

COURSE MANUAL.

How To Overcome The Emotional Trauma From Failed Relationships And Rebuild Your Life Positively.

Image from Pixabay.com.



By Dr Grace Anderson

**Accredited Master Practitioner
& NLP Practitioner.**

Copyright © 2024. Dr Grace Anderson.
All Rights Reserved.

Notice: No part of this Manual may be shared or distributed in any way without the written and explicit permission of Dr Grace Anderson, the Owner and Creator of this Course. Thank you.

PREFACE.

Hello, and a very hearty welcome to my Course:

How to Overcome the Emotional Trauma From Failed Relationships and Rebuild Your Life Positively.

I am so happy that you joined me on this Life Changing Course.

I do hope you thoroughly enjoy the Course as much as I enjoyed writing and presenting to you.

THE BEST WAY TO STUDY AND BENEFIT THE MOST FROM THIS COURSE.

1. Watch the Video on Each Lesson first. The Video has me in it, presenting the Course as well as explaining the Lessons along the way. Also, I give real-life examples – sometimes from my own life – to make sure that you can relate to the experiences shared. Many of these life experiences are not necessarily included in the Manual.
2. After watching each Video, you should then Complete the Assignments set for that Lesson.
3. Give yourself two or three days to understand and work through one lesson before you move on to the next one. There is no need to rush through the lessons.
4. Tried and Tested Tools and Strategies.

These are pivotal to your success and your quick recovery from the pain you may currently be going through. So, it is important to practise every Tool or Strategy that I share with you on this Course.

Questions?

If you have any questions regarding the Course, feel Free to Email me: grace@drgraceanderrson.com, and I'll do my best to respond to you as soon as possible.

Register straight away for your Free Group Coaching Sessions here: [CLICK HERE](#). Or use this link: <https://rb.gy/suzbv>.

See You on the Course. Thank you.

COURSE CONTENT.

	Page
INTRODUCTION: ABOUT THIS COURSE.	
• Preface. How to Study this Course for Best Results	2
• Course Content	3
• What is this Course About?	11
• About Dr Grace Anderson-the Course Creator	11
MODULE ONE.	
INTRODUCTION - EMOTIONAL TRAUMA AND UNDERSTANDING THE GRIEVING PROCESS.	14
LESSON ONE.	
INTRODUCTION: WHAT IS EMOTIONAL TRAUMA?	
• What is Emotional Trauma?	14
• Common Emotional Responses to Breakup or Divorce.	15
LESSON TWO.	
UNDERSTANDING THE GRIEVING PROCESS.	
• The Loss Cycle as explained by Elisabeth Kubler-Ross	16
• The Five Stages of Grief	17-18
• Denial	
• Anger	
• Bargaining	
• Depression	
• Acceptance	
• Assignments For Lesson 2.	18
LESSON THREE.	
COPING MECHANISMS: CREATE YOUR SUPPORT TEAM.	
	20
• Family and Friends.	22
• Get a Lawyer.	24
• Get a Financial Adviser.	25
• Get an Exercise Buddy	25

Lesson Three Continued.	
• Get a Coach or a Counsellor.	24
• Book your Weekly Coaching Session	25
• Assignments for Lesson 3.	26
LESSON FOUR. THE IMPORTANCE OF SELF-CARE.	28
• What is Self-Care?	28
• Take Control of your Space at home.	29
• Are You Still Weepy?	29
• Practise Self-love by forgiving yourself and a Quote.	31
• Forgiveness: Next Forgive Your Ex.	32
• Look after Your Physical Body, Eat well. Take Regular Exercises.	33
• Help Your Children Heal From the Pain of Your Breakup or Divorce.	33
• Practise Mindfulness.	34
• Assignments For Lesson 4.	35
MODULE TWO. THE HEALING PROCESS.	37
LESSON FIVE. THE IMPORTANCE OF SELF-RELEASE FROM THE PAST THROUGH MEDITATION.	38
• Practise Meditation	39
• Meditation Video	41
• Assignments for Lesson 5.	41
LESSON SIX. PARENTING & CO-PARENTING ISSUES	44
• Develop a Co-Parenting Plan	46
• Prioritize the Children’s Needs	47
• Manage Conflicts Constructively	48
• And more.	
• Assignments for Lesson 6.	49

LESSON SEVEN. EXPRESS YOUR EMOTIONS THROUGH CREATIVE OUTLETS SUCH AS ART, WRITING, MUSIC, DANCING, ETC.	51
• Using Art, Writing, Music, Dancing etc to express your emotions.	52-56
• Assignments For Lesson 7.	56
LESSON EIGHT. REDISCOVERING YOUR PERSONAL IDENTITY AND LIFE PURPOSE.	58
• Many strategies to help you rediscover your personal identity and life purpose.	59
• Assignments for Lesson 8.	63
MODULE THREE. TAKE BACK YOUR CONTROL, RESTORE SELF-CONFIDENCE, COURT ATTENDANCE ISSUES.	65
LESSON NINE. TAKE BACK YOUR CONTROL, CREATE BOUNDARIES AND BECOME SELF-RELIANT.	65
• Take back your control from your Ex	66
• Get rid of anything -e.g. photos, etc- that reminds you of him/her.	66
• Create boundaries between you and your Ex, as well as between you and nosey friends.	67
• Trust your Instincts more and become self-reliant.	69
• And more.	
• Assignments for Lesson 9.	70

LESSON TEN. UNDERSTANDING YOUR EX’S MIND GAMES AND HOW TO REACT TO THEM.	
• The Game Play Checklist	73
• What To Do if You Don’t Feel Safe.	77
• Safety Plan – seek Legal Protection	78
• Plan your Exit	78
• And more.	
• Assignments for Lesson 10.	P.79
LESSON ELEVEN. WAYS TO RESTORE YOUR SELF-CONFIDENCE AND SELF-ESTEEM.	81
• Various strategies to help you restore your self-confidence and self-worth.	83
• Assignments or Lesson 11.	87
LESSON TWELVE. COURT ATTENDANCE ISSUES. Navigating a Divorce Hearing: Maintaining Composure Amidst Adversity.	89
• Navigating a Divorce Hearing – Maintain Composure	90
• Focus on Facts not Emotions	91
• Establish Boundaries and stick to them	91
• Understand Your Rights and stick to them.	91
• Lower Your expectations of Your Ex	92
• Put on your Teflon Coat to reduce emotional trauma.	93
• Practise Mind-Movie	94
• And more.	
• Assignments for Lesson 12.	95

MODULE FOUR. MOVING ON: OVERCOME LIMITING BELIEFS, POST-TRAUMATIC GROWTH, FINDING MEANING IN LOSS.	
LESSON THIRTEEN LIMITING BELIEFS AND HOW TO OVERCOME THEM.	99
• What are your limiting beliefs?	99
• Identify Your Limiting Beliefs, Challenge & Reframe them	99
• Set Realistic Goals.	100
• Visualise a Positive Future/Create Your bucket List.	101
• Create a Positive Vision Board.	102
• And much more.	
• Assignments For Lesson 13.	104
LESSON FOURTEEN. POST-TRAUMATIC GROWTH - FINDING MEANING IN LOSS OR ADVERSITY.	108
• What is Post-traumatic growth?	109
• Self-reflection	109
• Embracing change	109
• Reframing your current outlook on life	109
• Finding purpose	
• Examples of Famous people who achieved fame after traumatic events in their lives	112
• Build resilience	110
• Success Ladders	114
• Assignments for Lesson 14.	115

LESSON FIFTEEN. MOVING ON: EMBRACE YOUR INDEPENDENCE. CULTIVATE RESILIENCE, SELF-RELIANCE.	
• Rediscover Your Identity.	119
• Reconnect with Yourself	120
• Explore new opportunities	120
• Explore new opportunities	120
• How to Practise Resilience	121
• Set new Goals/Create New Bucket List	122
• Testimonial	123
• Assignments for Lesson 15.	125
LESSON SIXTEEN. GUIDED MEDITATION FOR MORE EMOTIONAL BALANCE.	128
• Guided meditation with Dr Grace.	129
• Helps you revitalise your energy, so you can regain your positivity.	129
• Assignments for Lesson 16.	130
MODULE FIVE. MOVING ON: REINVENT YOURSELF FOR A BRIGHTER FUTURE.	132
LESSON SEVENTEEN. NEW BEGINNINGS: ABUSIVE RELATIONSHIPS AND HOW TO STAY SAFE.	132
• How to know the signs of an abusive relationship	133-136
• Controlling Behaviour	
• Manipulation and Gaslighting	
• Violence	
• Financial abuse	
• How to stay safe	137-138
• And much more.	
• And much more.	
• Assignments for Lesson 17.	139

LESSON 18.	
MOVING ON: IMPROVE YOUR CAREER PROSPECTS, LEARN NEW SKILLS.	142
• Assess Your Skills and Interests.	143
• Identify Skill Gaps.	143
• Invest in Education and Training.	143
• Update Your Resume and LinkedIn Profile.	143
• Consider Career Change or Advancement.	145
• Self-Employment / Start Your Own Business	146
• And much more.	
• Assignments for Lesson 18.	149
LESSON 19.	
START AFRESH. IMPROVE YOUR NEW LOVE PROSPECTS. WHO IS YOUR IDEAL PARTNER?	
• What various studies have shown about loving and being loved.	153
• Dating Advice	159
• How to establish Compatibility - what are Your Must-Have Qualities-Understand Your own Qualities & Values First	157
• Online dating - How to Avoid Scammers etc.	158
• Gratitude Meditation – To Find True Love.	160
• Assignments For Lesson 19	160
• Quote – Believe etc	162

LESSON 20. FUTURE BLISS: SUMMARY - HOW TO SUSTAIN A BALANCED, RESILIENT AND HAPPY PERSONALITY .	
• Summary of the strategies shared so far on this course.	165
• Assignments for Lesson 20.	171
• Coaching Offers Reminder	172
LESSON 21. FINAL THOUGHTS: MY COACHING OFFERS AND MY OTHER COURSES.	
• Bonuses Courses	175
• My Other Courses	177
• My Books	181
• Some Testimonials	184
• Review Request	188
• Affiliate Programme	188

WHAT IS THIS COURSE ABOUT?

This Course: “*How To Overcome The Emotional Trauma From Failed Relationships and Rebuild Your Life Positively*”, does exactly what it says in the title.

The Course is designed to help you do the following:

- Understand that it’s okay to grieve over your loss of your relationship, you are allowed to express your grief and pain.
- That you are not alone and also not the only one who has gone through a breakup or divorce
- That you can get over your Ex quicker than you think - with my strategies
- That with my Tools and Strategies, you can quickly recover from current pain and start the process of rebuilding your life positively.
- That your best life can start as soon as you wish, and I will guide you on how to plan and achieve your new SMART Goals, for quick successes and quick wins.
- That you can celebrate your independence and your new life just confidently and happily!
- Testimonials from my Clients who have used my Coaching Service.
- There is so much more in this Course – so, please check through the Content.

ABOUT DR GRACE ANDERSON.

I am passionate about Learning and helping others achieve their highest potential.

My academic qualifications

BA(Hons) English, Post Graduate Diploma in Education (PGDE), M.ED (Educational Guidance and Counselling), M.Phil. (Counselling) and Ph.D. (Educational Management & Counselling)

My initial career was Teaching. I achieved the status of an Outstanding Headteacher of Emotan College, Benin City, a Secondary School in Nigeria, and an Outstanding Head of two English Departments in London, UK, before retiring from teaching a few years ago, after teaching for over 45 years.

I am also an Award-Winning Author of several books, including my first novel: *Dizzy Angel* (1985). You can check out all my books on my website: <https://graceandersonsbooksandjournals.com>.

My Coaching Qualifications.

I am an NLP Practitioner: (Neurolinguistic Programming) and NLP Coach.

I am a Certified and Accredited Master Practitioner – for Breakup and Divorce Coaching. I trained with the International Coach – Sara Davison of Global Enterprise.

I am a Certified Coach and Master Transformational Coach in many other areas such as:

-Personal Empowerment

-Life Purpose

-Stress Reduction/Work-Life Balance for Executives

-Couples' Happiness Recovery Coach

-Relationship Coach

-Goal Success

And many more.

Professional Associations.

I am a member of many related Professional Bodies, like CCA, Resolution, ANLP, etc.

Please visit my website: <https://drgraceanderson.com> for more information about me and my coaching.

Check out all my Courses here: <https://amazingsuccessacademy.com>.

Thank you for joining me on this Course!

Join me on Social Media Platforms.

Facebook

<https://www.facebook.com/grace.anderson1.908579>

My Relationship & Divorce Recovery Issues Group on Facebook.

<https://www.facebook.com/groups/816059582154632>

Instagram

<https://www.instagram.com/drgraceandersondivorcerecovery/>

YouTube

<https://www.youtube.com/channel/UC4nm7bcqVn3Yb99OCPFEGUg>

X (Twitter)

<https://twitter.com/DrGracesBlog>

LinkedIn.

<https://www.linkedin.com/in/dr-grace-anderson-breakup-and-divorce-recovery-coach/>

I hope to connect with you soon!

MODULE ONE: THE GRIEVING PROCESS. LESSON ONE. INTRODUCTION: WHAT IS EMOTIONAL TRAUMA?

Watch the Video on Module One Lesson One.

In this lesson, we will look at **the meaning of Emotional Trauma** and how it can occur in one's life. In subsequent lessons, I will share my tried and tested tools and strategies that will help you overcome your own emotional trauma.

What is Emotional Trauma and why is it so debilitating?



Emotional Trauma. Image from Pixabay.com

Here's a definition from the American Psychological Association (APA):

"Emotional trauma is a type of damage to the mind that occurs as a result of a severely distressing event. Trauma is often the result of an overwhelming amount of stress that exceeds one's ability to cope, or integrate the emotions involved with that experience. Trauma may result from a single distressing experience or recurring events of being overwhelmed that can be precipitated in weeks, years, or even decades as the person struggles to cope with the immediate circumstances, eventually leading to serious, long-term negative consequences."

Source: American Psychological Association (APA), "Trauma and Psychological Trauma." Available online at: <https://www.apa.org/ptsd-guideline/patients-and-families/trauma-what-is-trauma>

Other events may recur repeatedly or remain a constant in everyday life. Common examples of traumatic events in this category include:

- **Long-term physical, sexual or emotional abuse**
- **Living in a war zone**
- **Growing up in an area affected by gang violence**

Any of these events can challenge your mind's normal coping mechanisms. **When this happens, you have a traumatic emotional reaction.**

Getting through a breakup or divorce is a very difficult thing, because one's hope of having a loving partner, with whom they can share their sad and happy times, is now shattered. The tendency is for one to feel **"desolate, abandoned and alone"**. **It can cause Emotional Trauma for the individual.**

Your breakup or divorce may have caused you your current emotional trauma.

Common Emotional Responses to Breakup or Divorce.

Do you remember how you reacted to the news from your Ex that she /he is **"moving out"** or **leaving you?**

Or that conversation that began with:

"We need to have a discussion about our relationship"?

Or the blunt: **“I want a divorce?”**

Such statements usually create a whirlwind of negative emotions for the recipients.

If you are the one on the receiving end, and you didn't see it coming, it usually

comes as a shock. You would probably think **“This is not happening. I don't believe it”**. Or, you could **burst into tears** and start to **wallow in misery**, etc.

We will begin by looking at the **Five Stages of Grief** in the next lesson.

MODULE ONE.

LESSON TWO.

UNDERSTANDING THE GRIEVING PROCESS.

Watch the Video for Lesson One Lesson Two.

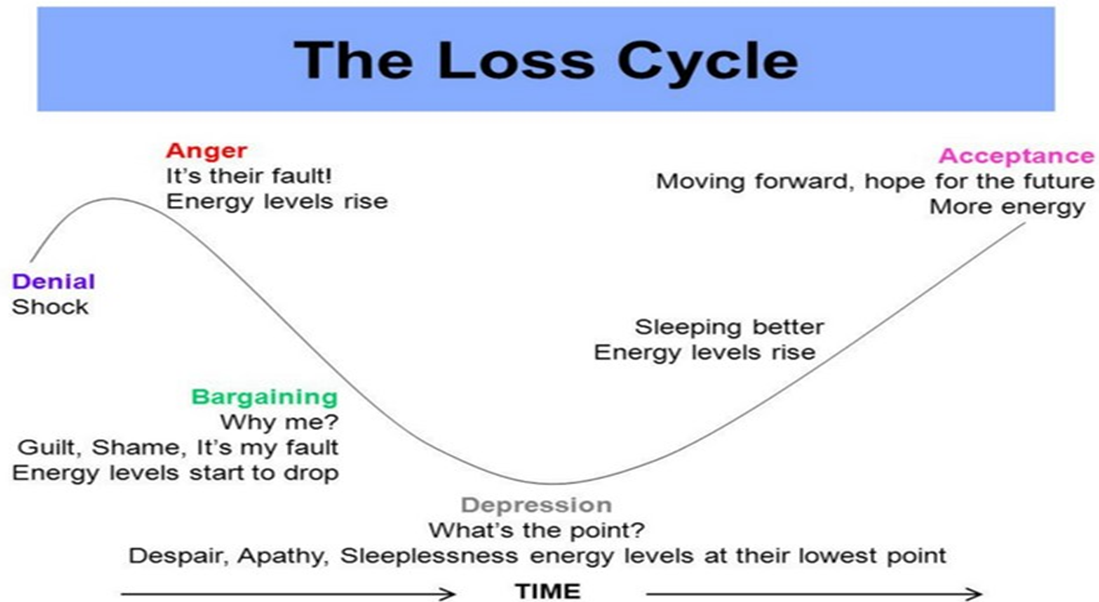
In this lesson, we will look in detail at the **FIVE STAGES OF GRIEF** as shown by **Elisabeth Kubler-Ross in 2011** in her Book **“On Death and Dying”**.

She titled it **“The Loss Cycle”**. By the end of this lesson, you should know which stage of grief you are at currently, so you can start applying the coping mechanisms that we will look at in the next lesson to help you.

There are quite a few coping mechanisms that can help anyone start the process of recovery after such a painful event.

The first thing is to **Accept** that there is no going back. According to Elisabeth Kubler-Ross, (From: *On Death and Dying -2011*), there are five stages of Grief after a loss of one's loved one, either through death, or through a Breakup or Divorce.

THE FIVE STAGES OF GRIEF BY ELIZABETH KUBLER-ROSS.



Stage 1 – Denial. This is the stage where you don't want to believe or accept that there has been a breakup.

Step 2 – Anger. At this stage you are very angry at what has happened – and that anger can be directed at yourself or mainly your partner for leaving you or for creating this unpleasant situation.

Stage 3: Bargaining.

At this stage you are beginning to find the reasons for what happened. You could start to blame yourself and think that if you had done one or two things differently, maybe, this breakup would not have happened, etc.

Stage 4. Depression.

You now know that the situation is not going to change. There is no going back. Maybe, your Ex has moved out and you are now alone with your kids, if you have any. You feel totally helpless and fearful of what the future would hold for you. So, you are no longer able to sleep well, you jump at

little disruptions, you are miserable and totally depressed. **You are also crying a lot.** This is perfectly normal.

Stage 5. Acceptance.

At this stage, you have stopped beating yourself up over what happened. You now accept that there is no going back. Maybe, you are now going through the divorce, or you have reached an amicable arrangement with your partner.

You are now living your separate lives. It's over.

It's now time to start looking ahead to a future without your Ex featuring prominently in it.

Accepting the situation does not necessarily mean that the emotional trauma has gone away entirely. It hasn't. But you can breathe easier now.

Assignments for Lesson Two.

1. Consider your own reactions to what has happened to you.
2. What stage of grieving are you currently at?
3. Get a Notebook and write down all the things you felt at the very beginning of your breakup, e.g., while at the Denial Stage, the Anger Stage and the Bargaining Stage.
4. What have you been doing to alleviate your pain?

In the next lesson, we will look at some **Coping Mechanisms or the Strategies and Tools**, that will enable you start the process of Recovery.

MODULE ONE: THE GRIEVING PROCESS. LESSON THREE. COPING MECHANISMS: YOUR SUPPORT TEAM.

Watch the Video For Lesson Three.

In this lesson, we will discuss the immediate **coping mechanisms** that you need to help you get started on your recovery journey.

We will start by looking at How You Can Create Your Support Team.

If you are still at the **Denial or Anger stage**, I suggest you do the following.

1.Be realistic with yourself.

Instead of pretending that nothing is happening, start a Daily Journal, for at least one month, and list everything that has occurred between you and partner.

2.Check to see how these match up with what you used to have together.

Do they match? Or, have you or your partner changed for the worse?

How do you feel about your findings?

If things have changed considerably for the worse, then accept that the relationship has broken down.

Coping Mechanisms.

Coping Mechanisms are the strategies you will need to help you start the process of recovery. A lot will depend on whether or not you are still living together with your partner.

It would be much easier for you to get over the emotional trauma, if you live apart from your Ex.

Important: Get your own living space.

If it is at all possible, move out of your current home that you share with your partner.

If, however, you are still living with your partner, you will need to agree with them, your individual spaces within your home – a place where you can have your own privacy.

So, if you have a house, you will need to designate which rooms are yours, and which are your partner's, etc.

CREATE YOUR OWN SUPPORT TEAM.



YOUR SUPPORT TEAM. Image from Pixabay.com

You Need A Support Team.

Now that you have accepted that there is no going back with your Ex, you need to Create your own **Support Team** to help you navigate the next stages of the divorce.

