

— DIVORCE —

EMERGENCY LIFELINE

Flash Recovery Guide

JOURNEY BEYOND DIVORCE

12 STEPS

By following this step by step guide,
you will shift out of hurt and pain
and move forward with greater ease.



We have created a
Mini Video of this
Flash Recovery Guide
for you to receive
IMMEDIATE RELIEF in
under 20 minutes.

Learn about each
Step in 2-3 minutes
and receive instant
tips and strategies to
get your head above
emotional waters.

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MINI VIDEO...](#)

12 STEPS

Divorce is Painful AND
a Perfect Opportunity to Reinvent Yourself

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1. SLOW YOUR REACTIONS

Breathe deeply to feel your emotions and create time to assess your situation. A considered response is always more effective than an immediate re-action. When you react out of an upset, situations become even more upsetting. How you perceive your circumstances determines the outcome more than the circumstances themselves. Use your breath to break your reactivity cycle, consider different perspectives and choose responses that change and improve the outcome. Slow your reactions.

2. FEEL YOUR FEELINGS

As you begin to accept the inevitable and unavoidable pain in the process of divorcing, the pain begins to dissipate. When you avoid feeling your pain you prolong it, re-act out of it, and fuel the very conflict, stress and tension that is making your life a living hell. Be patient with yourself and your pain. As it goes you will be able to work the many steps of divorcing with greater clarity and efficacy, creating a better outcome. The Only Way Out Is Through.



3. COMMUNICATE WITH CONFIDENCE

Your thinking is often based on old thought patterns that create obstacles for navigating challenging times. Your inner critic, assumptions, interpretations and limiting beliefs are getting in the way of your peace and harmony. Observe and question your reactions rather than your spouse's. Design conversations that lead you further to rather than farther from that outcome you desire.

12 STEPS

“Everything happens for you, not to you. Everything happens at exactly the right moment, neither too soon, nor too late.” ~ Byron Katie

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4. BE SOLUTION ORIENTED

Seek solutions to every difficult circumstance. Divorce is a rough road: stakes are high, opinions vary and emotions run strong. Instead of labeling the situations you find yourself navigating as insolvable problems and focusing on them as such, you can train your brain to seek innovative solutions to the multitude of conflicts that arise. As you shift your focus from the problems to possible solutions, paralysis lifts, pain lessens, you'll be seeking the least painful and most productive ways to move forward.

5. GRIEVE WELL

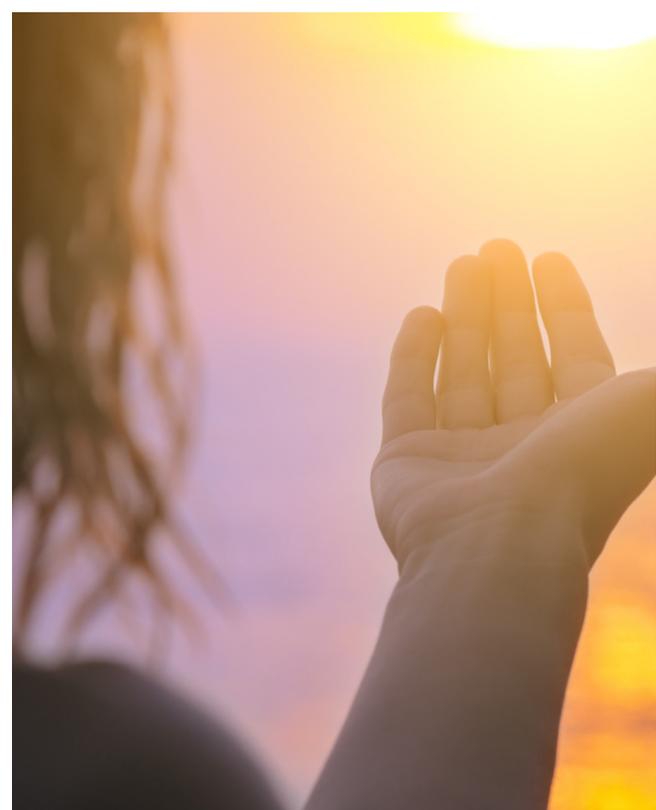
Seek out a compassionate and caring support system that encourages you to give yourself permission to mourn, rest, and find your way to a new normal. Stop using anger and resentment to shield against experiencing your grief. Allow the deep sadness that accompanies loss to arise and be felt, however painful it is. Each time you allow yourself to feel a portion of the pool of pain within, that portion evaporates.

Feel to heal.



6. LET GO OF JUDGMENT

Judgment is a way to resist what is. Judgement keeps your mind tied up in repetitive ineffective thought cycles that keep you stuck. Your judgements about your spouse and your situation never have and never will change him, her, or it. Action changes situations. Once you let go of judgment you free your mind to figure out how to manage the resources available to you (psychological, social, physical, economic) to transform your situation from what it is now towards something more pleasurable.



