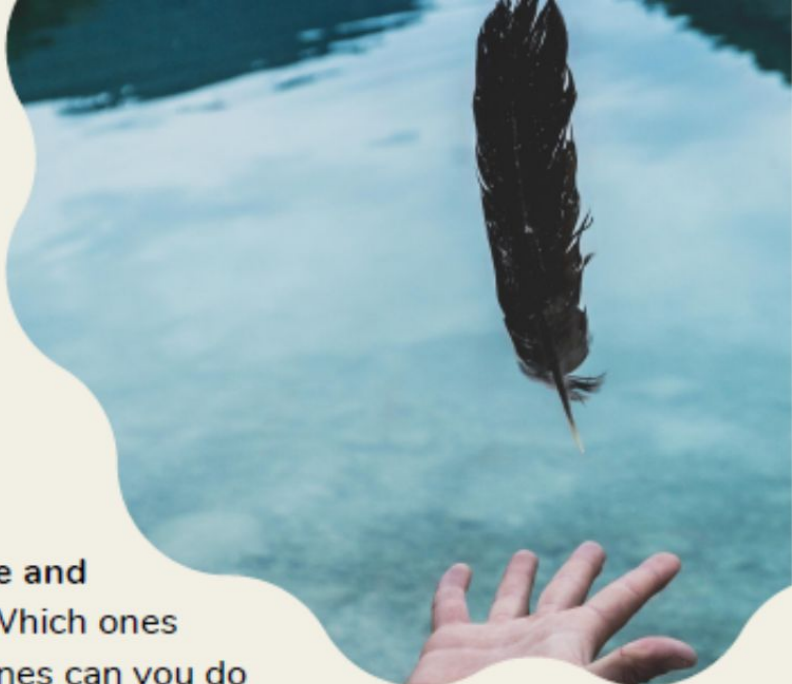


HOW DO YOU LET IT GO?

What Works For You Instead of Focusing On Your Ex



1

Figure out what YOU want. Be curious about who you are and all the roles you play in life. Which ones positively serve you? Which ones can you do without? How are you navigating each role? Grab a pen and paper and write it all down.

2

Take stock of the people in your life now. Who is supporting and encouraging you and who isn't? Be clear and set boundaries with those you want to separate from so you can achieve the life you want.

3

You can only control YOU. Remind yourself, especially in moments of escalation that you can only control your response. You have zero control over your former spouse and their actions.

4

Take each day as an opportunity to engage and respond rather than react to what occurs with anyone you have in your life. Identify where you can be proactive in your day-to-day and reward yourself when you achieve what you set out to do.

5

Embrace your own empowerment. Let go of the role of victim, even if it was true. Living as the victim steals your power and can paralyze progress. Write down actions you can take each day (no matter how small) that can incrementally move you towards your goals.

6

Recognize if you don't know where to start or can't do it alone. It's not a weakness to ask for help, especially when we're first embarking on a path to change. Consider coaching or therapy to help you take those first steps.



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