1. Family and Friends – choose the right family member or friend to support you.

2. Get a Lawyer – to help you navigate the Legal Process of Divorce.

3. Get a Financial Adviser – to help you make sense of what money you may be entitled to and after getting that money, how to manage it to your advantage.

4. Get an Exercise Buddy – someone you can trust not to tell everyone about your issues.

5. Get a Coach or Counsellor, someone like me, to help you Navigate through your negative emotions, so you can come out of all of this stressful situation and be truly happy.

1. Family and Friends – choose the right family member or friend to support you.

Usually, when we are in trouble in our relationships, most of the time, we will consult with our parents, Mum or Dad. But if they are no longer around, we will then turn to our siblings if we have any.

Where none of the above persons are available, then we would turn to a trusted friend, a Religious Leader (e.g., the Pastor of our Church, etc).

Choose wisely, as a Family Member or Friend you choose might be judgemental of you and the way you handled your broken relationship.

Your family members can be of immense support to you during this time of emotional trauma.

- They could, for example, take it in turn to provide child-care for you while you are out at work.
- They could provide help with shopping
- They could decide to stay over at yours for a while
- They could help with the School run, picking up the kids from school or just baby-sitting them.

- They could provide that sympathetic ear – someone who will not judge you, but will be there to listen to you patiently, while letting you make your own decisions.
- They could even help you financially, etc.
- **The list is endless. Your trusted friend or friends can do exactly the same.**

NO 2. GET A DIVORCE LAWYER.

Divorce Lawyers can be very helpful in navigating the divorce process. But some of them can be expensive.

Visit your nearest Citizens' Advice Bureau to seek advice if you are not sure how to begin.

You could use a Mediator if you and your partner are agreed on that, but from experience, Mediation sessions could be a platform for a nasty partner to create even more emotional trauma for you, and the whole process could be derailed.

Whatever the case, **please do not go it alone**, unless you are a Lawyer yourself. Find a good sympathetic lawyer – ask your family and friends for referrals and I am sure you will find one.

Be sure to make your case clear – offer your lawyer necessary documents, videos, e.g. of any abuse, etc. Whatever you do, never lose your cool.

If your Lawyer proves unkind and uncooperative, ask around for another one.

We will look at what to do if you have to attend court later, on this course.

NO. 3. GET A FINANCIAL ADVISER.

A Financial Adviser to help you make sense of what money you may be entitled to and after getting that money, how to manage it to your advantage.

He will help you **get Clarity** of what you are due financially because of the divorce, so that you are not cheated by your Ex.

Once you've gotten what is due to you, your Financial Adviser can advise you on how to invest it for your benefit, if you have enough to spare.

NO. 4. GET AN EXERCISE BUDDY.

Get an Exercise Buddy – someone you can trust not to tell everyone about your issues.

Getting regular exercise is very useful at the time of stress. Being outdoors walking with a friend will brighten your mood. Fresh air is excellent as a sad mood-reducer.

Being out and about and seeing other people instead of just your own four walls will help you overcome your sad mood.

Exercising is also good for your physical health and helps to reduce any feelings of depression.

You will be much healthier if you maintain a good and regular exercise regime with your Exercise Buddy.

You will also find that it will help you reduce your feeling of loneliness.

NO. 5 : GET A COACH LIKE ME OR A COUNSELLOR.

Get a Coach or Counsellor, someone like me, to help you navigate through your negative emotions, so you can come out of all of this stressful situation and be truly happy.

In case you are wondering why you need a Coach or a Counsellor, here are some reasons why.

- **A Coach is totally non-judgemental and offers you full confidentiality, unless there is threat to life, in which case, I would have to report it to appropriate authorities. If you hired me as your Coach, you would get to set your own Agenda for your Coaching Sessions with me. So, every single session we have, will be an opportunity for you to Set and Achieve a New Goal. That way, your full recovery and quick progress would be guaranteed.**

- **So, you will immediately begin the process of healing because my Coaching will encourage you to trust in yourself and your abilities. Something your Ex may have told you that you didn't have!**
- **A Counsellor can help you heal from your Trauma, but usually, would not let you set your own goals. As an NLP Practitioner, I have the ability to help you heal through the use of NLP Techniques, and at the same time, empower you to achieve your own set goals just as any Coach would do.**

BOOK YOUR WEEKLY GROUP COACHING SESSIONS WITH ME.

Have you booked the Group Coaching Sessions yet? If not, here is the Link to Book Your Group Coaching Sessions with me:

<https://rb.gy/suzbv>

If you wish to book a 1-1 Coaching Session with me, in addition

to the Group Session, you can Book on this link: <https://rb.gy/xncrd>.

Visit my website: <https://drgraceanderson.com> to read more about how I can help you. Check out the Testimonials of my clients while you are on there.

Assignments For Lesson Three.

1.What do you find most helpful in this lesson?

2.How will you apply it in your current circumstances?

3.Think of one or two other Coping Mechanisms that you can apply right now to help you overcome your negative emotions.

4.Create your Support Team as suggested, if you haven't already done so.

MODULE ONE: THE GRIEVING PROCESS.

LESSON FOUR.

THE IMPORTANCE OF SELF-CARE.

Watch the Video For Lesson Four.

By now, I hope things are becoming clearer for you and your mind is beginning to calm down.

It takes time. Celebrate every little win!

In this lesson we will look at the **Importance of Self-Care. This is crucial for your healing process.**

What is Self-Care?

Self-care means exactly what it says – looking after yourself or taking good care of yourself.

After a traumatic event such as a divorce or a breakup, you need to look after both your emotional and physical well-being.

Self-care is hugely important because unless you are healthy and emotionally sound, many things will go wrong in your life.

TAKE CARE OF YOURSELF.



Are You Still Weepy?

You know it's okay to cry. Yes, you can cry, hopefully, in private, when you feel like you are getting overwhelmed by your negative emotions.

Here are some ways to reduce your weepiness.

Take Control of your Space at home.

- **Remove all reminders of your Ex. Things like photographs, clothes, books, etc.**
- **Replace them with images that bring you comfort, positive quotes, photos of you and your children, etc**
- **Stop referring to your Ex by their actual name. Reduce him/her to just “My Ex” or Just by the first letter of their name.**

Reduce the Image Of Your Ex in Your Life to a Minimum.

- **Stop retelling your miserable story to every Dick and Harry. People don't really care... They have their own issues to deal with. Besides,**

the more you talk about your Ex and your breakup or divorce, the more miserable you'll be.

- Create a new email address for Your Ex and the Court issues, so that the annoying emails from your Ex's lawyer or from your Ex, do not interfere with your normal emails.
- Then choose to check this only when you think you can handle any negativity effectively.

Here are some ways to start caring for yourself.

Practise Self-love by forgiving yourself. Show a lot of love to yourself by being kind and caring to yourself. Accept what has happened and do not beat yourself up for it.

When I was 23 years old, I lost my 4-month-old baby girl after a 3-day illness. I found it extremely hard to process my loss. She was my second child.

When I went back to my Course at the University after that loss, a Reverend Gentleman, one of our Professors, gave me a framed Quote which gradually helped me to let go of my immense pain.

Here is the Quote:



Practise repeating this humble request from God (or whoever you believe in).

It helped me heal, because I let go of the things I couldn't change – e.g., bring my daughter back from the dead. I started practising how to move on with positivity. I told myself:

“God knows best. You are still young. When the time is right, you will have another child.”

As God would have it, I went on to have five more children.

Forgiveness: Next Forgive Your Ex.

Forgive your Ex, whatever he/she did to you.

I imagine you are wondering why you should forgive your Ex? Have you heard of this saying: *“To err is human, but to forgive is divine?”* It is human to do wrong things, but God-like (divine) to forgive the person who did you wrong.

The longer you hold on to the thoughts of hate and resentment of your Ex, and all that happened between you, which weren't your fault, the more emotional pain you will cause yourself. *Remember, the fact that you are holding on to the pain, has no way of affecting your Ex negatively. The only one who is affected negatively is you.*

In fact, the act of forgiveness is *the act of self-release from unnecessary pain*. Forgiveness helps you to heal much faster.

So, practise forgiveness.

Look after Your Physical Body.

Eat well.

If you are like my younger self, any time I was upset with my Ex, I lost my appetite. So, I would go for days with hardly any food. That made it things worse for me, because I was unable to sleep well, and I also couldn't perform well at my job.

I was tired and miserable.

Don't let your anger or your grief deprive you of good nutritious meals.

Your Body needs to be properly nourished. So, eat well – vegetables, fish, protein meals, carbs for energy, etc.

Do not indulge in intoxicating things like alcohol, or drugs, etc.

Avoid extremities.

Take Regular Exercises.

Find time to take a walk outdoors or any other exercise for about 30 minutes or so each day, if you can.

If you have an Exercise Buddy as suggested earlier, arrange to do some of the exercises suggested with him/her.

- Create a time when you can take a short walk safely. It could be walking to your nearest supermarket instead of driving.
- Take a short jog in your garden if you have one.
- Swim in your nearest Gym if you can.
- Dance to some nice happy music that you love in your living room, etc.
- Do whatever enables you to move your body and take in some fresh air will do you good.

Help Your Children Heal From the Pain of Your Breakup or Divorce.

If you have children from this broken relationship, you need to consider their welfare too. Remember they may not yet understand fully what has happened between you and their dad.

From experience, I know that children also suffer immensely from a broken relationship.

Suddenly, their other Parent is no longer there with them. Perhaps, they have also witnessed the parents fighting and shouting at each other, etc.

It is your duty to help your children start the healing process as soon as possible.

Practise Mindfulness.

What does it mean to be mindful?

Being mindful means simply noting what is arising, and as best we can, just letting it be.

Mindfulness teaches us how to reduce stress and manage panic attacks, as well as how to be happier and calmer in the ups and downs of daily life.

Sometimes we miss present delights, or make our difficulties harder, as we become consumed with thoughts about the past or future.

Mindfulness means we can notice our current thoughts, and through letting them go, find calm in the midst of life's challenges, and respond more effectively.

Practise Mindfulness by noticing what is currently going on. You may also do this by meditating.

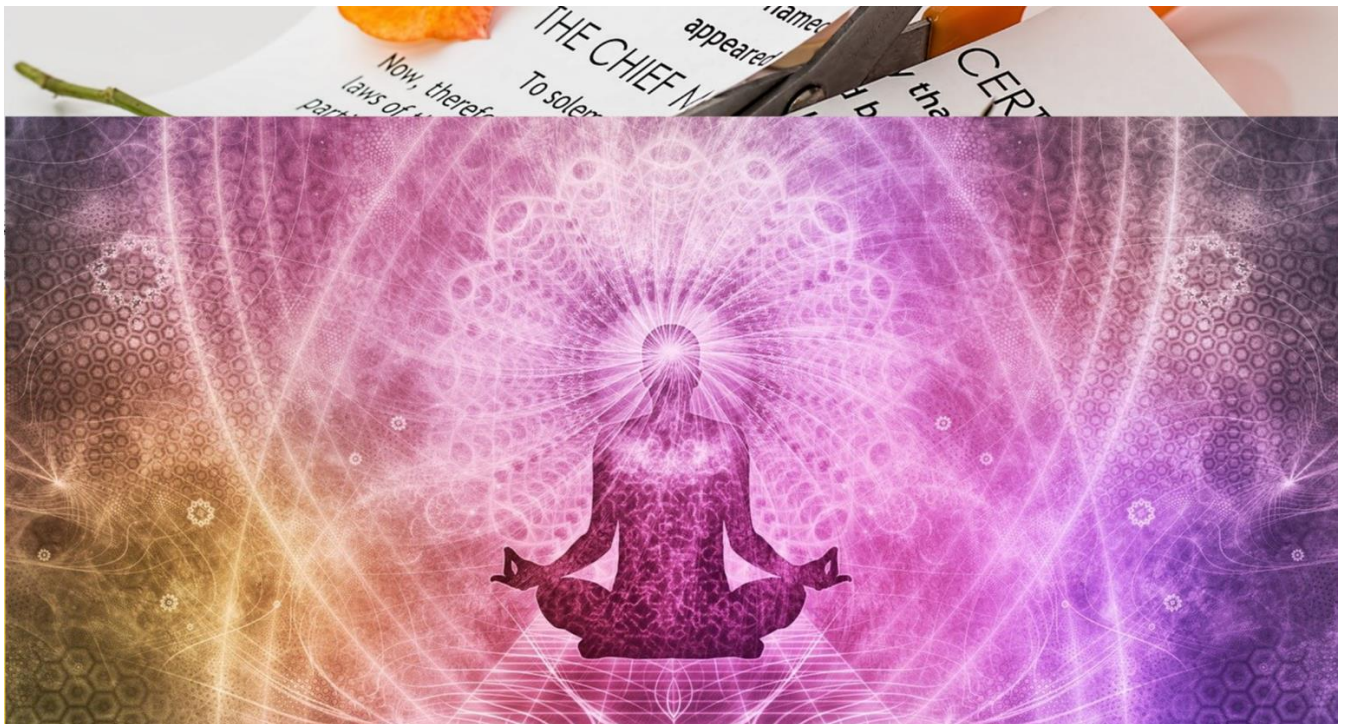
- **Let go of thoughts of the past – especially if they are hurtful**
- **Practise gratitude for the here and now.**
- **Notice other people in your life, be mindful of their presence.**
- **Be present**
- **Be grateful for life as it is today.**

Research and learn more about Mindfulness, as this can improve your ability to let go of your painful past

MODULE TWO. THE HEALING PROCESS.

LESSON FIVE. THE IMPORTANCE OF SELF-RELEASE FROM THE PAST THROUGH MEDITATION.

Watch the Video For Lesson Five.



MEDITATION. Image from Pixabay.com

How are you getting on with this Course? I hope you are enjoying it so far.

In this lesson we will look at the Importance of Self-Release from the past, through the Practice of Meditation.

The emphasis of this lesson is Meditation. This type of Meditation is Self-Guided or Self-Directed.

The purpose of this is to empower you in getting over your pain.

You won't be listening to my voice guiding you. Instead, you will repeat **Positive Affirmation Statements** that are designed to get you out of your pain, and enable you to start thinking more independently and more positively.

It is designed to release you from the pain of your past, so you can start the process of creating a new and happy life for yourself.

Practising daily meditation offers a wide range of advantages for both mental and physical well-being. Here are some of the key benefits:

1. Stress Reduction: Meditation helps to reduce stress by promoting relaxation and calming the mind. It allows individuals to take a break from the constant stream of thoughts and worries, leading to a sense of inner peace and tranquillity.

2. Improved Focus and Concentration: Regular meditation enhances focus and concentration by training the mind to stay present and attentive. This can translate into increased productivity and effectiveness in daily tasks.

3. Enhanced Emotional Well-being: Meditation cultivates mindfulness, which involves being aware of one's thoughts, feelings, and bodily sensations without judgment. This helps individuals to better regulate their emotions, manage stress, and develop a more positive outlook on life.

4. Better Sleep: Meditation can improve sleep quality by promoting relaxation and reducing insomnia symptoms. By calming the mind and body, it becomes easier to fall asleep and stay asleep throughout the night.

5. Reduced Anxiety and Depression: Studies have shown that meditation can be effective in reducing symptoms of anxiety and depression. By fostering a greater sense of calm and equanimity, it helps individuals cope with negative emotions and improve overall mood.

6. Increased Self-Awareness: Through regular meditation practice, individuals gain a deeper understanding of themselves, their thought patterns, and their behaviours. This self-awareness can lead to personal growth, self-acceptance, and a greater sense of purpose.

7.Enhanced Brain Function: Meditation has been found to have positive effects on brain structure and function. It can improve cognitive functions such as memory, decision-making, and problem-solving, as well as promote neuroplasticity, the brain's ability to adapt and change over time.

8. Better Physical Health: Meditation is associated with numerous physical health benefits, including reduced blood pressure, improved immune function, and decreased inflammation. By reducing stress and promoting relaxation, it can also lower the risk of stress-related illnesses such as heart disease and diabetes.

9.Improved Relationships: Mindfulness meditation can enhance interpersonal relationships by fostering empathy, compassion, and better communication skills. By being more present and attentive in interactions with others, individuals can cultivate deeper connections and resolve conflicts more effectively.

Overall, the regular practice of meditation offers a holistic approach to improving one's overall well-being, encompassing mental, emotional, and physical health benefits.

So, how do you meditate?

For this type of meditation, where you are creating your own Positive Affirmation Statements and using them for your meditation.

All you need is a set of Positive and Affirmative statements, which mainly begin with “I am”. *I AM is a powerful statement coming from the Biblical “I AM” which represents the Powerful Creative Power of God.*

The idea of using Positive Affirmations beginning with “I AM” is the acknowledgement that being a Part of God, you alone have the POWER to recreate your life for the better, especially after a misfortune like a Breakup, a divorce or a loss.

POSITIVE AFFIRMATION SCRIPT. (You may write your own if you wish).

1. I am well, I am whole.

All is well with me.

Every day, I get better and better.

2. I cleanse myself of all pain.

I am free, I am totally free of all pain.

I am happy, I am truly happy and free.

3. I am grateful for the lessons from my past.

Because my Past has made me who I am today.

My past has made me stronger.

4. I am now able to move on to a better future.

A better future that starts right now

I am grateful for my life; I am very grateful for my life.

5. My past is behind me.

My past cannot interfere with my life now.

I see a much happier future for me starting now.

6. Every day, I get better and better.

Every day, I get better and better

Every day, I get happier and happier.

Instructions.

Now that you have the Words for you to recite as you meditate, let's try it out.

- **Breathe in Slowly through your nose – make sure you draw in as much air as you can.**
- **Then breathe out slowly through your mouth.**

Do the breathing Exercise 6 times. After every breath, recite each of the

6 affirmations starting from No.1: You may also imagine that you are standing at the bottom of this waterfall, and you are being washed clean of all your pain.

HERE'S THE MEDITATION VIDEO.

<https://youtu.be/9gboxzye3eY?si=s0-irHUWMmflGFSz>

Assignments For Lesson Five.

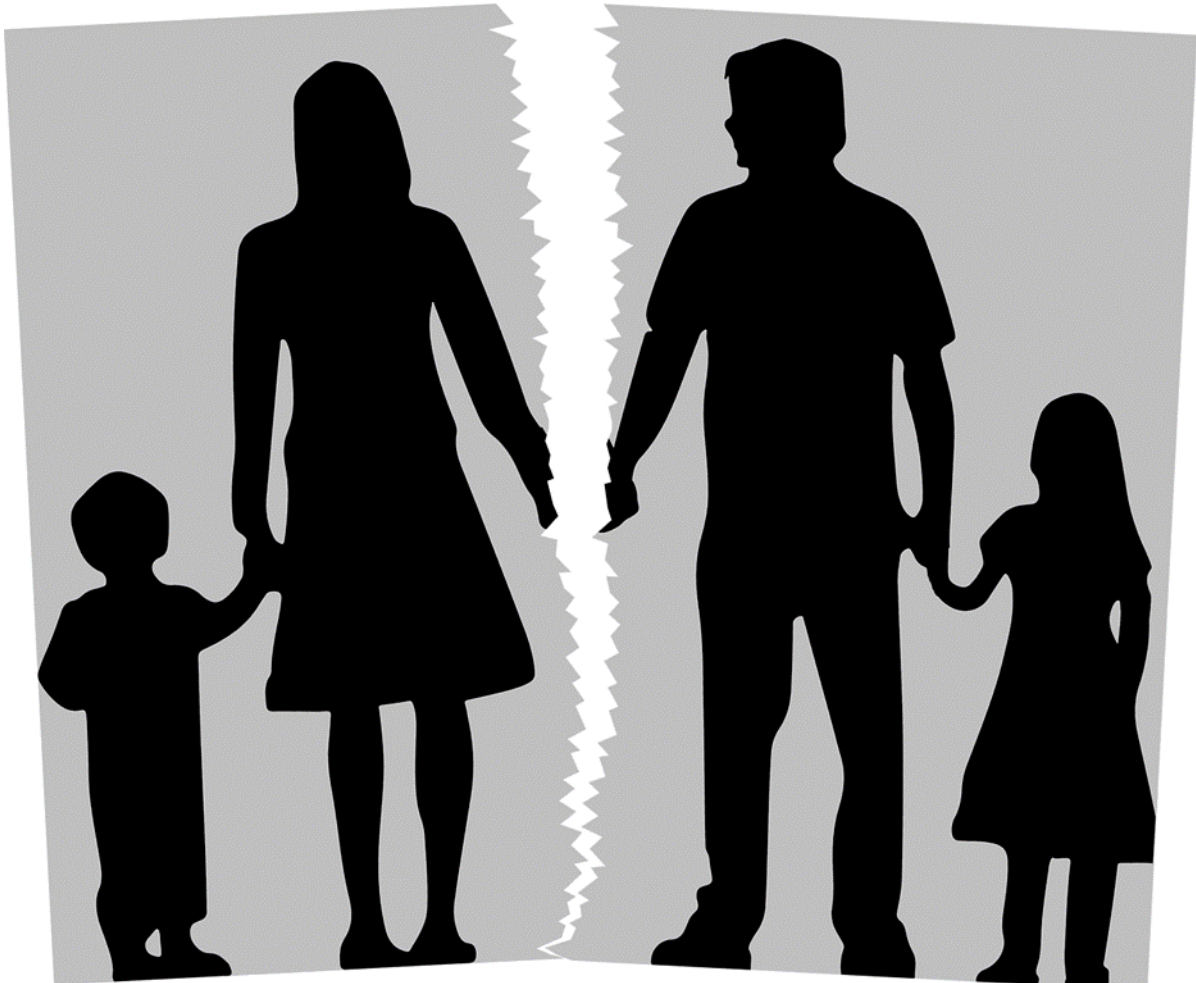
1. Write down all the results of your Meditation Practice in your Daily Gratitude Journal and track your Progress.
2. Every day, or whenever possible, write down your Wins or things you are grateful for in your Journal.
3. Celebrate all your successes, however small, with the Music you love. Dance to it, or go out and have a break, or do whatever makes you feel that you are celebrating your wins.

