

THE GUIDE

This is actually the guide which would have been helpful to refer to when I was going through my divorce from both an emotional and practical standpoint. So...I have structured "The Guide" in specific phases relating to the change you are about to make in your life. The reason this should be useful is that you can read a section at a time, absorb and process what you have read, then set the book aside if you need to... until you are ready to read the next section.

There is so much to think through when you are going through this change, and what I have found from discussing all of these details with my girlfriends going through it is that they generally could only process one phase at a time...and only when they were ready for the next phase would we take the next steps on the journey.

It is an understatement to say that this is a very emotional process... and your emotions will come into play in some phases more than others. Give yourself time to process each phase as you need to.

There are many reasons that trigger a divorce and the reasons are often emotionally driven. So, you need to do all you can to...stop...collect yourself...be smart...and approach the process in a very conscious way... trying to take as much emotion out of the process as possible in order to achieve the outcome that you desire.

My friend who was going through the process shared this quote... "Walk away from a marriage...don't run." Another friend offered... "Calm is your friend" when going through a divorce. The calmer (and more level-headed) you can be when navigating the process, the better the outcome will be in the end.

It can be overwhelming to see all of the points that you need to think through during the process listed out. It is important to recognize this is a process, so take it in bite-sized pieces that you can handle...