than enough.*

*I love who I am and will focus on developing myself  
and fulfilling my destiny.*

*I am honest, have high integrity and have a loud clear voice  
deserving to be heard.*

*I take care of my partner and am supportive in special ways.  
I am always there. But now is the time in my life to care for myself  
and to put my needs first.*

*I set healthy boundaries with others in my life,  
gaining power and respect.*

*I am sexy, fantastic in bed and great fun to be with.*

*I am the author of my life.*

*I alone can make the changes I need to be fulfilled.*

*Today I wear my power cloak because it is my day,  
this is my world and I love it.*

*I am the man!*