***Please do not do drugs or indulge in alcohol, as these will totally derail your progress.

MODULE TWO: THE HEALING PROCESS.

LESSON SIX. PARENTING & CO-PARENTING ISSUES.

Watch the Video for Lesson 6.



PARENTING & CO-PARENTING ISSUES. Image from Pixabay.com

Co-parenting can be tricky for the partners if one partner is unnecessarily difficult and not co-operative.

Navigating co-parenting issues effectively after a divorce requires a combination of communication skills, emotional intelligence, and a commitment to prioritizing the well-being of the children involved.

So, how do you manage this situation?

Let's look at my detailed guide to help you navigate co-parenting successfully.

1. Maintain Politeness in Your Children's Presence: Remind your Ex that you two need to be civil in the presence of your children – after all, your breakup is not your children's fault, so you should both save the kids the trauma of seeing both you being nasty to each other.

2. Learn How to be Functionally Friendly with Your Ex and Partner (if there is one).

Being functionally friendly means that while you and your Ex are with your children, the two of you need to be friendly at the surface – be polite and kind, without bringing up the issues that got the two of you divorced. Be friendly, so your children can have the confidence to show you both off as their parents, to their mates.

This is hugely important for your kids because it will help them maintain the respect of their mates. Any ugly scenes between you in public, will vastly damage your children's self-esteem and self-confidence.

3. Do not Narrate the Details of Your Quarrels with Your Ex to Your Children.

I know this is difficult. But your children must be spared the pain of hearing how nasty you think their Dad/Mum is, because of all the “nasty things” they have done to you. The children should not be made to take sides. Let them enjoy their childhood.

Instead, change the subject and talk about your child's progress at school his new friends, homework, etc – anything to take your mind off your Ex.

4. Establish Clear Communication Channels.

- Agree on the best methods of communication for you and your co-parent, whether it's through email, text, phone calls, or a co-parenting app.
- Set boundaries for communication, such as designated times for discussing co-parenting matters, and stick to them to avoid unnecessary conflict.

5. Develop a Co-Parenting Plan.

- Create a comprehensive co-parenting plan that outlines custody arrangements, visitation schedules, holidays, vacations, and decision-making responsibilities.
- Be specific and detailed in the plan to minimize misunderstandings and disagreements.

6. Visiting Times.

- Arrange with your Ex, suitable times for the child to visit him/her. Put this in writing and let your Solicitor know. You may have to be flexible on this, especially during the holidays.

7. Concerned about your Ex's new partner?

- It could be that your Ex now lives with a new partner. This may cause you some concern, naturally, because you do not know how this new person will treat your children.
- Instruct your children to be polite and kind to this new partner. Also, give them a means of communication with you – like a Mobile phone, in case that new partner decides to be unkind or horrible to them in any way, so they can let you know immediately. Remember, children can lie about someone they don't like. So, let them know the importance of being very honest about anything they tell you.

8. Prioritize the Children's Needs.

- Always make decisions based on what is in the best interests of the children, rather than personal preferences or grievances with your ex-partner.
- Keep the lines of communication open with your children and encourage them to express their feelings and concerns about the co-parenting arrangement.

9. Practise Flexibility and Compromise:

- Be willing to be flexible with the co-parenting schedule when unexpected circumstances arise, such as work conflicts or illness.

- Approach co-parenting as a collaborative effort and be open to compromising on certain issues to reach mutually beneficial solutions.

10. Respect Each Other's Roles as Parents.

- Acknowledge and respect the importance of both parents in the children's lives, regardless of any differences or conflicts between you and your ex-partner.
- Avoid criticizing or undermining your co-parent's parenting decisions and encourage a positive relationship between your children and their other parent.

11. Manage Conflict Constructively.

- When conflicts arise, strive to address them calmly and constructively, rather than resorting to anger or hostility.
- Practise active listening and empathy and try to understand your co-parent's perspective before responding.
- Consider seeking the assistance of a mediator or therapist to facilitate difficult conversations and help you find mutually acceptable resolutions.

12. Maintain Consistency Across Households.

- Aim to maintain consistency in rules, routines, and disciplinary approaches between households to provide stability and structure for your children.
- Communicate with your co-parent about important decisions regarding discipline, education, healthcare, and other aspects of parenting to ensure alignment.

13. Take Care of Yourself Emotionally.

- Recognize that co-parenting after divorce can be emotionally challenging and prioritize self-care to maintain your own well-being.
- Seek support from friends, family members, or a Coach or Therapist to help you cope with the stress and emotions associated with

co-parenting.

14. Focus on Positive Co-Parenting Interactions.

- Look for opportunities to foster positive co-parenting interactions, such as attending school events or celebrating milestones together.
- Express appreciation for your co-parent's efforts and contributions to the children's upbringing and strive to maintain a respectful and cooperative relationship.

15. Stay Committed to Continuous Improvement.

- Be willing to reassess and adjust your co-parenting approach as needed to address evolving needs and circumstances.
- Continuously seek opportunities for personal growth and Development as a co-parent, and remain committed to creating a supportive and nurturing environment for your children.

Conclusion.

By following these guidelines and approaching co-parenting with patience, understanding, and a focus on the children's well-being, you can navigate co-parenting issues effectively after a divorce.

This will lay the foundation for a positive and Healthy co-parenting relationship.

It will also ensure that your children are given the opportunity to develop positively.



GREAT CO-PARENTING FOSTERS HAPPINESS FOR YOU AND YOUR CHILDREN. Image from Pixabay.com.

Assignments For Lesson 6.

1. What are your main concerns about co-parenting? Have you discussed these with your Ex.?
2. Which of the Co-parenting strategies do you need to practise more of? Write these down in your Journal as Action Plans to work on so you can improve your skills.
3. Remember to apply gratitude for having your Ex to help you care for your children. A grateful heart opens doors to more love and blessings.

Congratulations on getting to the end of this lesson! Make sure to keep practising your parenting and co-parenting skills for your children's benefits and for your own peace of mind.

COURSE MANUAL – OVERCOME EMOTIONAL TRAUMA FROM FAILED RELATIONSHIPS ETC
- DR GRACE ANDERSON.

MODULE TWO. THE HEALING PROCESS. LESSON SEVEN.

EXPRESS YOUR EMOTIONS THROUGH CREATIVE OUTLETS
SUCH AS ART, WRITING, MUSIC, DANCING, ETC.

Watch the Video for Lesson 7.



PHOTOGRAPHY. Image From Pixabay.com.



ART. Image from Pixabay.com.

Welcome back! I hope you have made a substantial progress so far.

Remember to celebrate every win or success, however small!

In this lesson, we will look out How To Use Creative Outlets to Express Your Emotions so you can heal from your emotional trauma quite quickly.

Expressing your emotions through creative outlets like art, writing, music, or dancing can be incredibly therapeutic after experiencing a divorce or breakup.

Such activities enable you to dig deep within yourself to resuscitate your creative self. I'm sure you know that your creative talent is one of the great gifts from God.

When you use it well, you can liberate yourself from emotional pain, because it opens new avenues for you to explore.

Here's how each of these outlets can help you heal.

1. Art.

Painting, drawing, sculpting, or any form of visual art allows you to externalize your emotions and thoughts onto a canvas or paper. You can convey feelings of sadness, anger, or even hope through colours, shapes, and textures.

The act of creating something tangible from your inner turmoil can provide a sense of catharsis and empowerment.

Moreover, the process of focusing on your artwork can offer a temporary reprieve from your emotional pain, giving you a much-needed break.

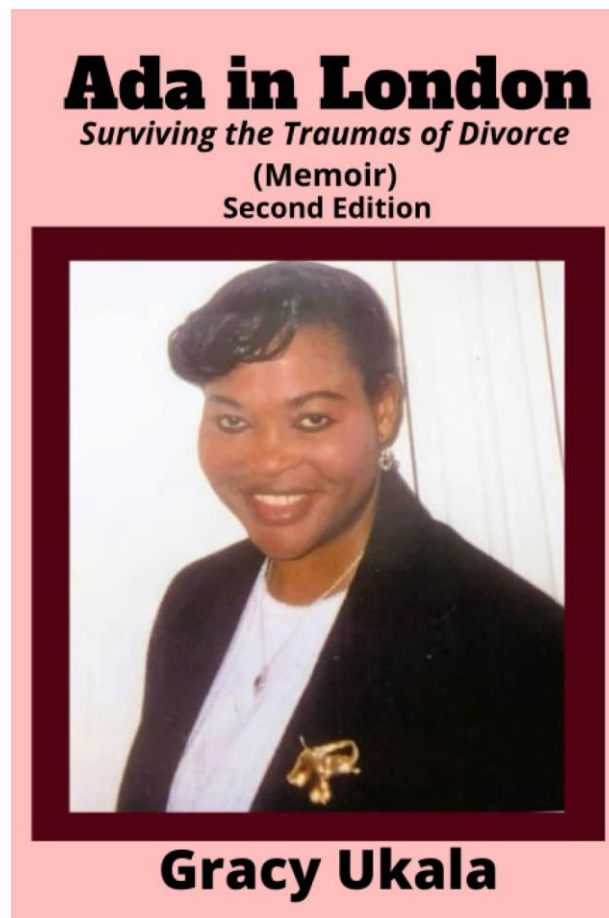
2. Writing.

Whether it's journaling, poetry, fiction, or non-fiction, writing provides a safe space to explore and process your feelings. You can pour your heart

out onto the page, expressing the rawness of your emotions without fear of judgment.

Writing allows you to gain clarity and insight into your experiences, helping you make sense of what you're going through.

Additionally, creating narratives or poems can be a form of self-expression and storytelling, allowing you to reshape your narrative and find meaning in your journey.



Writing about my own traumatic experiences from my divorce, while trying to adjust to living in London, a foreign place, helped my healing process a great deal.

Writing about your own experience can help you process your pain so you can move on positively with your life.

There is a lot of pain, crying, and trials and errors in my Memoir, ***Ada in London, Surviving the Traumas of Divorce.***

There is also a lot of self-reflection, a strong connection to God, many losses, but also many successes. People said once they started read it, they couldn't put it down!

Check it out here: <https://www.amazon.com/dp/B09SPCRD7T>.

3. Music.

Music has a unique ability to evoke and amplify emotions. Playing an instrument, composing songs, or simply listening to music that resonates with your feelings can be incredibly soothing. Music can serve as a form of emotional release, allowing you to channel your pain into melodies and lyrics.

Music can also transport you to a different emotional space, providing solace and comfort during difficult times. Whether you're playing a heartfelt ballad on the piano or belting out lyrics that speak to your experience, music can be a powerful companion on your healing journey.

4. Dancing.

Movement can be a powerful way to release pent-up emotions and restore a sense of balance to your body and mind. Dancing allows you to express yourself physically, without the need for words. You can choose to dance alone in the privacy of your own home or join a dance class or group where you can connect with others who share your passion.

Moving your body to the rhythm of music can be incredibly liberating, helping you release tension and energy associated with your breakup. Additionally, dancing can boost your mood by releasing endorphins, the body's natural feel-good chemicals.

Here are some of the advantages you will get when you do the activities listed.

Engaging in these creative outlets can help you heal from your pain in several ways:

- **Emotional Release.**

Expressing your emotions through art, writing, music, or dancing provides a healthy outlet for releasing pent-up feelings of sadness, anger, or grief.

Instead of bottling up your emotions, you give yourself permission to acknowledge and process them in a constructive way.

- **Self-Exploration.**

Creative outlets encourage self-reflection and introspection. As you engage with different forms of expression, you may uncover deeper insights into your thoughts, feelings, and experiences.

This self-awareness is essential for healing and personal growth.

- **Sense of Empowerment.**

Creating something new, whether it's a painting, a poem, a song, or a dance routine, can instil a sense of accomplishment and empowerment. It reminds you that you have the ability to transform your pain into something meaningful and beautiful.

- **Connection and Community.**

Engaging in creative activities can connect you with others who share similar interests and experiences. Whether it's joining a writing group, attending an art class, or participating in a dance workshop, connecting with others can provide support, validation, and a sense of belonging during a challenging time.

Overall, expressing your emotions through creative outlets after a divorce or breakup can be a powerful tool for healing and self-discovery. It allows you to honour your feelings, gain perspective on your experience, and reclaim a sense of agency over your own narrative.

By engaging with these outlets, you can navigate the complexities of heartache and emerge stronger, more resilient, and more in touch with your authentic self.

Congratulations for getting this Far.

Please do the Exercises set. Hopefully, you will have the opportunity soon, to share your creative outlets with me.

Assignments For Lesson 7.

1. Which creative activity have you chosen to work on? Choose something that makes you truly happy while you are working on it.
2. Plan what you want to do. Make sure you do something towards that activity every day.
3. When completed, share your work with me or with a trusted friend or family member.
5. Celebrate your creativity. Pamper yourself and BE Happy!

Rediscovering one's identity and values post-breakup or divorce can be a transformative journey. Here are some detailed ways to navigate this process along with strategies for prioritizing self-care.

1. Reflection and Self-Exploration

- Take time to reflect on who you are as an individual outside of the relationship. Journaling can be a helpful tool for self-exploration. I already mentioned the importance of journaling.
- Reflect on your values, passions, and goals. Consider what truly matters to you and what brings you fulfilment.
- Engage in activities that allow you to reconnect with yourself, such as solo travel, trying new hobbies, or spending time in nature.

2. Seek Support.

I can't emphasise this enough.

- Surround yourself with supportive friends and family who uplift you during this time.
- Consider seeking guidance from a Therapist, a Coach like me, or a Counsellor, who can provide you with tools to navigate the emotional challenges of a breakup or divorce.

3.Embrace Change.

- Understand that change is a natural part of life, and it's okay to embrace it. Use this opportunity to reinvent yourself and explore new possibilities.
- Embrace the opportunity to redefine your identity and values based on your current life circumstances and personal growth.

4. Rediscover Passions and Interests.

- Reconnect with hobbies or interests that you may have neglected during the relationship.
- Explore new activities and experiences that pique your curiosity and bring you joy.

5. Practise Self-Compassion.

- Be gentle with yourself during this process. Allow yourself to feel a range of emotions without judgment.
- Practise self-compassionate language and treat yourself with kindness and understanding.

6. Set Boundaries.

- Establish clear boundaries with your ex-partner to protect your emotional well-being.
- Set boundaries with yourself to prioritize your needs and avoid falling back into unhealthy patterns.

7. Focus on Personal Growth:

- Use this time as an opportunity for personal growth and development. Invest in self-improvement activities such as reading, attending workshops, or taking classes.
- Set meaningful goals for yourself and work towards achieving them. They may be related to your career, health, or personal life.

8. Reconnect with Your Values.

- Reflect on your core values and how they align with your current life circumstances.
- Use your values as a guiding compass to make decisions and navigate the challenges of rebuilding your life.

9. Reconnect With Your Spiritual Identity.

What is Your Spiritual Purpose here on earth?

Rediscovering your spiritual purpose can be a deeply personal journey, but here are some general steps you might consider.

i) Self-Reflection.

Take some time to reflect on your beliefs, values, and experiences. What aspects of spirituality have resonated with you in the past? What brings you a sense of fulfilment and connection?

ii) Meditation and Mindfulness.

Practise meditation or mindfulness to quiet your mind and become more attuned to your inner voice. This can help you gain clarity and insight into your spiritual path.

iii) Explore Different Spiritual Practices.

Be open to exploring different spiritual traditions, practices, and teachings. Attend workshops, retreats, or religious services to expose yourself to new ideas and perspectives.

Take some time to reflect on your beliefs, values, and experiences. What aspects of spirituality have resonated with you in the past? What brings you a sense of fulfilment and connection?

iv) Connect with Nature.

Spending time in nature can be a powerful way to reconnect with your spiritual self and find meaning in the natural world. Take walks in the woods, sit by the ocean, or simply spend time outdoors soaking in the beauty of your surroundings.

v) Journaling.

Keep a journal to record your thoughts, feelings, and insights

as you embark on your spiritual journey. Writing can be a Therapeutic way to explore your innermost thoughts and gain clarity about your purpose.

vi) Seek Guidance.

Consider seeking guidance from a spiritual mentor, counsellor, or religious leader who can offer support, wisdom, and perspective as you navigate your spiritual path.

vii) Practise Gratitude.

Cultivate an attitude of gratitude by regularly expressing thanks for the blessings in your life. Gratitude can help shift your focus from what you lack to what you have, fostering a deeper sense of connection and purpose.

viii) Serve Others.

Look for opportunities to serve others and make a positive impact in your community. Seek out opportunities to Volunteer your service in your local community.

Acts of kindness and compassion can be a powerful expression of your spiritual purpose and help you feel more connected to something greater than yourself.

ix) Trust Your Intuition.

Trust your intuition and inner guidance as you explore your spiritual path. Pay attention to the signs and synchronicities that may be guiding you toward your purpose.

x) Be Patient and Persistent.

Remember that rediscovering your spiritual purpose is a journey, not a destination.

Be patient with yourself and trust that you are exactly where you need to be. Stay committed to your spiritual practices and remain open to the possibilities that lie ahead.

Conclusion.

By incorporating all the strategies above into your life, you can embark on a journey of rediscovery and self-care that empowers you to thrive, post-breakup or divorce.

Remember to be patient with yourself and celebrate each step forward in your journey of healing and growth.

Assignments for Lesson 8.

1. Play the Video again.
2. Make a Note of the Strategies that most resonate with you, that will enable you to reconnect and rediscover your personal identity and life purpose.
3. Start practising your chosen strategies and record your progress in your Daily Journal.

Add your notes on what you've learnt so far here.

MODULE THREE.

LESSON NINE.

TAKE BACK YOUR CONTROL, CREATE BOUNDARIES AND BECOME SELF-RELIANT.

Watch the Video for Lesson 9.



BECOME SELF-RELIANT. Image From Pixabay.com.

Welcome back.

In this lesson we will concentrate on strategies that will enable you to **Take Back Control of your life from your Ex.**

We will look at how you can **create effective boundaries** in your life and become much more **self-reliant**.

How to Take Back Your Control from your Ex.

1. Move into your own home if you can.

If you are still living with your Ex, that will continue to ignite many unwanted emotions in both of you. If possible, move out of your matrimonial home and find a new home of your own. You will find that once you move out and your Ex is no longer in your physical space, it will be much easier for you to heal from the pain.

Make sure you choose a home near one of your Support Team members, for example, your family. Also, ensure that your children's schools are near enough.

2. Sort Out Your Finances.

One of the Support Team that I mentioned earlier is your **Financial Adviser**.

If your divorce has already taken place and you now know how much money you have, ask your Financial Adviser to help you plan how to use some of that money to your full advantage.

- **Maybe you can invest some of it in property or something like that?**
- **Perhaps you can buy a new house to live in**
- **Maybe you can invest some of it in shares, etc.**

Whatever you decide to do, remember, you are now fully responsible for your finances, your expenditures and your savings.

Don't blow all your money on holidays or frivolous activities.

Treat yourself and your children kindly but be frugal.

3. Create a Workable Structure for your Day-to-Day Living.

Once a divorce or a breakup happens, you find that you are now totally in charge of every daily activity in your life and your children's lives.

To avoid chaos – like taking the kids to school and bringing them back from school may now become a job that you alone are responsible for. So, in order not to fail your children, you need to organize your time well, for example:

- Wake up about an hour earlier to get the kids ready for school and get yourself ready for work. You should also ensure that your workplace is aware of the fact that you must do daily school runs so they can schedule your job to accommodate this.
- You may want to hire a Childminder to help you with your youngest children.

4. Create Effective Boundaries.

It is often so lonely after a breakup or divorce, that we tend to look for anyone who will listen to our pain, so, we can get some sympathy.

So, we go round telling our sad story to anyone who would listen.

Create an effective boundary between you and your pain.

5. Stop Retelling Your Sad Story.

It is important to stop retelling your sad story. The more you tell it, the more you invite your Ex back into your memories and the more miserable you will be. So, stop retelling your sad tale to every Dick and Harry. When you manage to stop, you will be creating an effective boundary between you and the emotional hurt your Ex caused you.

6. Cut off From Nosey Friends.

Do You Have Nosey Friends? Create an Effective Boundary To keep Them Away.

If you have friends who are constantly asking you about your

Ex and how you are getting on since he/she left you, cut off from them. They are gossips who want to feel better about themselves and make you feel as if you have had the worst deal in the world.

Create a boundary between you and such friends. The earlier you do this, the easier it would be for you to move on positively with your life.

7. Create Boundaries Between You and Your Ex.

Is your Ex still emailing, texting or calling you just to insult you or to tell you how he is so much happier now with his/her new partner? Or, perhaps, just to say something that he knows will surely wind you up?

If yes, be **functionally friendly with him. Create a boundary between you and your Ex to protect your emotions.**

-Be polite by being functionally friendly with him.

-Do not divulge any of your personal activities to him. Keep him out of your new life and activities.

-Do not be drawn into exchanging insults with him

-Put the phone down, if you are unhappy with the conversation.

-Give him a new email address and only open that when you are at home and relaxed.

TRUST YOURSELF AND YOUR INSTINCTS.



TRUST YOURSELF. Image from Pixabay.com.

