

LIVING WELL POST DIVORCE WORKBOOK

By Jennifer Gafford

gracepowerstrength.com



LIVING WELL POST DIVORCE ...

Hey, there! I'm Jennifer Gafford. If you don't know me I've been coaching women through divorce recovery from toxic or narcissistic relationships since 2012. In the past seven years I have spoken with so many women of all ages that have shared their biggest challenges during the divorce process, recovery and living life well post divorce.

Once recovery has begun and you've gone through much of the five non-linear yucky mucky stages of grieving (denial, anger, bargaining, depression and acceptance) that entails any loss in life; (with divorce we often mourn what we wish the relationship had been) it's time to begin the next part of recovery. This is some of the hardest work there is. And sadly for many women (and men) this is where they often plateau and find themselves stuck.

Do You Feel Stuck?

If your answer is yes... this workbook will help you begin working toward living well post divorce and get you on the path of thriving.

Question One:

1. Who am I?

With living well post divorce you get to wipe the past clean and start over. Who are you? What are your core values? Who do you want to be? There is no "we" anymore. It's all "me"! Your identity, values, morals, goals etc no longer have to be eroded or corroded by someone else's unhealthy patterns, toxic behaviors and sin. You now have the opportunity to get to know YOU again. This might also include a change of your look; makeup, hair & clothes, your home decor, trying new restaurants and stores.

Question Two:

2. What have I left behind that I miss?

Perhaps before your toxic relationship you had a thriving life filled with a social circle, enriching hobbies, travel, fun and a career. But since the years passed and you became beat, worn down and lost a sense of self and worth many of the fun things you once enjoyed fell to the wayside. It's time to re-evaluate and choose what you want to retrieve from before and enjoy again.

Question Three:

3. Do I need help to get where I want to be? What type of help do I need?

To get further in your recovery it might be time to seek some therapy from a counselor. Or perhaps you would benefit from a life coach. Alternatively it might be beneficial to read books on building confidence. All of these avenues lend an extra layer of emotional support and practical guidance to help you succeed and thrive.

Question Four:

4. What is on my bucket list?

Post divorce it's good to take pen and paper, sit in a quiet place with a cup of coffee or whatever strikes you and write out where you want to travel to. Grab a map if you need one to come up with ideas. There is no limit and now is your time to begin really thinking about what you want; where do you want to go? What places interest you?

In this portion of the workbook the work is two-fold. It's not just about grand travels although that's fine. It's also about the everyday. Maybe you want to plant a garden of flowers or vegetables. Maybe you want to get a pet. Maybe you want to go bungee jumping or parasailing. There are endless ideas.

Question Five:

5. Have I forgiven myself?

Forgiving yourself for being with someone toxic is a huge feat but it's completely possible. Humans are not perfect and we are human. We make choices that often later in life we can see in hindsight were not good for us. There were red flags we just didn't heed or weren't informed of. With that there is grace. Are you able to give grace more easily and freely to others than yourself? Grace starts with you... it's something to acknowledge, embrace and hone. You are not helpless, a victim or a failure.

Question Six:

6. What are my life priorities?

Divorce shakes us up and upheaves everything we've known no matter how comfortable yet toxic. We are now shaken awake and forced to re-evaluate our life priorities. Take a pen and paper and write down what your new priorities are. Do you want to become more fit? Turn that into a goal. Work out at home, join friends or join a gym. Do you want to generate more income? Turn that into a goal. Figure out what you can do to create supplemental income. Start a side business and then use your free time to grow it. In a future online course I will be selling I will teach you all about how to do this.

Question Seven:

7. Is it ok for me to stay single?

Yes, it is okay for you to stay single post divorce! So many people get a little better in their recovery and then begin dipping their toe back into dating again... only to find themselves dealing with the SAME issues they dealt with in their toxic relationship. Whether it's gas-lighting, cheating, manipulation or lying... I can assure you right now that you do not have to endure any of that. Having peace is so important and vital to your well being and recovery. Dating will not bring peace. It will merely slow you down on recovery, set you back and actually hinder your priority list you jotted down and goals. There is limited time left post divorce and to live well we want to make the most of it. With that dating ends up taking up much of our energy, time and happiness we are trying to salvage.

Others will use your focus on your priorities and goals to attack you and try to act like something is wrong with you because you do not want to date. That is so far from the truth! You can live a rich, fulfilling life of joy through work, hobbies, passions, friends and travel. You absolutely do not have to apologize for wanting to create a life you love and living well without a partner. (If you have a partner that IS healthy kudos for you!) People often project their issues onto others and then behave like you're the issue when you won't agree or conform. You have the power to ignore and continue to do what works best for you.

Question Eight:

8. Do I have enough support? Do I want to make more friends?

Divorce often brings about losing all our friends or nearly all of them. Because so often those that knew us as a married couple or person believe any lies our ex has told about us. They are often also uncomfortable with embracing you as a divorced friend when they are likely married and have an intact family... divorce can bring about feelings of insecurity in others because they may have to face that their own marriage is on shaky ground and divorce could happen to them as well. It's tough for them to come to terms with this knowledge and often the easier less uncomfortable choice is for them to walk away from you, severing the friendship. Or perhaps you had to terminate friendships that were only an avenue for your ex to spy on you or contact you.

Regardless, you have the opportunity to make new friends whether that is through on-line social support groups, in person support groups, book clubs, church bible study, art class, exercise class, volunteering, DivorceCare support through a local church, etc. There are many meetups and options out there to meet new people that you can connect with and share new and fun memories with.

Now... you've completed your Living Well Post Divorce Workbook... put what you've learned into action to see rewarding results!

Thank you for signing up for this workbook and I look forward to sharing future workbooks, pdf's and online courses with you to help you live well post divorce!

Best,
Jennifer Gafford
gracepowerstrength.com
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