12 STEPS

Change Your Attitude, Change Your Life.
~ Wayne Dyer

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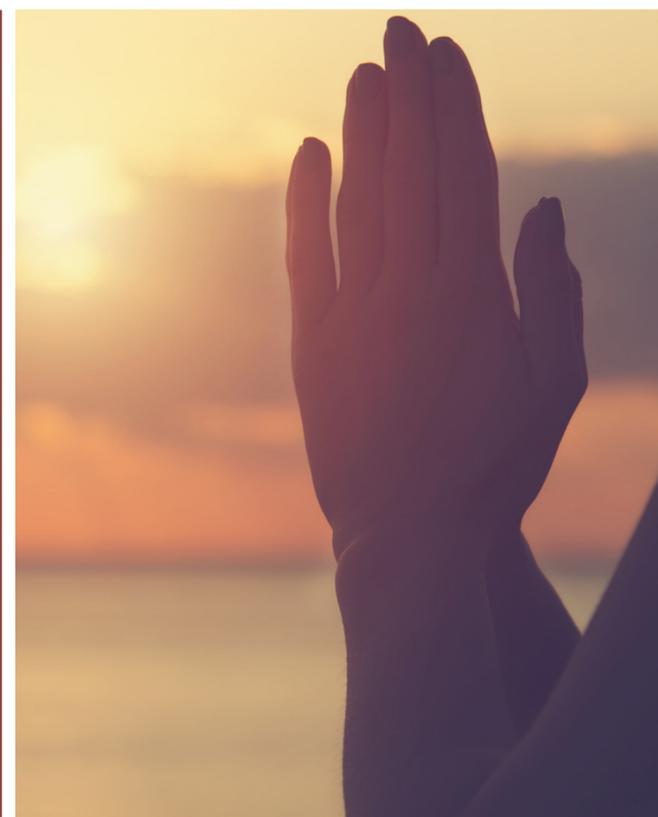


7. CHANGE YOUR STORY

While aspects of what happened are accurate, you are living out of a story you've made up about your life, thinking your story is Truth. It can't be. You've left out influences beyond your awareness, filled in the motivations of others, and seen it from only one perspective, yours. If your story leaves you powerless and victimized with only a dark, dangerous future you have the power to can change how you've interpreted the facts. It's your story. What role would you like to recast yourself in and how would you like your story to go from here?

8. BE PRESENT

Your power is in the present. Fretting the past and worrying the future drains your energy and leaves you feeling powerless. While you can reinterpret the past you cannot change it. How you apply your power in the present is a powerful determinant of your future. When you practice presence, you are empowered to affect the change you desire. Keep Your Head Where Your Feet Are.



9. PRACTICE ACCEPTANCE

Accepting what is, however frightening or painful, shifts your focus off of all that you wish was not happening yet is. Acceptance allows you to look at what is around you to begin creating what's next. Once you begin practicing acceptance you can discover the best possible way to situate yourself now and for the future. Every moment is the first moment of the rest of your life. When practicing resistance you are blocking your power to have a positive influence on what's next. What You Resist Persists.



12 STEPS

Life is either a daring adventure or it is nothing.
~ Helen Keller

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10. TRUST YOUR INNER WISDOM

As your inner critic is quieted through your consistent attention to challenging it, another voice arises. By quieting the inner and outer noise, through meditation and conscious attention, your intuition will emerge clear and certain to guide you. As you leave what was and create what will be, listen to that still small voice inside. Intuition is the whisper of your soul.

11. LIVE FREE & FULLY RESPONSIBLE

By assuming responsibility for your life and how it has unfolded you immediately take back your power from whomever you farmed it out to. Seek out the practices that allow you to wield that responsibility in new and effective ways. You are free to determine your path once you assume responsibility and use it well. Be the author of your life.



12. SET SURRENDER & INTEGRATE

Be the master creator of your life by setting clear intentions for what you desire, putting forth your best effort to manifest it, trusting that the outcome is exactly what you need and integrating that experience. This ongoing practice will enable you to engage in possibility with complete faith that the outcome is always your perfect next step. "Say 'yes' to life – and see how life suddenly starts working for you rather than against you." - Eckhart Tolle



BONUS

FLASH GUIDE MINI VIDEO

This Mini Video provides a quick 20-minute glimpse of our 12 Step Divorce Recovery Podcasts. Capture the essence of each step and find immediate relief from the chaos of divorce.

[CLICK HERE](#) and WATCH NOW

Our 12 Step Divorce Recovery Podcasts are filled with tips and strategies to support you to divorce with greater ease. They flesh out powerful lessons in 13 hour-long podcast shows.

Listen to these Podcasts whenever you are en route, while exercising, before bed... whenever your mind is free to wander. Fill your head and heart with encouragement and reclaim the clarity and power you've forgotten you have!