Become Self-Reliant

Start to trust yourself and your instincts more than ever before.

It is important to know and trust that the God within you, which is what most people call the Holy Spirit, or your Natural Instinct, often has the right answers to your questions. The difficulty for us is our inability to listen or pay attention to this **Quieter Inner Voice**.

Try it. When you have a serious question about an aspect of your life, **ask the question aloud while you are alone.**

Then listen to **your Inner Voice – the quieter voice** (the Holy Spirit within you) not the louder voice, which is your Ego. Then follow what the Quieter Voice says to do. You will find that it would be the right answer for you.

Do Some Research.

Check things out on Google, YouTube or ChatGPT. You will find many different contributions to help you solve your problem.

Ask a Professional, or a Trusted and Wise Friend, if still in doubt.

If you still can't find the right thing to do, then seek out a Professional in that field and seek their advice.

Join a Professional Group – for example On Meetup or on Facebook, etc...

Joining a professional group of people, men or women, who are going through what you are currently going through, maybe on Networking events, Meetup, or Social Media Groups, etc. Meeting others like you will help you get out of your current hurtful shell.

It will enable you to do the following:

- 1. Understand that you are not the only in this situation.**
- 2. You will come out of your shell and find that you may even be able to offer a friendly advice or two to others.**
- 3. You will begin to rebuild your self-confidence gradually.**
- 4. You will become a much happier person.**

Assignments for Lesson 9.

1. Which of the Strategies in this lesson resonates with you the most?
2. How can you apply these strategies, starting now, so you can have a happier life?
3. Do you still have some of your Ex's things around in your house? If yes, get rid of them – photos, belongings, etc. Get your Ex to move them out.

Otherwise, get rid of them yourself, to stop them reminding you of him/her.

4. Journaling.

-Write about your successes so far in your journal.

-Write out your challenges. Check through all the strategies you now know about since the beginning of this course to see which ones you can apply to help you overcome those challenges.

Hey, congratulations for getting this far on this Course.

Pat yourself on the back and have a little celebration!

**REMEMBER TO BOOK YOUR GROUP COACHING
SESSIONS WITH ME.**

Have you booked your Group Coaching Sessions with me?

If not, what are you waiting for?

Your Recovery from your Pain will be much faster when you start your Group Coaching Sessions with me.

To Book Your Group Coaching Sessions with me, click on this link: <https://rb.gy/suzbvv>.

MODULE THREE.

LESSON TEN.

UNDERSTAND YOUR EX'S MIND GAMES AND HOW TO REACT TO THEM.

Watch the Video For Lesson 10.



MIND GAMES. Images from Pixabay.com



Welcome back!

In this lesson, you will learn how to spot when your Ex is playing a game with your mind.

As said in one of the earlier lessons, Your Ex is often bent on causing you emotional pain. This is to ensure that you are not able to get him out of your mind. He inflicts more emotional pain

when he is able to disrupt your thought patterns by what he says or doesn't say.

When you know what these games are, you will be more able to either overlook them or tackle them.

THE GAME PLAY CHECKLIST.

Here are a few of the Mind Games that your Ex could be playing on you.

1. **Addictive Behaviour** – for example, drugs, alcohol, smoking, etc.
2. **Aggression**-unnecessary aggression towards you or your kids.
3. **Bad mouthing people you love** – saying hurtful things about your parents, family members, friends, etc
4. **Blaming others rather than taking responsibility** – always finding a way to exonerate himself from any blame. Instead, he blames other people for his own mistakes.
5. **Blaming you** – Making out that you are the cause of all his problems, etc.



BULLY. Image from Pixabay.com

6. **Bullying.** Saying and doing things to you that amount to intimidation.
7. **Confusing you.** Deliberately creating situations that are designed to confuse you, and then laughing at you for being so stupid.
8. **Contradicting themselves.** Telling you one thing a few minutes ago but changing what they said so that you can't be sure which one to believe.
9. **Controlling or manipulating.** Taking control of your actions in a way that makes you feel like you are a horse under his reins and command.
10. **Cruelty.** Being deliberately cruel in their remarks about you or to you. Also, hurting you either emotionally or physically.
11. **Embarrassing you.** Saying or doing things that are intended to embarrass you.
12. **Emotional blackmail.** This is an intense form of manipulation, where your partner threatens to hurt themselves if you don't do what they are asking you to do.
13. **Gaslighting.** This is the psychological manipulation in which the abuser attempts to sow self-doubt and confusion in their victim's mind. This is often used by narcissists on their victims/partners.
14. **Humiliating you.** Showing you up to others at your worst moments, so they can claim superiority over you.
15. **Intimidating you.** Making threats that are designed to make you fearful for your life or your safety.
16. **Lying.** Telling lies, so that it's difficult to trust them.
17. **Making False Accusations:** Deliberately accusing you or those close to you of doing things that you never did.
18. **Making False Promises.** Making promises they have no intention of keeping.
19. **Making You Doubt Yourself.** Saying words that are designed to make you doubt yourself, so you are thrown off-balance.

20. Making You Feel Bad About the Situation. Implying that you are somehow responsible, or that it's your fault, for a situation that hasn't turned out well for him or for you.

21. Mirroring. Accusing you of doing the exact same things that they themselves are doing – for example having an affair, even when they know you are not. This helps them cover their own guilt.

22. Not allowing you to have a voice. Stopping you short each time you try to say something or to defend yourself, making it seem like your words don't matter.



BULLIED AND FRIGHTENED. Image from Pixabay.com.

23. Not listening to you. Talking over you so they never get to hear what you have to say, or simply deciding that they don't want to hear what you have to say.

24. Over-promising but under-delivering. When they promise you the world but do nothing at all to act this out.

- 25. Passive-aggressive mood / behaviour.** This is when they express negative feelings indirectly towards you, instead of openly talking about why they are hurting or unhappy.
- 26. Pretending to be nice but it hurts.** When they are being sarcastically nice.
- 27. Putting you down. Belittling or name-calling.** Making you feel really small, especially in front of other people.
- 28. Restricting your freedom.** Becoming your “Jailor” – telling you where or where not you can go, or who or who not you can contact, exerting unnecessary control over your freedom.
- 29. Threatening you.** Constantly or regularly threatening you with violence, etc.
- 30. Violence.** Lashing out at you physically, hitting you, causing you injuries, pushing, pulling or throwing things at you, etc.

What to Do If You Do Not Feel Safe in Your Ex’s Presence.

If you're dealing with an abusive ex-partner, it's crucial to prioritize your safety, both emotionally and physically. Here are some steps you can take:

- 1. Seek Support.** Reach out to trusted friends, family members, or a therapist who can offer emotional support and guidance. You don't have to go through this alone.
- 2. Establish Boundaries.** Set clear boundaries with your ex-partner and communicate them firmly. This may include blocking their number, avoiding places where you might run into them and limiting contact as much as possible.
- 3. Document Incidents:** Keep a record of any abusive behaviour, including dates, times, and descriptions of what happened. This documentation may be useful if you need to seek legal protection or support.

4. Safety Plan: Create a safety plan that outlines steps to take if you feel threatened or unsafe. This plan may include having a code word to alert friends or family, knowing where to go in an emergency, and keeping important documents and belongings in a safe place.

5. Legal Protection: Consider seeking a restraining order or protective order from the court if you feel that you are in danger. A legal professional can help you navigate this process.

6. Self-Care: Practise self-care activities that promote your emotional well-being, such as meditation, exercise, spending time with supportive people, and engaging in hobbies you enjoy.

7. Stay Informed: Educate yourself about domestic violence resources and support services available in your area. Organizations such as hotlines, shelters, and counselling services can provide assistance and guidance.

8. Trust Your Instincts: If something doesn't feel right or you sense danger, trust your instincts, and take steps to protect yourself, even if it means seeking immediate help from law enforcement or emergency services.

9. Cut Off Communication: Minimize or eliminate contact with your abusive ex-partner as much as possible. Avoid engaging in arguments or confrontations, as this can escalate the situation.

10. Plan Your Exit: If you haven't already done so, develop a plan to safely leave the relationship. This may involve seeking assistance from a domestic violence shelter or advocacy organization.

Remember, your safety is the most important priority. Don't hesitate to reach out for help and support from professionals and loved ones.

Assignments for Lesson 10.

1. Read over the list of “Your Ex’s Mind Games” and highlight the ones that most relate to your own situation.
2. Look through all the strategies of self-protection that you have learnt from this Course so far. Now, select a Strategy that you can apply to each Mind Game, in order to minimize its effects on you.
3. Practise the selected Strategies many times, to embed them in your mind, so they come naturally to you each time you need to use them.

Please practise all the Strategies and Tools that I have shared with you so far.

I am confident that you will become a much happier and more confident person as a result.

MODULE THREE: LESSON ELEVEN. WAYS TO RESTORE YOUR SELF-CONFIDENCE AND SELF-WORTH.

Watch the Video for Lesson 11.



BELIEVE IN YOURSELF. Image from Pixabay.com.

Welcome back.

In this lesson, I will share with you several ways to help you restore your self-confidence, self-worth and self-esteem. This is hugely important.

After a divorce or a breakup, it is common for you to begin to doubt yourself.

- **Your self-confidence has been knocked or even shattered.**

This is because you have just come out of a partnership where your Ex had constantly made you doubt your own self-worth.

- **Perhaps they told you over and over again, like my Ex used to say to me:**

“You are so stupid!”

“You are not intelligent – even though you have a Ph.D.”

According to him, academic achievements do not mean that you are intelligent, because: ***“You don’t have Common Sense. And Common sense is not common”***.

I am sure you can add to that list of ways in which your Ex did their best to put you down, and make you feel that, without them, you really cannot carry on or function properly. According to their nasty statements – you are meant to remain dependent upon them, however badly they treat you.

Over the many years you were together, they’ve made you believe that they are your “god”, someone who knows how to cater for your needs, and therefore, you have become dependent on them for every decision you have taken since you became a couple.

This lesson is designed to help you take back your control from your Ex and start to believe in yourself and in your own abilities to make your own life choices.

Rebuilding your self-confidence and self-worth, after leaving a controlling relationship can take time, but it's entirely possible with patience and self-compassion.

Here's a guide to help you on your journey to full self-recovery and self-confidence.

1. Acknowledge Your Feelings.

Allow yourself to feel the range of emotions you're experiencing, whether it's anger, sadness, fear, or relief. It's important to validate your emotions and recognize that they are a natural response to what you've been through.

2. Seek Support.

Surround yourself with supportive friends, family members, a Coach or a Therapist, who is non-judgemental, and can offer empathy, understanding, and encouragement.

Talking to someone you trust or someone who values you as an individual, can help you process your feelings and gain perspective on your situation.

3.Reconnect with Yourself.

Take time to rediscover who you are outside of the relationship. Engage in activities that bring you joy and fulfilment, whether it's hobbies, interests, or self-care practices. Journaling can also be a helpful tool for self-reflection and self-discovery.

4. Set Boundaries.

Establish clear boundaries to protect your emotional well-being and assert your autonomy. This may involve limiting contact with your ex-partner, setting boundaries with toxic individuals, and prioritizing your needs and desires.

5. Challenge Your Negative Beliefs.

Identify and challenge any negative beliefs or self-doubt that may have been instilled during the relationship. Practise self-compassion and replace self-criticism with positive affirmations and realistic self-appraisal.

6. Focus on Personal Growth.

Set goals for personal and professional growth that align with your values and aspirations. Whether it's pursuing further education, advancing in your career, or exploring new opportunities, investing in your growth can boost your confidence and sense of purpose.

Practise Self-Care and Self-Love.



PRACTISE SELF-CARE & SELF-LOVE. Image from Pixabay.com.

7. Practise Self-Care and Self-love.

Make self-care a priority in your daily routine. This includes taking care of your physical health through exercise, nutrition, and adequate rest, as well as nurturing your mental and emotional well-being through relaxation techniques, mindfulness.

Also, practise Self-love by engaging in self-soothing activities like meditation, massage by a professional, participating in group activities with positive people and having a good laugh, etc.

Learn to love yourself just as you are!

8. Celebrate Your Achievements.

Acknowledge and celebrate your accomplishments, no matter how small they may seem. Each step forward, whether it's overcoming a fear or achieving a goal, is a testament to your strength and resilience.

Such celebrations help to affirm your self-sufficiency and ability to cope on your own.

DEVELOP AND NURTURE YOUR SELF-CONFIDENCE.



SELF-CONFIDENCE. Image from Pixabay.com.

9. Surround Yourself with Positive Influences.

Surround yourself with people who uplift and inspire you. Cultivate relationships with individuals who appreciate and support you for who you are, and distance yourself from those who undermine your confidence, or make you doubt yourself.

Join a group or two, where you can show off your skills, and be applauded and appreciated for your contributions. Such groups could be a Spiritual Group, e.g. a Church, or other Spiritual Community. You may also Volunteer in your local area, to help other people who need more help than you do.

If you practise some of the activities I have given you in this lesson, you will soon find that you are feeling much better about yourself, who you really are, and what you can contribute positively to your own life and that of other people.

The trick of restoring your self-confidence lies within you – it lies in your ability to accept that you are very capable of organising and living your own life, no matter what all the “**Nay-Sayers**” – like your Ex, say or think.

No one else owns you!

Assignments For Lesson 11.

1. Choose the suggestions above that apply right now in your current circumstance and start applying them in your daily life.
2. Write about Your Progress in Restoring Your Self-Confidence in your Daily Journal.
3. Celebrate your wins, however small. Tell a positive friend about your wins and let them celebrate with you. You have earned it, so, do enjoy your win!
4. Is there anything else you can do to boost your self-confidence? If yes, feel free to try it out and record your progress or success.

Congratulations! I am very proud of you for getting this far!

You should be very proud of your achievements so far!

As always, pamper Yourself each time you achieve some success, however small! **You deserve to be happy.**

MODULE THREE: LESSON TWELVE. COURT ATTENDANCE ISSUES.



JUSTICE. Image From Pixabay.com.

Welcome back.

There is always the niggly matter of a divorce and the court attendances before it becomes a reality.

In this lesson we will look at how you can overcome the emotional upheavals that arise during court hearings.

There are several different procedures these days for getting a divorce.

It is possible, these days, for one partner to file for a no-fault divorce. When that happens, the Decree Nisi and Decree Absolute could arrive within 3 – 6 months of it.

Consult your Lawyer to make sure things go smoothly.

Introduction: So, what could possibly go wrong?

Divorce hearings can be emotionally taxing, particularly when faced with the scrutiny and sometimes harsh words from your ex-partner's lawyer.

It is essential to prepare yourself both mentally and emotionally to navigate through these situations without breaking down.

Here are some strategies to help you maintain your composure during a divorce hearing, even in the face of adversarial remarks.

It is a common fact that obnoxious partners are usually able to find the sort of Lawyers that would mirror their nasty moods and pass them on to their Ex-partners – people like you – during the court hearings.

The main purpose of these unwanted verbal attacks is:

- 1. To destabilise you, so you lose your cool emotionally and become erratic in front of the Judge. This will certainly go against your case.**
- 2. To make the Judge believe that your Ex is better than you said he is and certainly more credible than you. That could massively affect his/her judgement.**

Navigating a Divorce Hearing: Maintaining Composure Amidst Adversity.

It is a common fact that obnoxious partners are usually able to find the sort of Lawyers that would mirror their nasty moods and pass them on to their Ex-partners – people like you – during the court hearings.

Some Tools and Strategies to Help You Cope with Your Understand Your Rights.

1. Understand Your Rights.

Before attending the divorce hearing, familiarize yourself with your rights and legal standing. Knowing what you're entitled to can provide a sense of empowerment and confidence, which can help you remain composed when faced with challenging situations in court.

Consult with your own lawyer beforehand to understand the legal aspects of your case thoroughly.

2. Focus on Facts, Not Emotions.

During the hearing, it's crucial to focus on presenting facts rather than letting emotions take over. Your ex-partner's lawyer may try to provoke an emotional response from you, but by staying grounded in factual information and maintaining a calm demeanour, you can maintain control of the situation.

Stick to discussing relevant issues related to the divorce and avoid getting drawn into personal attacks or emotional arguments.

3. Practise Self-Care.

Prioritize self-care in the days leading up to the divorce hearing.

Engage in activities that help you relax and reduce stress, whether it's meditation, exercise, spending time with supportive friends and family, or pursuing hobbies you enjoy.

Taking care of your physical and emotional well-being will strengthen your resilience and ability to cope with challenging situations.

4. Establish Boundaries.

Set boundaries for yourself regarding what you will and will not tolerate during the divorce hearing. If your ex-partner's lawyer crosses a line with disrespectful or cruel remarks, remain firm but composed in asserting your boundaries.

You have the right to request that the proceedings remain professional and respectful, and your demeanour can set the tone for how others interact with you in court.

6. Lean on Support Systems.

Seek support from trusted friends, family members, or a therapist who can provide emotional support during this challenging time.

Having someone to talk to and lean on for encouragement, can help bolster your confidence and resilience, making it easier to withstand any adversity you may face in court.

6. Stay Mindful and Present.

Practise mindfulness techniques to stay present and grounded during the divorce hearing.

Focus on your breathing, and if you feel overwhelmed by emotions, take a moment to centre yourself before responding.

Remember that you are in control of your reactions, and staying mindful can help you respond thoughtfully rather than reactively.

7. Lower Your Expectations of Your Ex.

One way of not getting overwhelmed by what your Ex or their Lawyer may say or do in Court, is to **lower your expectations of them to zero**. Expect the very worst behaviour from your Ex and his/her lawyer.

So, if they behave a little better than you expected them to behave, it means that you will not be too disappointed. The pain caused would be much easier to bear.

If, however, you had high expectations, and your Ex and his Lawyer did not match those expectations, your disappointment would be so much higher and much more painful and difficult to bear.

8. Put on Your Teflon Coat for the Court Attendance.

Your Teflon Coat is an imaginary Waterproof Coat – like a Raincoat with a hood, or something like an Astronaut’s Overall.

You are covered from Head to toe, so, no ugly vibes can reach your person or your body. They will bounce off your coat so neither your body nor your emotions will be affected by any hurtful looks or words that your Ex or his Lawyer may say to destabilise your equilibrium.



ASTRONAUT – Image from Pixabay.com.

What is Teflon Coating? Teflon is not a product on its own, but a brand name of a product. It refers to a chemical coating known as polytetrafluoroethylene (PTFE). It's a type of plastic sprayed on various items and then baked to create a nonstick, waterproof, noncorrosive, and nonreactive surface.

So, a Teflon Coat is protective of you and allows insults and harsh words to float off your coat without penetrating into your skin or your emotions. You will need to use your imagination and your mind of steel, to ensure that your **Teflon Coat** works well for you.

9. Practise the Techniques with a Mind-Movie.

A Mind-Movie is a live activity you create imaginatively in your mind.

It is important to create a Scene of you and your Ex. meeting on the Court premises.

- **How will you react?** (*Be Functionally friendly and walk away.*)
- **If he/she wants to chat, create a get-out excuse** – *Eg: I need to see to my Solicitor now.*
- **The court scene** (Imagine yourself staying **CALM** whatever your Ex's Solicitor is saying. Remember, his aim is to destabilise you, so you will lose your cool.

So, imagine yourself staying calm and collected all through this court hearing.

10. Say a Prayer Just Before the Court Attendance.

Are you a Christian? A Muslim or of any other religion? If yes, remember to pray that the morning before Court and ask for Divine strength to see you through the Court hearing. Pay attention to your gentle Inner Voice and do as it tells you.

So, instead of letting any harsh words affect you – leave out the negative emotion, stay calm and respond calmly and respectfully.

If you let your negative emotions take over, you will forget your reasonable thoughts and that will count against you.

REMEMBER: Whatever negative thing your Ex, or your Ex's Lawyer says to you or about you in Court, is possibly an attempt to break you. *Determine to NOT LET them break you. So, remain CALM all through.*

Assignments for Lesson 12.

1. Practise the techniques I have shared here before the Court dates. Do this regularly until you have mastered how to apply them naturally.
2. Practise the Mind-Movie technique many times before the Court hearing.
3. If you still feel anxious anytime you think of the Court Case, take some time to breathe in deeply, and breathe out slowly, six times, each time. This will help you relax.

I hope you found this lesson and the strategies I have shared here with you very helpful.

Apply them if you are still in the process of attending Court Hearings either for your Divorce or for Family Issues – like Childcare, Child Custody, Children's Maintenance, etc.

Add your notes here.

MODULE FOUR.

LESSON THIRTEEN.

MOVING ON – OVERCOME LIMITING BELIEFS & REDISCOVER YOUR IDENTITY.

Watch the Video For Lesson 13.



LEAP OF FAITH. Image from Pixabay.com.

Welcome back!

In this lesson, you will learn about **Limiting Beliefs** and **how to overcome them**, so that you can happily rediscover your positive identity.

Once you manage to do this, moving on positively with your life will be so much easier.

So, get ready to take that important “Leap of Faith”, as the person in the Cover Image, and Believe in your own ability to positively rebuild your life!

What are Limiting Beliefs?

Limiting beliefs are deeply ingrained beliefs or assumptions that hold us back from reaching our full potential.

In the context of a breakup or divorce, these beliefs can be particularly damaging, as they can affect one's **self-esteem, confidence, and overall well-being.**

Here's how to overcome limiting beliefs and develop a positive mindset after a breakup or divorce.

1. Identify Limiting Beliefs.

Take some time to reflect on the beliefs you hold about yourself, relationships, and the future. Common limiting beliefs after a breakup might include **"I'll never find love again," "I'm not worthy of happiness,"** or **"I'll always be alone."**

Recognizing these beliefs is the first step toward overcoming them.

2. Challenge Negative Thoughts and Reframe them.

Once you've identified your limiting beliefs, challenge them by questioning their validity.

Ask yourself if there is any evidence to support these beliefs, or if they are simply assumptions based on past experiences.

For example, if you believe you'll never find love again, remind yourself of times when you have felt loved and valued by others.

3. Practise Self-Compassion.

Be gentle with yourself during this difficult time. Understand that it's normal to experience a range of emotions after a breakup or divorce, and

it's okay to feel sad, angry, or confused. Treat yourself with kindness and understanding. Remember to avoid self-criticism.

4. Focus on Self-Discovery-Reconnect with Yourself.

Use this time as an opportunity for self-discovery and personal growth. Take up new hobbies, pursue interests you've always wanted to explore, and invest in activities that bring you joy and fulfilment. Reconnect with Your Real Self and Rediscover who you are as an individual outside of your relationship.

5. Seek Support.

Surround yourself with supportive friends and family members who can offer encouragement, advice, and a listening ear. Consider joining a support group or seeking professional help from a therapist or counsellor who specializes in relationship issues, like me.

6. Set S.M.A.R.T. Goals.

These are – Specific, Measurable, Achievable, Realistic and Time-limited Goals.

Set small, achievable goals for yourself to work toward. Whether it's improving your self-care routine, focusing on your career, or nurturing relationships with friends and family, having goals can give you a sense of purpose, direction and achievement. This will help to reduce your limiting beliefs about yourself and your abilities to succeed.

7. Practise Gratitude.

Cultivate an attitude of gratitude by focusing on the things in your life that you are thankful for. Keep a **gratitude journal** and write down three things you're grateful for each day, no matter how small.

This Gratitude Practice can help shift your perspective from focusing on what you've lost, to appreciating what you still have.

8. Visualize a Positive Future.

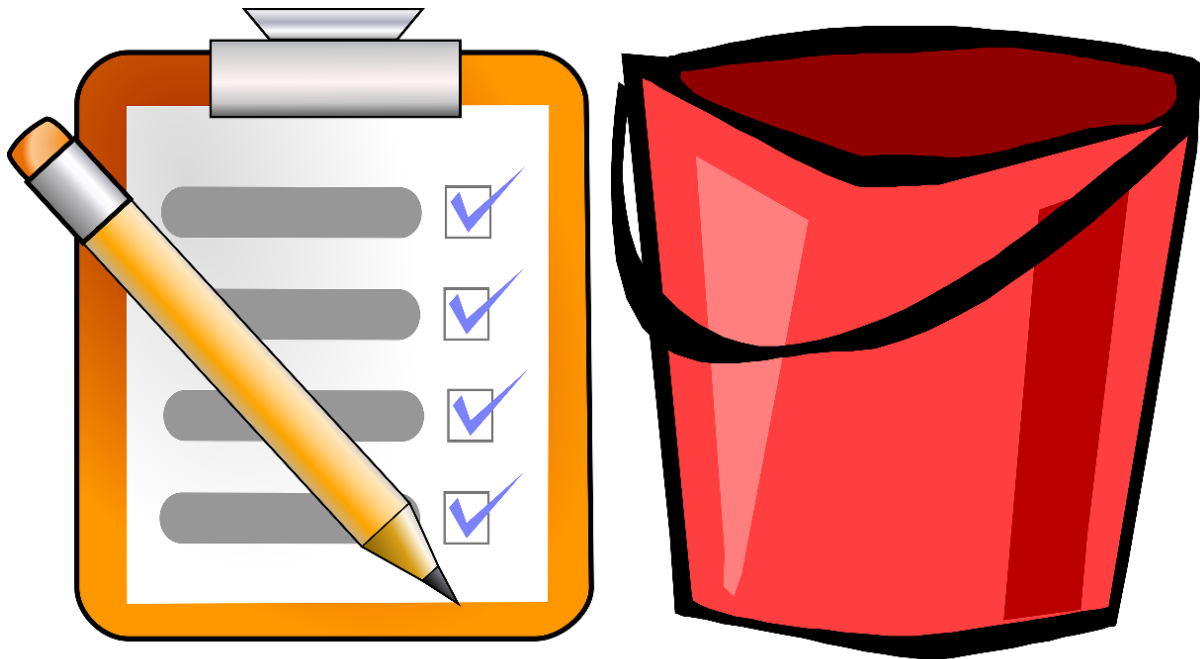
Spend time visualizing a positive future for yourself. Imagine yourself happy, fulfilled, and surrounded by love and support.

Visualizing positive outcomes can help you stay motivated and hopeful during challenging times.

9a. Create a Bucket List.

Visualizing a positive future is a great motivator. But your dreams will manifest faster if you create a Bucket List with Time-Limits.

CREATE A BUCKET LIST.



CREATE A BUCKET LIST - Images from Pixabay.com

9b. What do you want to put in Your Bucket List?

To make it more visual, buy a small bucket, or a small bag to put all your desires in. Remember, for everything you want to achieve, say by when you want to achieve it.

- On different pieces of paper, or, on one **To Do List**, write the things you want to achieve and **put when you want to achieve them, e.g.: date or year.**

For example:

No 1: Request for a short leave from my workplace – next Monday - and plan to go on a short 2-week holiday next Month.

No 2. Get my hair done at the hairdressers by next week Saturday.

**No 3. Change the Window Blinds – to give my home a fresh look
by the end of this month.**

**No 4. Search for a new Home and plan to buy one by the end of this
year.**

And so on and so forth.

**Now that you have your bucket list, the next thing to do is to create your
Vision Board.**

10a. Create Your Vision Board.

Your Vision Board helps to bring all your planned activities in your Bucket
list to your present vision.

**Look in magazines and newspapers and cut out the images of what
your future life would look like:**

For example – when you go on your planned holiday – what sort of activities
would you like to have?

If you are planning to buy a new home, what will it look like?

10b. Example of a Vision Board.

Create your own and put it up where you can see it every day, read it
through, say it aloud and dream about it.

Just the mere thought of having a bright and happy future without your Ex in
it will help to reduce your limiting beliefs and motivate you to do better
things with your life.

Example of a Vision Board.



11. Cherish Your Past Successes and Applaud Yourself.

Remind yourself of all the successes you've had in your life in the past, for example, passing examinations, having babies, passing your Driving Test, being successful at work, etc.

List out all the Successes you had in the past, including finding your last partner. Remember how it felt when that person said "Yes" to you?

It may have gone wrong now, but at that time, you felt successful and happy. So, count that as one of your wins.

Be Grateful for your past successes and re-assure yourself that you still have it in you to succeed and do even better than before!

Conclusion.

By actively challenging your limiting beliefs and adopting a positive mindset, you can navigate the challenges of a breakup or divorce with grace and resilience.

Remember that you have the power to create a fulfilling and meaningful life, even in the face of adversity and without your Ex.

Start planning a future life that will be full of all the things you love and cherish. Do not let your past failure deprive you of a beautiful and happy future.

Assignments For Lesson Thirteen.

1. Write down all your Limiting Beliefs – as many as comes to mind.

For example: *“I am not lovable”*.

And change it to something positive and affirmative like:

- I am very lovable. I know so because...(my parents love me, my children love me, my friends love me, God loves me, etc)

2. Create your **Bucket List** of all the things you wish to do and achieve, to create the Positive Future that You Want – starting from next week.

3. Create a **Vision Board** that shows all your Positive dreams of a very happy future.

Cut out newspaper images that show what you want for your future and stick it on your Vision Board in your bedroom or wherever you can see it regularly.

4. If you don't already have one, buy a special notebook and title it:

“My Daily Gratitude Journal”. In this Journal, write down your wins every day, and be grateful.

.....

Hey...Congratulations for getting this far on this Life-Changing Course.

Please practise everything you are learning because they work wonders!

Well, that's what my clients tell me!

- If you still haven't booked in for the Group Coaching, here is the link to book it: <https://rb.gy/suzbv>.
- If you would like additional Coaching on a One-to-One Basis, then click on this link to Book a Free Discovery Call: <https://rb.gy/xncrd>.

Notes.

MODULE FOUR

LESSON FOURTEEN.

POST-TRAUMATIC GROWTH -FINDING MEANING IN LOSS OR ADVERSITY.

Watch the Video for Lesson 14.



Welcome back!

In this lesson, you will learn several strategies that will enable you to bounce back, after the loss of your relationship. You mustn't let Failure in one aspect of your life define the rest of who you really are.

Look to the Future – Your own Happy Future.

I will give you a few examples of people who are famous despite the adversities they suffered in their own lives. This is an exciting lesson, so get ready to enjoy it!

What is Post-Traumatic Growth?

Post-traumatic growth refers to the positive psychological changes that can occur as a result of facing and coping with adversity or trauma.

Finding meaning in loss after a breakup or divorce can be a significant aspect of post-traumatic growth.

I'll give you some strategies that will enable you to overcome the trauma, so you can bounce back, and Take Full Control of your own life.

You will then be able to start the process of creating a much brighter Future for you.

Here are some ways that you can find meaning in your current situation.

1. Self-Reflection.

Take time to reflect on the experience and what it has taught you about yourself, your relationships, and your priorities in life. Journaling or speaking with a Coach or Therapist can help in this process. Be honest. We often blame our partners for all the things that went wrong in our relationships. But it does take **“two to tango”**.

If you look honestly within yourself, I'm sure you will see that there were a few things you did that brought both of you to this stage.

Granted that your partner may have contributed most of the negative things, but your reactions to those things could, perhaps, have been better. Be prepared to learn from your mistakes.

2. Reframing.

Look for ways to reframe the experience in a more positive light. For example, instead of seeing the breakup as a failure, consider it as an opportunity for personal growth and self-discovery.

Consider the fact that you are now more experienced about life, than you would otherwise have been, had you not partnered up with your Ex. You are all the wiser for it.

3. Finding Purpose.

Engage in activities or pursuits that give your life meaning and purpose. This could involve volunteering, pursuing a passion, or setting new goals for yourself. As your Coach I will help you set **SMART achievable goals**, so you can begin to achieve quick new successes in your life.

Consistent wins, however small each time, will help to restore your sense of self-worth and your self-confidence.

4. Building Resilience. Focus on developing resilience by cultivating coping strategies such as mindfulness, self-compassion, and seeking social support from friends and family whenever necessary.

5. Your Situation is Not unique to You.

I know it is natural to wallow in one's misery and keep asking the question: **"Why me?"**

Well, why not you? Have you checked the daily statistics, to see that separations, breakups and divorces happen every day?

Even amongst Celebrities?

So, know that you are not the only one, and that breakups or divorces are not unique to you.

It happened to me too!

6. Embrace Change.

Accept that change is a natural part of life and use the experience as an opportunity to embrace new beginnings and possibilities.



TIME FOR CHANGE. Image from Pixabay.com

7. Apply Gratitude - Count Your Blessings.

Gratitude opens your heart to more love and blessings.

That could be from your children, your workplace, your friends and family, etc.

Being grateful enables the Universe to flood you with more blessings. So, learn to count your blessings, however small they may seem, and say: **“Thank you, God!”**

Be grateful for what you have now. Be grateful for your life.

8. Embrace Your Faith, Seek Spirituality.

Do you belong to any Faith? If yes, you will find that it helps.

Just trusting that a Higher Being (or God) has your interest at heart, gives you a lot of comfort and the re-assurance that you are not alone.

Most people find that members of their religious or spiritual paths, tend to offer them help, when they are in trouble. They are usually kind and trustworthy friends.

Members of Spiritual Path can be of great support and reassurance to you if you are seen to be a faithful member.

Connect directly with God/Spirit, or whoever you believe in, in your prayers, your dreams, or in your spiritual gatherings. You will find comfort and meaningful support there.

8. My Personal Experience.

When I had my divorce after a 25-year marriage, I was completely “broken”. I cried repeatedly. I wasn’t wise enough to hire a Coach, but even if I had wanted to, I wouldn’t have had the money to pay for it. My Ex abandoned our six children to my care. My youngest was a baby girl, aged three at the time.

I suffered immensely because my Ex did not offer me any financial help. My teacher’s salary lasted for just about 14 days. So, I had to borrow from friends, sometimes, just to buy food for us.

My children’s love kept me going. They assured me that they loved me, and they would do their best to be good children.

I took on extra teaching jobs as a Tutor to make ends meet, before I was promoted to the Post of Head of English Department at my School in London. Things got better. My Children and I went on to do very well for ourselves, thanks to God!

You too can get over your misfortune and rebuild your life for the better.

9. Examples of Some Famous People Who Found Meaning In Their Loss or Adversity. I’m sure you’ve heard of them.

i) .Oprah Winfrey.

Oprah Winfrey experienced a tumultuous childhood, marked by poverty and abuse. However, she used these experiences to fuel her determination and resilience, eventually becoming one of the most influential media personalities in the world. She has spoken openly about how her hardships shaped her into the person she is today.

ii). J.K. Rowling.

Before finding success as the author of the Harry Potter series, J.K. Rowling faced numerous personal challenges, including the death of her mother and struggles with depression. She has since

spoken about how these experiences helped her to develop empathy and resilience, which are reflected in her writing.

iii). **Steve Jobs.**

After being ousted from Apple, the company he co-founded, Steve Jobs faced a period of profound disappointment and uncertainty.

However, he used this setback as an opportunity for growth and went on to found Pixar Animation Studios and NeXT Inc. Eventually, he returned to Apple and played a pivotal role in its resurgence.

iv. **Malala Yousafzai.**

Malala Yousafzai survived an assassination attempt by the Taliban for her advocacy of girls' education in Pakistan.

Despite this traumatic experience, she continued to champion education rights globally and became the youngest-ever **Nobel Prize** laureate. Malala has spoken about how the attack strengthened her resolve to fight for what she believes in.

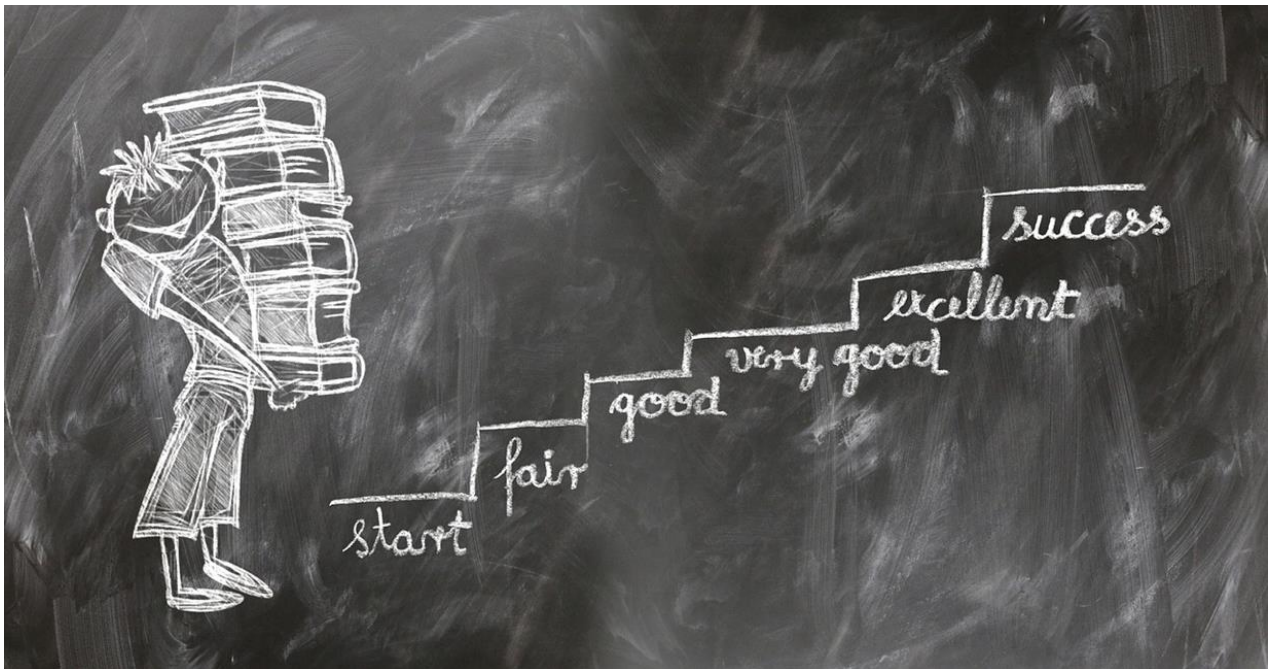
Encouragement.

I encourage you to see your traumatic experience as a Stepping-Stone to future and more rewarding successes.

Believe in yourself and Providence, just as those four people did, and you will recover fast from your pain, take what you have learnt and go on to build a much more positive and happier life for yourself.

I believe in you, so, don't let me or yourself down!

YOU CAN DO IT!!



SUCCESS CAN BE ACHIEVED ONE STEP AT A TIME. Image from Pixabay.com.

SUCCESS TAKES TIME. YOU CAN ACHIEVE YOUR GOALS ONE STEP AT A TIME, IF YOU STAY FOCUSED, DETERMINED AND PERSISTENT.



Image from Pixabay.com.

Assignments For Lesson Fourteen.

1. Self-Reflection.

Carefully reflect on your life with your Ex. What do you think you did wrong? Be honest. What aspect of that would you change positively if you could wind back the clock? List these things in your journal and write down what would be a better way to behave in future, if you were ever faced with such issues again.

2. Your Gratitude Box.

Create a Gratitude Box-maybe a cardboard box or a tin, or an envelope. Name it **“MY GRATITUDE BOX”**.

Write down everything that was good in your failed relationship. For example, holidays, gifts, a home, a car, your children, companionship, etc. Put each piece in the Gratitude Box. Be grateful.

3. Any time you feel miserable about your loss, pick out some of those Gratitude pieces, read them. Smile and say: **“Thank you for giving me that!”**. Do a little dance, if you like, and remember the good times **with gratitude, not with sorrow, anger or pain.**

Fill your heart with gratitude for the opportunity you were given to grow.

I hope you enjoyed studying this lesson as much as I enjoyed writing and presenting it to you!

Congratulations for working through the exercises too!

Listen to this lesson again and do the Exercises. Write your wins in your Gratitude Journal!

MODULE FOUR. LESSON FIFTEEN.

MOVING ON.

EMBRACE YOUR INDEPENDENCE. CULTIVATE RESILIENCE, SELF-RELIANCE AND PERSONAL GROWTH.

Watch the Video for Lesson Fifteen.



FREEDOM. Image from Pixabay.com.

Welcome back!

How have you been? I hope getting much happier?

In this lesson, you will learn how to do the following:

- **How to cultivate Resilience and become Self-Reliant.**

- **How to Improve Your Personal Growth – so you can carve out a successful life for yourself.**
- **How to Embrace Your Independence from your Ex and become your own Boss.**

Let's start with the idea of Rediscovering your Identity.

So, who are you now?

When people get married or get coupled up in a relationship, they do everything they can to replan their lives so they can merge their assets as well as their personalities as much as possible.

So, they plan their lives together, having a house, having babies, holidays and every celebration, their finance and so on and so forth. You become literally **“joined at the hips”!**

1. Manage Your Attendance at Social Events.

It would be embarrassing at first, in social circles, when you turn up alone. People will keep asking you about your Ex.

“Oh, hello? Where is your husband / wife? Is he/she okay? Why isn't he/she here with you?” Just mumble something and move elsewhere!

If possible, avoid attending such events where you and your partner were well-known together, at least, for a while.

2. Develop Self-Reliance - Trust Your Instincts and Embrace Your Independence.

Start thinking differently. Reclaim your own identity. So, instead of ***“My husband and I”*** or ***“We, will do so and so”***, say instead: ***“I will do so and so”***.

It sounds simple, but it will be very difficult at first. You have been used to making decisions together with your partner, so now that you are on your own, you have to think alone, plan alone and execute your plans alone!

It would feel very lonely at first.

You just need to **trust yourself and your instincts**. Believe that you are more than capable of going it alone and do whatever seems right for you. By so doing, **you become self-reliant**.

3. Reflect on the past relationship: Take some time to reflect on the relationship and what you learned from it. What were the strengths and weaknesses of the relationship? What patterns or behaviours contributed to its end? Reflecting on these questions can help you gain insight into yourself and your needs in future relationships.

4. Reconnect with yourself: Use this time to reconnect with who you are outside of the relationship. What are your interests, passions, and values?

Spend time engaging in activities that bring you joy and fulfilment, whether it's hobbies, spending time with loved ones, or pursuing personal goals.

5. Set new goals: Take this opportunity to set new goals for yourself, both personally and professionally. **What are your aspirations for the future?** Setting goals can give you a sense of purpose and direction as you move forward. Make sure to Make your Goals **S.M.A.R.T. - Specific, Measurable, Achievable, Realistic and Time-limited**.

Then choose the most urgent goal to work on within a week or two. Create an **Action Plan** on How you can accomplish this one Goal. Do all you can to do all you've set out to do within the week and tick them off as you achieve them. Celebrate your achievements, however small.

6. Explore new opportunities.

Embrace the freedom that comes with being single again and explore new opportunities. Whether it's trying new experiences, meeting new people, or pursuing new career paths, stepping outside of your comfort zone can help you grow and discover new aspects of yourself.

Join relevant groups – online or in-person groups – to help you gain new perspectives on life and how to do things as a single person, or a single parent. You can also explore opportunities for your children's growth, if you have kids.

7. Focus on the present moment: Practise Mindfulness.

Instead of dwelling on the past or worrying about the future, **focus on the present moment. Mindfulness practices** such as meditation or yoga, can help you stay grounded and centred in the here and now.

8. Embrace growth.

Remember that growth often comes from adversity. While going through a breakup or divorce is undoubtedly difficult, it can also be a catalyst for positive change and personal growth. Embrace the opportunity to rediscover yourself, cultivate resilience, and create a life that aligns with your true identity and purpose.

How can you become resilient?

9. How to Practise Resilience.

Being resilient means that you have the ability to withstand adversity.

Resilience is the ability to withstand adversity and bounce back from difficult life events. Being resilient does not mean you never experience stress, emotional upheaval, and suffering.

Resilience involves the ability to work through emotional pain and suffering without giving up.

Why is resilience so important?

When you practise resilience, you do not allow yourself to be “beaten” by any of life’s ups and downs. You bounce back and carry on. Every disappointment becomes a great motivation for you to do better next time.

In NLP, (Neurolinguistic Programming) we call every disappointment a new learning opportunity, hence the saying: ***“There is never any failure, only feedback”***.

Feedback can sometimes seem harsh, but if you accept it as an opportunity to change your circumstances for the better, then you will dust yourself up, learn new skills and improve your circumstances.

Here are the Factors that enable you to become resilient.

Internal Factors

Self-Control, Flexibility, ability to cope, adaptability, acceptance, and willpower.

Self-Confidence and Strength, self-reliance, determination, resourcefulness, perseverance, courage, optimism, and humour.

External Factors.

Personal Relationships: Friends, loved ones, colleagues, and others.

Purpose and Meaning: Things that motivate or inspire you.

Communities and Social Support, your tribe, including people who can empathize with your circumstances at life’s challenging moments”.

Choose these wisely.

Your New Bucket List Comes in Handy Here.

If you have not already created your bucket List as suggested in an earlier lesson, now is the time to do so. Since you are no longer under the influence of your Ex, what are those things that you gave up for the sake of sustaining harmony in your past relationship? This is now your opportunity to Create Your Own Bucket List.

As explained earlier, a Bucket List is simply a list of things or activities that you have always wanted to do, but because of the constraint on you from

your Ex, you never got to do them. Now is your Chance to fulfil your dreams, just for you!

Remember to name the item and give it a time when you must have it done. Maybe you've always wanted to go on a Cruise to the Caribbeans? Plan it, give it a time limit and do it.

YEA! You are your own boss now! Celebrate Your Freedom!

Here's What One of my Clients, Ade, Said About the Usefulness of the Bucket List During Her Coaching Sessions with me.

“Writing the Bucket List at the very beginning of my Coaching journey with Dr Grace, was very inspiring and really encouraged me to dream big for my future. I didn't have to be afraid of anything or anyone. All I have to do, is to unleash the creative power within me, and plan a glorious future for myself, through creating an ambitious but well-informed plan, that will be actionable within a specific time.

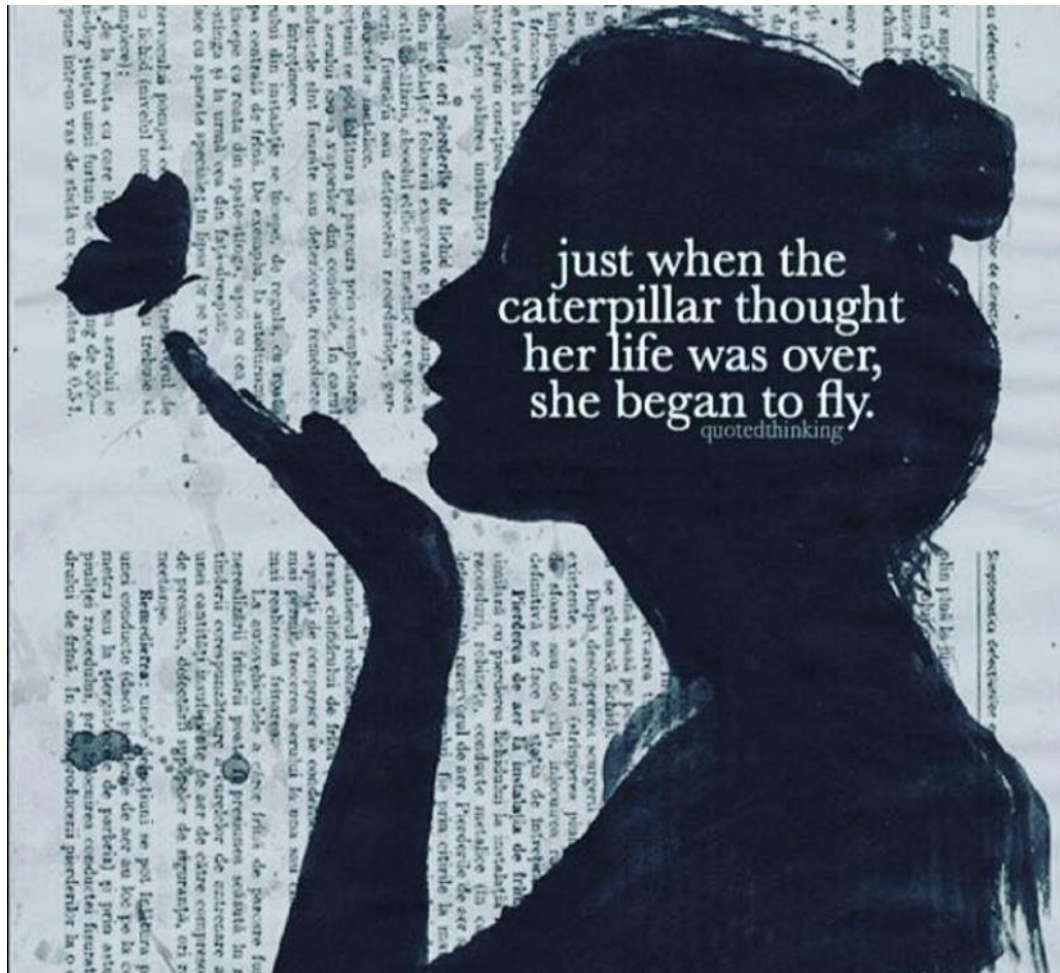
In other words, we set SMART Goals, and she held me accountable, so I had to follow through the Weekly Action Plans. Wow...they are yielding such great results for me already!

Being able to share these plans created a powerful platform on which I felt so comfortable, because of all the guidance Dr Grace offered me.

*She is amazing and I unreservedly give her five stars - 5*****”*

Ade.

YOU CAN REINVENT YOUR LIFE AND ACHIEVE NEW AND INCREDIBLE SUCCESSSES – JUST LIKE THE CATERPILLAR!



Like the Caterpillar, you too can metamorphose into a butterfly and fly!

You just need to believe in yourself and your own abilities.

Assignments for Lesson 15.

- 1. What do you understand by Self-Reliance? How can you cultivate it in your life?**
- 2. What do you understand by Resilience? In what ways can you become more resilient?**
- 3. Create Your New Bucket List – things you’ve always wanted to do but couldn’t do because your Ex wouldn’t allow them. Create a Timeline for each activity. Be realistic.**
- 4. How can you improve your Personal Growth – through Courses, a new Job, etc?**
Set a Goal and make it happen.
- 5. Write in Your Gratitude Journal about the things you have learnt from this Course that you are truly grateful for. Remember to write about how they are helping you recover from the emotional trauma that you had at the beginning.**

MY COACHING OFFERS.

1 Join My 6 Months’ Free Group Coaching Offer for all the Students of this Course. It’s included in this Course.

Book your Slot on this link. <https://rb.gy/suzbvv>.

2. IF YOU WISH, YOU MAY BOOK ADDITIONAL COACHING WITH ME: 1 TO 1. THIS IS A PAID SERVICE.

Book A Free Discovery Call With Me on this Link.

<https://rb.gy/xncrd>.

.....

You have done very well getting to this point on this course! Congratulations!

Please do all the Assignments set as they are designed to help you put into practise everything that you are learning.

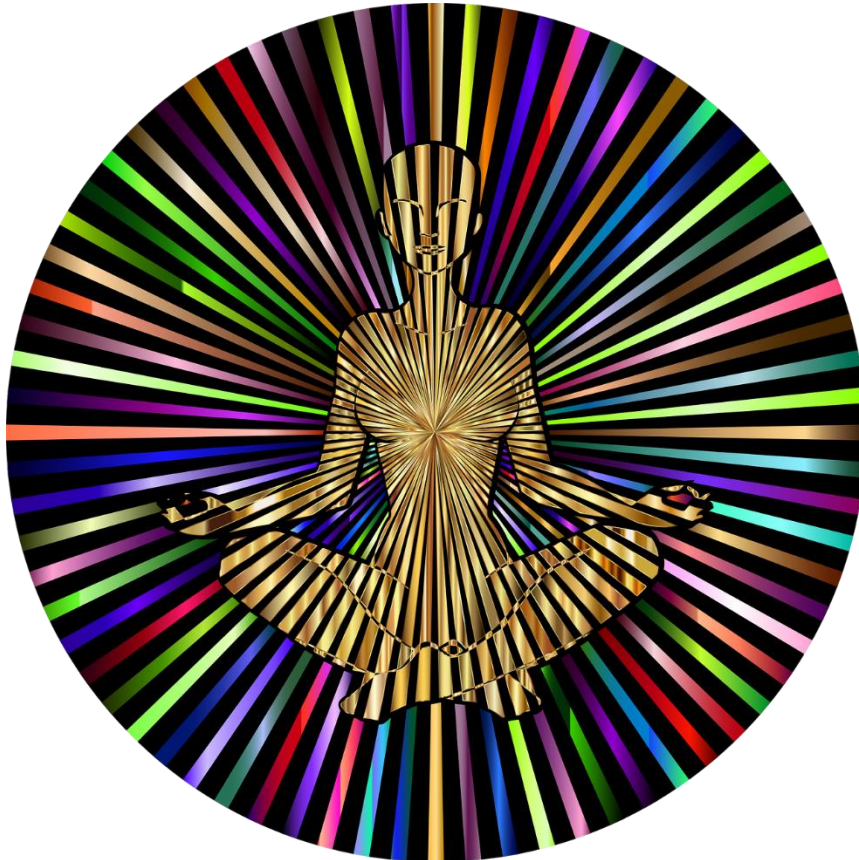
Make sure to celebrate your successes as you go along.

MODULE FOUR.

LESSON SIXTEEN.

GUIDED MEDITATION FOR VITALITY AND MORE EMOTIONAL BALANCE.

Watch the Video For Lesson 16.



MEDITATION. Image From Pixabay.com.

Welcome back!

In this lesson, I will give you a guided Meditation that I put together for you. It is designed to help you revitalise your energy and help you regain your

positivity. You need this so you can start to plan a new life for yourself that will be full of positivity.

Here is the Script.

Find a quiet place.

As we embark on a journey of renewal

With the rhythm of the Ocean

Close your eyes and visualise

The vast sea stretching before you

Inhale deeply

Drawing in the crisps of the air

As you exhale, release any accumulated tension

Picture the waves, each breath mirroring their gentle rise and fall

With each inhalation

Imagine the Ocean's Energy Fusing You with Vitality

Exhale, letting go of any fatigue or negativity

Feel the urban flow of the tide

Sinking with your breath

Renewing your mind, body and spirit

Allow the ocean's timeless wisdom to wash over you

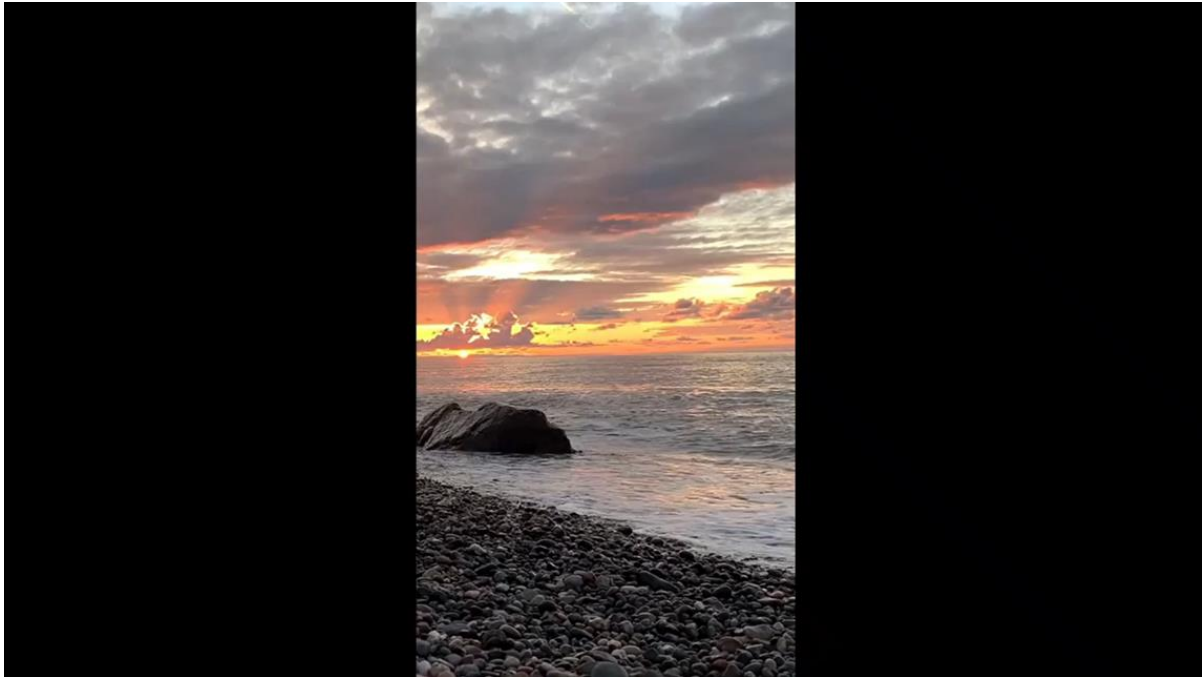
Leaving you refreshed and revitalised.

Congratulations on Getting this far!

This Meditation exercise will help you revitalise your energy, especially, your emotional energy, so you can have the strength to carry on with living your life positively.

Enjoy it.

Play and follow the Guided Meditation.



<https://youtu.be/luUdlqx4KEE>

Assignments for Lesson 16.

1. Practise this meditation exercise at least once a day. If possible, do this in the morning and at night before you go to bed.
2. Write down your results - especially about your mood changes – in your Journal.

Congratulations on Getting this far!

This Meditation exercise will help you revitalise your energy, especially, your emotional energy, so you can have the strength to carry on with living your life positively.

Enjoy it.

Notes.

MODULE FIVE.

LESSON SEVENTEEN.

NEW BEGINNINGS.

ABUSIVE RELATIONSHIPS AND HOW TO STAY SAFE.

Watch the Video for Lesson 17.



ABUSIVE RELATIONSHIPS. Image from Pixabay.com.

Welcome back!

In this lesson, we will look at the signs of abuse to look out for, now that you are free from your last relationship.

The reason for this, is to enable you to quickly spot a possible abuser, when or if, you were to start dating again. It is very important not to make the same mistake again.

Knowing what to look for in a new possible partner, that can alert you to the fact that they may be abusive, is an important step towards finding a better partner than the one you had before.

Here are some questions for you.

Are you still experiencing, or have you experienced any of the following? If you tick off any of them, then you are most probably in an abusive relationship, or you were in an abusive relationship.

Here are some signs that show that one is in an abusive relationship.

1. Controlling Behaviour: Abusers often exert control over their partners, dictating what they can wear, who they can see, and where they can go. They may use jealousy as a guise for this control, accusing their partner of cheating or flirting without cause.

2. Manipulation and Gaslighting: Gaslighting is a tactic where the abuser manipulates their partner into questioning their own feelings, judgment, and reality. They may deny saying or doing hurtful things, blame their partner for their behaviour, or twist the truth to make their partner doubt themselves.

3. Isolation: Abusers often isolate their victims from friends and family, making it harder for them to seek support or leave the relationship. They may belittle their partner's loved ones or create conflict to keep them away.

4. Emotional Abuse: This can take many forms, including insults, criticism, humiliation, and threats. Abusers may use words to chip away at their partner's self-esteem, making them feel worthless or undeserving of love.

5. Physical and Sexual Abuse: While not all abusive relationships involve physical violence, it's a common tactic used to exert power and control.

Sexual abuse can also occur within the relationship, with the abuser disregarding their partner's boundaries and consent.



VIOLENCE & PHYSICAL ABUSE. Image from Pixabay.com.

6. Lack of Empathy: Narcissistic abusers often lack empathy for their partner's feelings and needs. They may dismiss their emotions, minimize their experiences, or show little remorse for their actions.

7. Cycle of Abuse: Abusive relationships often follow a cycle of tension building, explosion (where abuse occurs), and reconciliation (where the abuser apologizes, promises change, and may even be excessively loving).

However, the cycle repeats itself, with the abuse escalating over time.

8. Blaming and Shifting Responsibility: Abusers rarely take responsibility for their actions and instead blame their partner or external factors for their behaviour. They may justify their actions or minimize the harm they've caused.

9. Financial Abuse: This involves controlling the finances in the relationship, preventing the partner from accessing money or resources, or using money as a tool for manipulation or punishment.

10. Threats and Intimidation: Abusers may use threats of violence, suicide, or harm to loved ones to maintain control over their partner. They may also use intimidating behaviour, such as smashing objects or making aggressive gestures, to instil fear.

If you recognize these signs in your relationship, it's essential to seek support from trusted friends, family, or professionals.

Leaving an abusive relationship can be challenging, but there are resources available to help you navigate the process safely. Remember, you deserve to be treated with respect, kindness, and love.

HOW TO STAY SAFE FROM AN ABUSER.

United Kingdom.

If you're in the UK and experiencing abuse, there are several steps you can take to stay safe:

Contact Support Services: Reach out to organizations such as **Women's Aid (0808 2000 247)** or the **Men's Advice Line (0808 801 0327)** for confidential support, advice, and resources. These organizations can provide guidance on safety planning and help you access emergency accommodation if needed.

USA.

Here are some steps you can take to help protect yourself from an abusive partner in the USA.

Reach out for help:

Contact organizations like the National Domestic Violence Hotline (1-800-799-SAFE), or your local domestic violence shelter.

They can provide you with support, resources, and guidance on how to stay safe.

Canada.

If you're in Canada and are experiencing abuse, your safety is the top priority. Here are some steps you can take to protect yourself:

Emergency Services: If you're in immediate danger, **call 911 or your local emergency number.** They can dispatch law enforcement to ensure your safety.

Shelter: Seek refuge in a safe place such as a women's shelter or a friend's house. There are shelters across Canada that provide a safe haven for those fleeing abusive situations.

Support Hotlines:

Contact support hotlines for advice, guidance, and emotional support. In Canada, you can call the Assaulted Women's Helpline at 1-866-863-0511 or the National Domestic Violence Hotline at 1-800-799-7233.

Australia.

If you're in Australia and are experiencing abuse, your safety is the top priority.

Here are some steps you can take to protect yourself.

Reach out for help.

Contact local support services or hotlines for domestic violence. In Australia, you can **contact 1800RESPECT (1800 737 732)**, which is a national sexual assault, domestic and family violence counselling service. They can provide you with support, advice, and resources tailored to your situation.

Here are Other Vital Steps You Can Take To Ensure Your Safety.

1. Create a safety plan.

Develop a plan for how to leave safely if you need to, including where you will go and how you will get there. Keep important documents like identification, passports, and financial records in a safe place where your partner can't access them.

2. Document the abuse.

Keep a record of any incidents of abuse, including dates, times, and descriptions of what happened. Take photos of any injuries and keep any threatening messages or voicemails as evidence.

3. Utilize Legal Protections: If you feel comfortable, consider seeking legal advice about obtaining a restraining order or injunction to protect yourself from further harm. Legal aid may be available for victims of domestic abuse.

4. Seek Medical Attention if Necessary: If you've been physically injured, seek medical attention immediately. Document any injuries with photographs and medical records, as this documentation may be important if you decide to take legal action against your abuser.

5. Stay connected.

Keep in touch with trusted friends, family, or support groups who can provide emotional support and help you stay safe.

6. Use Technology Safely.

Be cautious about using technology, as abusers may monitor phone calls, text messages, emails, and social media activity. Consider using devices and accounts that your abuser doesn't have access to, such as those provided by support organizations.

7. Safety at home.

If you're still living with your abusive partner, try to avoid being alone with them, and have a plan for how to leave quickly if the situation becomes dangerous.

8. Know your rights.

Familiarize yourself with your legal rights and options, including resources available in your area for victims of domestic violence.

9. Consider Your Housing Situation.

If it's safe to do so, consider relocating to a safe place, such as a friend or family member's home, a shelter, or temporary accommodation provided by support services. Ensure that your address remains confidential.

10. Trust Your Instincts.

If you feel unsafe at any time, trust your instincts and take steps to protect yourself. Avoid confronting your abuser alone and prioritize your safety above all else.

11. Self-Care.

Take care of your physical and emotional well-being during this challenging time. Seek support from therapists, support groups, or helplines to help you cope with the effects of abuse.

Remember, you are not alone, and there are people and resources available to help you stay safe and navigate the process of leaving an abusive relationship.

Assignments For Lesson 17.

1.Go through the lesson again.

List out all the actions that you had from your Ex while you were still together.

2. Plan an Exit Route if you are still with your Ex.

Make sure to be safe. Follow the guide I gave earlier.

3. Inform your nearest and dearest Family member or a trusted friend about what is going on and ask them to check on you at least once a day.

4. Practise one of the Meditation exercises I've given you to help you keep calm. You can write your own affirmation statements which you can recite as you listen to the Calming Music. Make it positive.

5. Write down the good qualities to look for in a new person that may want to date you. These should be the opposites of the abusive characteristics mentioned in this lesson. Keep these handy.

Congratulations on completing this lesson!

This has been a fairly long lesson. But abuse in a relationship is a very important topic.

Make sure to study this lesson again. Remember to make your safety a priority, both for you and your children, (if you have any).

COURSE MANUAL – OVERCOME EMOTIONAL TRAUMA FROM FAILED RELATIONSHIPS ETC
- DR GRACE ANDERSON.

Notes.

MODULE FIVE.

LESSON EIGHTEEN.

MOVING ON: IMPROVE YOUR CAREER PROSPECTS, LEARN NEW SKILLS.

Watch the Video For Lesson 18.



SKILLS. Image from Pixabay.com

Welcome back!

In this lesson, we will look at **ways for you to improve your career prospects** after your divorce or a breakup.

This is a crucial step towards achieving financial stability and personal growth.

It is quite possible that you are already in a job you love, or that you already have a thriving business. If so, great. But there is always room for improvement either in your career or in your business.

Here are some steps you can take to enhance *your* career after a divorce.

1. Assess Your Skills and Interests.

Take some time to reflect on your skills, interests, and passions.

Consider what you enjoy doing and what you're good at. This self-assessment will help you identify potential career paths that align with your strengths and preferences.

2. Identify Skill Gaps.

Once you have a better understanding of your skills and interests, identify any gaps that may exist between your current skills and the requirements of your desired career. Research the skills and qualifications needed for your target job and make a plan to acquire them.

3. Invest in Education and Training.

Consider pursuing further education, certifications, or training programs to enhance your skills and qualifications. This could involve enrolling in courses at a local community college, attending workshops or seminars, or obtaining industry-specific certifications.

4. Network.

Networking is essential for career advancement. Reach out to former colleagues, friends, family members, and professionals in your desired field. Attend industry events, join professional associations, and participate in online networking platforms to expand your professional network and learn about job opportunities.

5. Update Your Resume and LinkedIn Profile.

Ensure that your resume and LinkedIn profile are up-to-date and tailored to highlight your relevant skills, experiences, and accomplishments. Use

keywords and phrases that are commonly used in your desired field to improve your visibility to potential employers.



CAREER ADVICE AND IMPROVEMENT

Image from Canva.com

6. Gain Experience.

Consider taking on internships, volunteer opportunities, or freelance projects to gain valuable experience and build your resume. Even if these opportunities are unpaid or low-paid initially, they can provide valuable learning experiences and help you establish credibility in your chosen field.

7. Consider Career Change or Advancement.

If you're feeling stagnant in your current career, consider exploring new career paths, or seeking opportunities for advancement within your current field. Be open to taking on new challenges and responsibilities that can help you grow professionally.

8. Seek Mentorship.

Find a mentor who can provide guidance, support, and advice as you navigate your career path. A mentor can offer valuable insights, help you set goals, and hold you accountable for your professional development.

9. Stay Resilient.

Building a successful career takes time and perseverance. Be patient with yourself and stay resilient in the face of challenges and setbacks. Keep pushing forward and remain focused on your long-term goals.

Conclusion.

By taking proactive steps to improve your skills, expand your network, and pursue new opportunities, you can enhance your career prospects and achieve financial stability after a divorce.

Remember to stay positive, stay focused, and believe in your ability to create a fulfilling and successful career.

Self-Employment.

Becoming Self-Employed - Possible alternatives to full-time employment.



SELF-EMPLOYMENT. Image from Pixabay.com.

What can you do as a Home-Run business if you are raising your young children alone or are not in the position to take on a new job?

Running a home-based business while raising young children or managing other responsibilities can be challenging, but it's definitely possible with the right approach.

Here's a guide to help you navigate this journey.

1. Identify Your Skills and Interests.

Start by listing down your skills, hobbies, and interests. This could range from writing, graphic design, social media management, crafting, tutoring, baking, or any other skill you possess or are passionate about.

2. Research Potential Business Ideas.

Once you have a list of your skills and interests, research potential business ideas that align with them. Consider factors such as demand, competition, and scalability. Look for opportunities that allow flexibility in terms of time and location.

3. Assess Your Resources.

Take stock of the resources you have available, including time, money, and equipment. Determine how much time you can realistically dedicate to your business each day or week, taking into account your childcare responsibilities.

4. Create a Business Plan.

Develop a business plan outlining your business idea, target market, marketing strategy, revenue streams, and financial projections. This will serve as a roadmap for your business and help you stay focused on your goals.

5. Set Up Your Home Office.

Designate a space in your home as your office where you can work without distractions. Make sure it's organized, comfortable, and equipped with the necessary tools and technology to run your business efficiently.

6. Establish a Schedule.

Create a schedule that balances your work and childcare responsibilities. Set aside specific blocks of time for work, making sure to prioritize tasks based on their importance and deadlines. Be flexible and willing to adjust your schedule as needed.

7. Outsource and Delegate.

Consider outsourcing tasks that you don't have the time or expertise to handle yourself, such as accounting, website design, or marketing. Hiring an affordable Virtual Assistant from Upwork.com, Fiverr.com, or other such Freelance platforms can be very helpful. You may also delegate household chores and childcare duties to family members or hire help if feasible.

8.Utilize Technology.

Take advantage of technology to streamline your business operations and communication. Use project management tools, accounting software, and communication apps to stay organized and efficient.

9. Market Your Business.

Develop a marketing strategy to promote your business and attract clients or customers. This could include creating a website, leveraging social media, networking with other professionals, attending local events, or offering promotions and discounts.

10. Provide Excellent Customer Service.

Focus on providing excellent customer service to build trust and loyalty with your clients or customers. Respond promptly to inquiries, address any concerns or issues promptly, and strive to exceed expectations with your products or services.

11. Get Specific Academic Support For Your Children.

You may find that your children may begin to feel lonely, or even neglected, while you are struggling to get your business off the ground. That would be unfortunate.

Don't expect your children to understand the strain you are under. So, to help them with their schoolwork, hire a tutor or two for your children. This will enable them to maintain their academic progress, while at the same time, have an extra person in their lives, even if it's only for an hour or two per week.

12. Stay Consistent and Persistent.

Building a successful home-based business takes time and effort, so stay consistent and persistent in your efforts. Be patient with yourself and celebrate small wins along the way.

13. Seek Support for Yourself.

Surround yourself with a supportive network of friends, family, and fellow entrepreneurs who understand the challenges you're facing. Join online

communities or local networking groups where you can share experiences, seek advice, and find inspiration.

Conclusion.

Remember, running a home-based business while raising children is a juggling act, and it's okay to ask for help when you need it. Stay focused on your goals, stay adaptable, and don't be afraid to pivot if necessary.

With dedication and perseverance, you can build a successful business while being there for your children.

Assignments For Lesson 18.

1. Consider all the strategies that I have shared in this lesson.
2. Choose the strategies that most resonate with you. Create an Action Plan to help you get started on what you have chosen to do.
3. Research your area of interest as much as you can. Write up your Business Plan. You can find Business Plan templates on the Internet.

Congratulations for getting through this lesson!

You are making very good progress! Make sure to celebrate every win or success you have.

Write them down in Your Gratitude Journal.

Notes.

MODULE FIVE.

LESSON NINETEEN.

START AFRESH. IMPROVE YOUR NEW LOVE PROSPECTS. WHO IS YOUR IDEAL PARTNER?

Watch the Video for Lesson 19.



Welcome back!

I bet you weren't expecting this!

Whatever you do, do not fall prey to an Online **Scammer** or an **Abuser!**

I thought I'd get that out there at the beginning of this lesson.

Apart from that, in this lesson, you will learn

the following:

- 1. Why loving someone new will be very good for you**
- 2. Understanding yourself and your own qualities**
- 3. Understand how to find the right person for you**
- 4. How to detect a possible abuser – (Also in Lesson 17).**
- 5. And much more.**

Why Is Having A Good Love Relationship Good For You?

I know what you are thinking... ***“I have just come out of my horrible relationship, and you are talking about a New Relationship?”***

Well, yes! A good loving relationship with the right partner will do you a lot of good.

However, do not jump into a new relationship just yet. Make sure you are fully healed from the pain of this past one before you start looking for a new one.

Here are what various studies have shown about loving and being loved.

1. Emotional Support.

Love provides a strong foundation of emotional support. Knowing that you have someone who cares deeply about you can bolster your resilience in times of stress or adversity. This emotional support can come in many forms, such as encouragement, comfort, and understanding.

2.Reduced Stress.

Love has been shown to reduce stress levels. When you're in a loving relationship, your body produces less **cortisol, the stress hormone**, and releases more **oxytocin**, often referred to as the "**love hormone**." Oxytocin promotes feelings of trust, bonding, and relaxation, which can have a calming effect on both your mind and body.

3.Improved Mental Health.

Feeling loved and cared for can positively impact your mental health. Studies have linked loving relationships to lower rates of depression, anxiety, and loneliness. Having someone to share your thoughts and feelings with can provide a sense of belonging and connection, which are essential for psychological well-being.

4.Increased Happiness.

Love contributes to overall happiness and life satisfaction. When you're in a loving relationship, you're more likely to experience joy, contentment, and fulfilment. Sharing experiences, creating memories, and building a life together can enhance your sense of happiness and fulfilment.

5. Better Physical Health.

Love can also have tangible effects on your physical health. Research suggests that people in loving relationships tend to have stronger immune systems, lower blood pressure, and reduced risk of cardiovascular disease. The emotional support and companionship provided by a loving partner can encourage healthier behaviours, such as regular exercise, balanced nutrition, and adequate sleep.

6. Longer Life Expectancy.

Studies have found that being in a loving relationship is associated with a longer life expectancy. The emotional and physical benefits of love can contribute to overall longevity, as people in loving relationships tend to take better care of themselves and have lower levels of stress-related illnesses.

7. Sense of Purpose.

Love can give you a sense of purpose and meaning in life. Knowing that you are deeply connected to another person and that your actions have a positive impact on their life can provide a sense of fulfilment and direction. Love motivates you to strive for personal growth and to be the best version of yourself for the sake of your relationship.

8. Reduced Loneliness.

It is a proven fact that people who are in a good relationship are less lonely than people who live alone with no love partner. Notice, I said “**good relationship**”. Unfortunately, if one is trapped in a bad relationship, they will experience acute loneliness, because they are often cut off from their family members and friends.

Summary.

You can see that having someone to love and be loved by, is good for you because it fulfils fundamental human needs for connection, support, and belonging.

Love enriches your life on both emotional and physical levels, leading to greater happiness, resilience, and well-being.

I Found New Love After My Divorce, So Can You!



My husband and I soon after our Wedding ceremony. *Copyrighted material.*

My Ex laughed at me, when I asked him for a divorce, after 25 years of suffering both emotional and physical abuse at his hands.

He told me:

“You will never find a man to love you because:

1) You are over 40 and old

2) You have six children for me – so, which man would want a woman with six children?

3. You are going to be lonely for the rest of your life! (And he laughed in my face.)

I thought I’d show you this Wedding Photo of me and my new husband, when we got married some years ago, now.

The important thing is: We are very happy!

Now that you know that being in love and being loved by a good person will do you a lot of good, how can you get started, looking for new love?

1.Understand Yourself and Your Qualities and Values.

The First thing to do is to Understand Yourself and Your Qualities and values.

What do you value most? What makes you feel “right” and completely in tune with yourself?

Once you know the qualities that you have and those things that you value the most, then you will be able to create a profile about yourself that will attract people with similar qualities.

Such qualities could be that the person needs to be:

Honest, Sincere, Kind, Diligent, Religious/Spiritual, Faithful, Loving, Tactile, Hardworking, Caring, etc.

Now that you know the qualities you have, create the qualities that you would like your new partner to have.

They could be exactly as the ones you listed above and more. **But, as we all know, there is no perfect Match anywhere.**

So, choose at least **7 Qualities** that are your ‘**Must-haves**’. These are the qualities that you also have. **If you and your Date have similar values and qualities, you will find that you would both be quite compatible.** Make sure you highlight these qualities on your own Online Profile.

Remember to be honest on your Profile – e.g., put your right age, etc. It could be very embarrassing if your next boyfriend / girlfriend were to find out that you lied about somethings on your profile. It would be difficult to trust you after that.

BE SAFE ONLINE – WATCH THE ROMANCE SCAMS: “FOR LOVE OR MONEY?” ON THE BBC TO STAY SAFE.

WARNING:

Never give your money to anyone you meet online; however their sad stories make you feel. Such people are liars and scammers. They don't love you. They love your money.

After my divorce, I tried Online Dating. My first attempt landed me in trouble. I lost more than £1,000 to two Online Scammers.

My Book – How to Find and Sustain a Great Relationship can help.



This Book, “*How To Find and Sustain a Great Relationship*” will give you a detailed Dating Guide and how to spot People with Abusive Tendencies. Check it out on Amazon.

<https://www.amazon.com/dp/B0BRDLYWVJ> Or on:

<https://www.amazon.co.uk/dp/B0BRDLYWVJ>.

Here's a Positive Affirmation Meditation Exercise.

This is Self-Directed. Write the words out.

Take deep breaths and on the release of each breath, say the following statements/affirmations, from your heart and mean it.

Play the audio to help increase the effect of your Affirmative Meditation.

Gratitude Meditation for New Love

I am very loving

I am very lovable

I am ready for my true love to walk into my life

I am very worthy of finding true love

I am very grateful for the love in my life

I am very happy with who I am

I am very loving and very lovable

I am ready for my new Love

I am very grateful.

GRATITUDE MEDITATION FOR NEW LOVE.



<https://youtu.be/wE84OjjB4MQ>.

Assignments For Lesson 19.

1. What can you pick from the benefits of being in a loving relationship, that will help you consider seeking love again? You can select as many of these points as you wish.
2. What are your own most treasured Qualities that make you who you really are?
3. Write out the Qualities you truly desire in your next Lover.

4. Practise Your Meditation daily – “Gratitude Meditation For True Love”

5. If you can, purchase and study my Book: *How To Find and Sustain a Great Relationship*.

Study it and follow the suggestions in there. They will also guide you positively when you are ready to find new love.

Huge Congratulations!

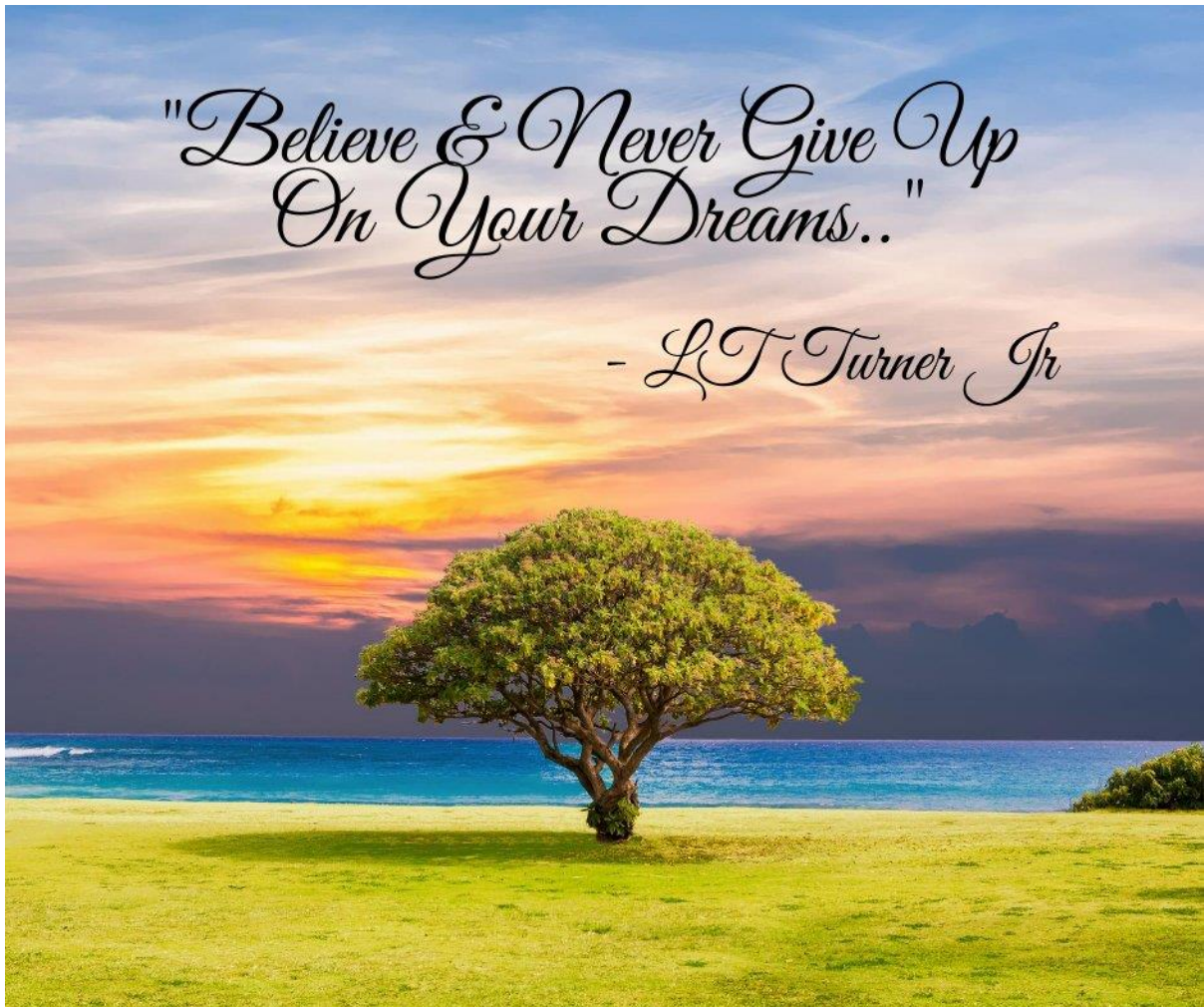
You have successfully completed this lesson. Celebrate!

Practise what you have learnt so far.

Remember to Practise your Meditation daily.

It will brighten your mood.

“BELIEVE AND NEVER GIVE UP ON YOUR DREAMS”

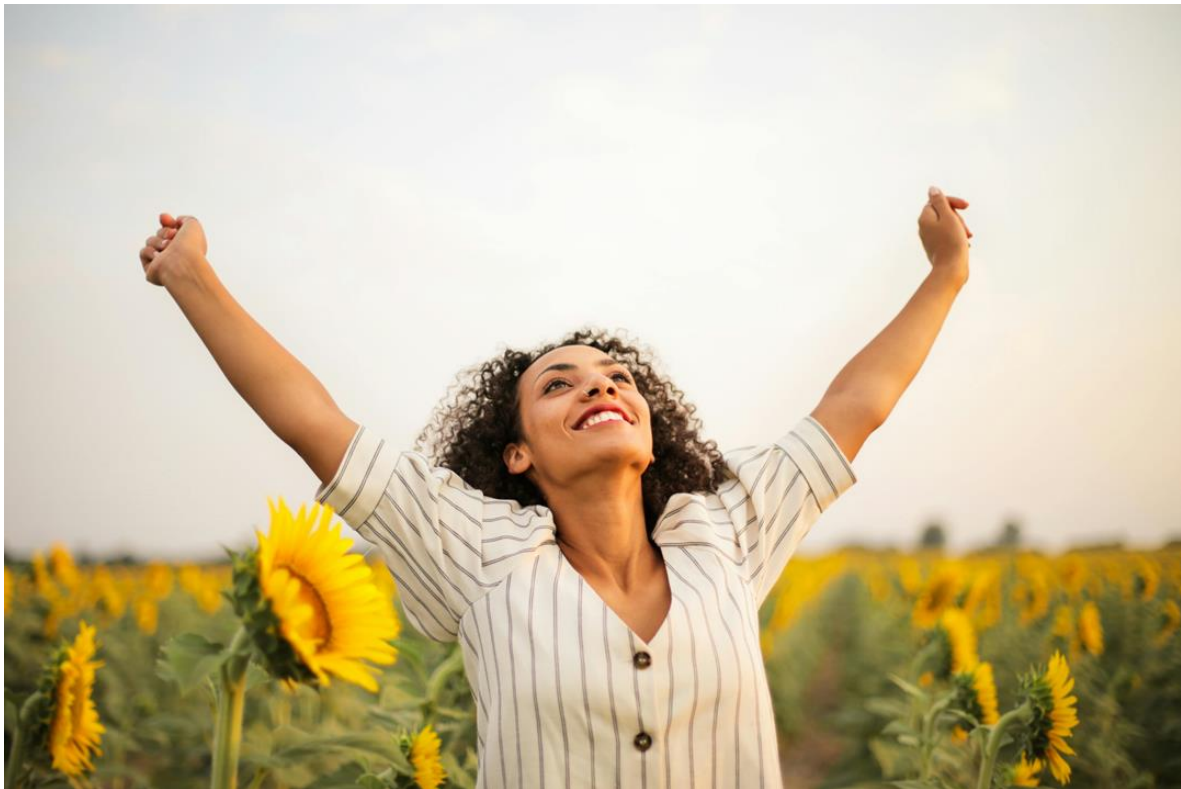


MODULE FIVE

LESSON TWENTY.

FUTURE BLISS: SUMMARY - HOW TO SUSTAIN A BALANCED, RESILIENT AND HAPPY PERSONALITY.

Watch the Video For Lesson Twenty.



Happy Woman. Image from Pixabay.com

Creating your future bliss after a breakup or divorce requires a combination of resilience, positive attitude, and intentional actions towards personal growth and happiness.

In this lesson, we will look at the Summary of the various strategies that I shared with you throughout this Course.

These strategies and tools will help you to maintain your ability to be resilient in the face of any adversity, retain a positive and grateful attitude,

and remain determined to succeed in whatever you've decided to do starting from now.

1. Acknowledge Your Feelings.

It's essential to allow yourself to feel the full range of emotions that come with a breakup or divorce. Whether it's sadness, anger, or confusion, give yourself permission to experience these emotions without judgment. Remember to see your pain as a learning experience.

2. Practise Self-Compassion.

Treat yourself with kindness and understanding during this challenging time.

Practise self-compassionate language and actions, such as reassuring yourself that it's okay to feel the way you do.

Be kind and compassionate towards yourself, especially during challenging times. Treat yourself with the same warmth and understanding that you would offer to a dear friend facing difficulties. Embrace your imperfections, practise self-care, and forgive yourself for any mistakes or setbacks along the way.

3. Seek Support.

Surround yourself with a supportive network of friends, family, Coach or a Therapist who can offer guidance, encouragement, and a listening ear. Sharing your feelings with others can help you gain perspective and feel less alone in your journey. **Remember, DO NOT KEEP TELLING OTHERS ABOUT WHAT HAPPENED BETWEEN YOUR AND YOUR EX. You should be over that by now.**

4. Focus on Self-Care.

Prioritize self-care activities that nourish your body, mind, and soul. This could include exercise, meditation, hobbies you enjoy, spending time in nature or engaging in creative outlets. Taking care of yourself physically and emotionally is crucial for building resilience.

5. Set Boundaries.

Establish clear boundaries with your ex-partner to protect your emotional well-being. This might involve limiting communication, unfollowing them on social media, or avoiding places where you're likely to run into them, at least until you've had time to heal. If you do run into him/her, be **functionally friendly**. **Never give out any personal details of anything you are doing.**

6. Develop a Get-out Statement.

If they try to be chattier than you want, find an excuse – **a get-out statement.**

Look at your watch and say something like: ***“Oh, is that the time? I’m running late for an appointment. Sorry, I have to go now. Bye”***

If they decide to be rude and nasty, put on your **Protective Coat** – remember, your **Teflon coat**? Yes, put that on, zip it all up and let the nasty remarks drop off your coat with no effect on your emotions. Then use your get-out statement as shared above.

7. Cultivate Gratitude.

Practise gratitude by focusing on the positive aspects of your life, even during difficult times. Keep a **Gratitude Journal** where you write down things, you're thankful for each day, whether it's a beautiful sunset, a kind gesture from a friend, or a personal accomplishment. Create gratitude affirmations to use every day. Use the Meditations that I share on this Course.

8. Set Goals and Dreams.

Take this opportunity to envision the life you want to create for yourself moving forward. **What are your goals, aspirations, and dreams?**

Break them down into actionable steps and start working towards them, one day at a time.

9. Stay Open to New Experiences.

Be open to new experiences and opportunities that come your way. This could include trying new hobbies, meeting new people, or exploring different career paths. Embrace the unknown with a sense of curiosity and adventure.

10. Forgive and Let Go.

Finally, practise forgiveness, both towards your ex-partner and yourself. Holding onto resentment and bitterness will only weigh you down and hinder your ability to move forward. **Instead, choose to let go of past hurts and focus on building a bright and fulfilling future for yourself.**

11. Embrace Resilience.

Cultivate resilience by reframing challenges as opportunities for growth. Instead of viewing setbacks as failures, see them as valuable learning experiences that can strengthen your resilience muscle. Practise resilience-building activities such as problem-solving, adaptability, and seeking support when needed.

12. Overcome Your Limiting Beliefs and Develop a Growth Mindset.

Let go of your limiting beliefs by challenging their authenticity. Adopt a growth mindset, believing that your abilities and intelligence can be developed through dedication and hard work. Embrace challenges with enthusiasm, learn from criticism, and celebrate the progress you make along the way. This mindset fosters a sense of optimism and possibility in all areas of your life.

13. Engage in Meaningful Activities.

Fill your life with activities that bring you joy, fulfilment, and a sense of purpose. Whether it's pursuing a passion project, volunteering for a cause you believe in, or spending quality time with loved ones, prioritize activities that nourish your soul and contribute positively to your happiness.

14. Stay Present in the Moment.

Practise mindfulness to stay grounded in the present moment and fully engage with life as it unfolds. Let go of worries about the past or anxieties about the future and focus on appreciating the beauty and richness of the present moment.

Mindfulness reduces stress, enhances emotional well-being, and cultivates a deeper sense of happiness and contentment.

HAPPINESS IS A JOURNEY – TAKE ONE STEP AT A TIME.



Happiness is a Journey-one step at a time. Image from Pixabay.com.

By incorporating these habits and mindset shifts into your daily life, you can sustain a balanced, resilient, and happy personality, paving the way for a fulfilling and positive life journey.

Remember that happiness is not a destination but a journey, and every small step you take towards self-improvement contributes to your overall well-being and happiness.

Remember also, that healing takes time. So, be patient with yourself as you embark on this journey of self-discovery and growth.

**HAPPINESS IS ACHIEVABLE IF YOU ACCEPT THAT YOU
ARE GREAT AND ENOUGH JUST AS YOU ARE!**



Image from Pixabay.com.

YOUR ACTION PLAN: HOW TO SET SMART GOALS.

Setting S.M.A.R.T. Goals and Weekly Action Plans enable you to get successes regularly.

This means that each goal you set must be:

- **Specific:** (Nothing vague – make your goal specific, so you know exactly what you want to do.)
- **Measurable:** (What result will you achieve?)
- **Achievable:** (Nothing high and mighty – just a goal that you know you have the ability and resources to achieve).
- **Realistic:** (What is the possibility of you being able to achieve this goal? Be honest with yourself and set a realistic goal each time, based on your current abilities or on skills that you are prepared to acquire, for example, through educational studies or apprenticeship, etc).
- **Time-Limited:** Set a deadline for you to achieve your goal. How long will it take you? Two days, one week, one month, etc? Again, be honest and realistic.

Action Plan – Make sure to complete all the Weekly Tasks you've set yourself on your Action Plan. As your Coach, if you purchased your 1-to-1 Sessions with me, I'll hold you accountable, so you will make the effort to complete your Weekly Action Plans and achieve fast successes.

By incorporating these habits and mindset shifts into your daily life, you can sustain a balanced, resilient, and happy personality, paving the way for a fulfilling and positive life journey.

Remember that happiness is not a destination but a journey, and every small step you take towards self-improvement contributes to your overall well-being and happiness.

Remember also, that **healing takes time**. So, be patient with yourself as you embark on this journey of self-discovery and growth.

TAKE IMPORTANT ACTIONS PROMPTLY.

Remember:

Your Goals are for you to begin taking those vital actions that will enable you to move forward quickly but steadily.

If you hire me as your Personal Coach, you will find that Creating your Weekly Goals and Action Plans will become a crucial part of your quick successes, so that you can restore your happiness really quickly, and develop the confidence you need to create a much happier life for yourself.

Not only that, but I will also hold you accountable every week, so, you cannot hide under your procrastination and fail to achieve your goals.

My main aim is to help you move forward quickly from the pain of your breakup or divorce, so you can rebuild your life very positively for a very happy future!

Assignments for Lesson 20.

1. Restudy this lesson.
2. Make a note of the areas that you still need to work on.
3. Make a note of the areas you think you have mastered.
4. Celebrate your successes so far.
5. Revisit each of the Five Modules of this Course and ensure that you practise the various strategies that I have shared with you all through this course.

COACHING OFFERS – WORK WITH ME AS YOUR COACH.

1. Free Group Coaching: Once a Week over 6 months.

<https://rb.gy/suzbv>

You may also select one of these below and click the link to Book a Free Discovery Call with me.

**2. Personal 1-1 Coaching: <https://rb.gy/xncrd>
45 minutes per session.**

**3. Intensive 1-1 Coaching for Faster Results – 75
Minutes Per session: <https://rb.gy/orsyl>**

Congratulations! You are nearly there!

Re-read this Lesson and make notes about what you can start doing straight away, to make your life better.

Note.

MODULE FIVE.

LESSON TWENTY-ONE.

FINAL THOUGHTS: MY OTHER COURSES AND MY COACHING OFFERS.

Watch the Video for Lesson 21.



Hey! You have nearly completed this Course!

Huge Congratulations!

I am so proud of you for getting to the end of this Course! You should be very proud of yourself too! And do a little dance to celebrate. Treat yourself to something nice.

I hope you have now registered for the Weekly Group Coaching.

Send your questions at least one week in advance, to me at:

Email: grace@drgraceanderson.com.

I'll endeavour to answer them when we meet, without mentioning your name. It's yours for free, so, do make use of it.

In this lesson, I will introduce my other Courses –that I know you will find very useful to help you Move on Positively with your life. I've made them cheap for you!

But first, as promised, here are the Two Bonus Courses to help you accelerate your Recovery From the Trauma of Your Breakup or Divorce. You will find the Access Links on the Course Platform.

THE LAW OF ATTRACTION – VIDEO COURSE: FREE FOR YOU.



MAKE YOUR DREAM COME TRUE WITH THE SECRETS OF THE LAW OF ATTRACTION

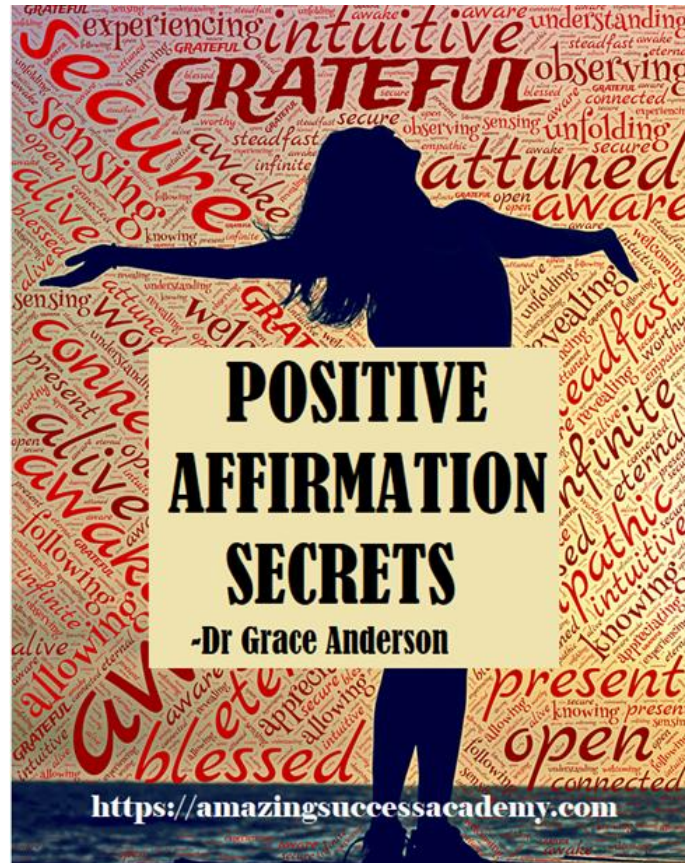
Have you heard of the “**Law of Attraction**”? Yes? It basically states that we attract into our lives whatever we think of the most in our daily lives.

So, if one thinks mainly about negative events, then negative events turn up in their lives. But if one thinks mainly of blessings, gratitude and positive things, then such blessings and positive things happen in their lives.

Find out how to apply the Law of Attraction in your own life. [Check it out here.](#)

I will email you the link when you request it.

POSITIVE AFFIRMATION SECRETS – VIDEO COURSE: FREE FOR YOU.



POSITIVE AFFIRMATION SECRETS – VIDEO COURSE: BONUS COURSE FOR YOU!

You can access this Course For Free!

On this Course You will Learn from a well-known Psychologist about:

- How to Create Your Own Positive Affirmations
- As well as how to say them out so that they are effective for you.

As you already learnt from this current Course, what we say to ourselves inwardly usually comes true in our lives.

So, learning how to stay positive and how to create positive affirmations that you can recite every day will enable you to heal very fast.

You can also use these affirmations as your Meditation scripts. [Check it out here.](#)

I will email you the link when you request it.

MY OTHER COURSES.

Here are my other Courses that you may find useful, especially, now that you have begun the process of rebuilding your life for a much happier future.

These are not, in any way, obligatory for you to buy.

Have a look through them, and if you feel that they could help you with restructuring your thinking, as well as your personal growth, then check them out.

In particular, the Relationship Courses are excellent guides for you, on how to make wiser future choices, especially of any new Love relationships. If you are already in a new relationship, the one for Couples will be most helpful.

These are all Video Courses and very easy to follow.



SELF-CONFIDENCE BOOSTER COURSE.

It is common to lose one’s self-confidence after a failure or a rejection of any kind. It is even worse when one has had a breakup or a divorce. This Course Is a Massive Confidence Booster. You will learn how to value yourself more, create effective boundaries, and take back your control from others who are out to belittle you or make you feel unworthy.

[Check it out.](#)



This Course will teach you many things you need to know about Yourself and How to Choose The Right New Partner For You. You will learn why the Passion you had at the very beginning doesn’t last for ever, and understand better Communication styles, Conflict Resolution, etc.

[Check it out.](#)



This Course, ***Legendary Love: How to Keep The Fire of Love Burning For Life***, is designed for **Couples**. If you've been in a Failed Relationship, You will learn how great and happy couples create Happiness in their lives, so, when you get coupled up again, you will know exactly how to make your relationship work better.

[Check it out.](#)

THE GROWTH MINDSET



Earlier on, we looked briefly at how to overcome any Limiting Beliefs you may have about yourself or about life in general. This Course, the Growth Mind Set will teach you how to start thinking positively, so that you can achieve great successes in your life.

You will also have an invaluable eBook to take away. [Check it out.](#)



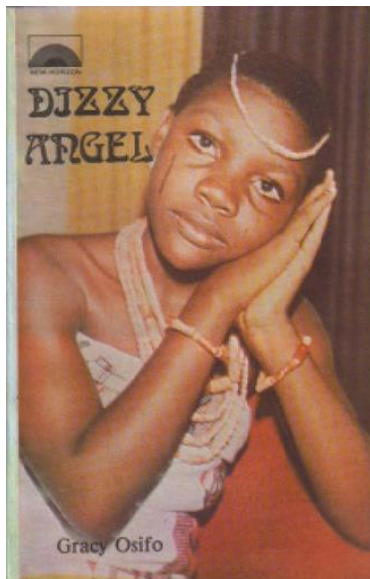
This **Highly Inspirational Video Course** explains how the featured famous people like **Oprah Winfrey, Steve Jobs, Christopher Reeve, Michael Jordan, Zig Ziglar, Anne Campbell** and many more, overcame their lives' traumatic events, and went on to achieve massive successes in their lives.

This is a highly inspirational Course that will help you understand how to pick yourself up from your current pain and go on to rebuild your life positively for a Brilliant Future! [Check it out.](#)

Some of my Books.

If you love reading in your spare time, then here are some of my Books for you to check out.

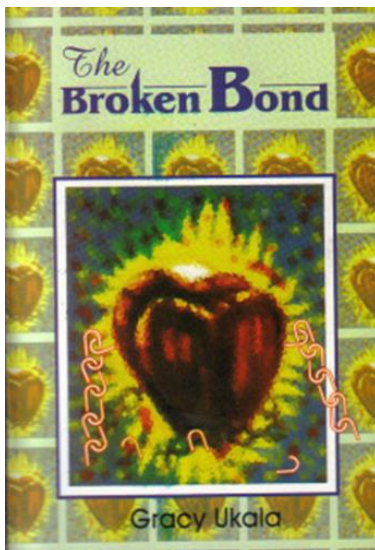
Some of them are on Amazon.com and Amazon.co.uk. Others are on my website: <https://graceandersonsbooksandjournals.com>. On this site you will find brilliant reviews of my novels.



***Dizzy Angel* (1985). Award-Winner.**

About Ogbanje, *Dizzy-Angel*, - the Girl who was Born-to-Die, and her fight for survival against the odds and traditional beliefs.

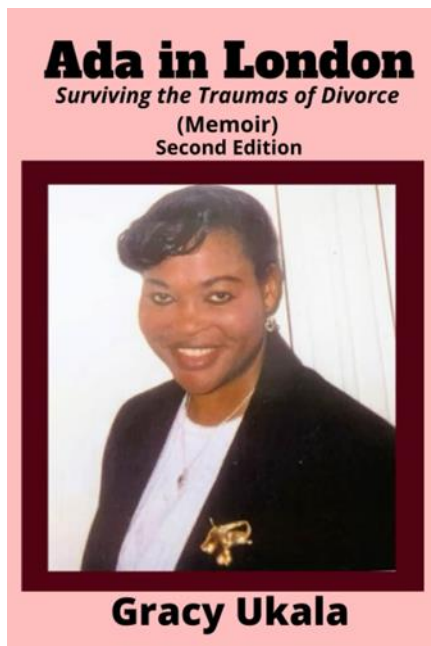
[Check it out.](#)



***The Broken Bond*. (2001)**

About Belinda, the heroine, who tries to fight Infidelity, Domestic Abuse, Corruption, and Injustice against women, in her country.

[Check it out.](#)



Ada in London, Surviving The Traumas of Divorce. (2005)

About me, my Suffering and Survival, after my Breakup and Divorce.

[Check it out.](#)



How to Find And Sustain A Great Relationship. (2022)

This is a Dating Guide on How to Choose the Right Person For you.

I share some of my own Online Dating Scam experiences.

[Check it out.](#)

MY COACHING OFFERS.

Join My Weekly Group Coaching Offer for all the Students of this Course. It's included in your Course – Free.

50 Minutes' Sessions.

Book your Slot on this link.

<https://rb.gy/suzbvv>.

Intensive 1-1 Coaching With Me.

75 Minutes' Sessions.

Intensive One-to-One Coaching With Me, for quickest results. (Paid)

Book A Free Discovery Call With Me on this Link: <https://rb.gy/orsyln>.

Or, Book Your Regular 1-1 Coaching With Me

- 50 Minutes' Sessions. (Paid).

Book A Free Discovery Call With Me on this Link:

<https://rb.gy/xncrd>

WHY WOULD NEED COACHING SESSIONS WITH ME?

Simple answer: You get faster and more personalized help and results.

HERE ARE SOME OF THE TESTIMONIALS FROM MY CLIENTS.

In case you are wondering whether or not to book your 1-to-1 Coaching with me, below are a few reviews from my Past Clients.

"I didn't prepare myself for any positive outcome, as I have probably related my story a million times, to those that shouldn't have known about my business. Well, I guess this came from my attempt to deal with the pain of domestic abuse and the loss I felt after losing all I have worked for to my Ex. When I was introduced to Dr Grace, I probably didn't expect anything different from my previous experience with a Counsellor.

We worked on many areas of concern for me, including:

- ***Trust issues***
- ***Spirituality***
- ***My relationship with my children***
- ***Creating boundaries***
- ***And becoming self-reliant, etc.***

Dr Grace's coaching style greatly exceeded my expectations. I am so much happier now and I can't thank Dr Grace enough for her calm and highly professional coaching style.

*I give her 5***** without hesitation. I highly recommend her service to you!"*
Ade, London.

"Following the first introductory session, I had my first full night of sleep in well over a month.

More than anything, Dr Grace's coaching gave me the validation that I wasn't the only person going through this sort of situation, (although I still think that a sudden decision by my Ex to end our marriage after such a long time with me (37 years) has to be pretty rare).

Dr Grace helped me understand that I am strong enough on my own. And yes, I have now seen that I am really strong enough on my own and have achieved many milestones within these last 6 months. It's incredible what Dr Grace's coaching has enabled me to achieve. I now have many successes where there were huge anxieties for me, before I took up Coaching with Dr Grace, and I am very grateful to her!

She has a very calming effect on you and lets you understand that you are responsible for your own successful outcomes. She assures you that you can achieve whatever success you wish for, if you are happy and willing to work at it, one step at a time. She holds you accountable, so you can complete your Action Plans successfully.

*I highly recommend her Coaching Service to any one in need of coaching. I would like to give her more than 5*****!"*

Angie. Blackpool, UK.

Jocelyn is from Canada. She said she only contacted me because her younger sister found me online and gave her my details. Our first coaching session was difficult because she was highly emotional and kept saying

that she was **“stuck”** and cried any time she mentioned her abusive Ex, who had now left their home and is making the divorce process extremely difficult, by his total refusal to cooperate or follow her Solicitor’s instructions.

At the end of our Coaching Journey, here’s her review.

“I am so glad my younger Sister found you for me. You are a Godsend, Dr Grace. You have so clarified my issues, and empowered me with all your excellent coaching tools, that I now feel like a new person!

Even my 20-year-old son, who used to get angry with me regularly, since his Dad left us together, is now going with me for my evening walks! We are so happy now that he understands my position, and he has become very supportive of me!

Thank you so much for being such a wonderful Coach! I now look forward to a much happier future. I highly value your coaching and I will recommend you to any one in my situation to use your service.

I give you 5 stars and more because of your excellent coaching skills. Thank you.”

Jocelyn, Toronto, Canada.

Court Attendance Issues.

Here’s one from a very recent Client, who was going through a Court Hearing in a Family Court in London, for Custody and Visitation Rights Issues with her abusive Ex.

“Dr Grace is by far the calmest and most professional McKenzie Friend that I have ever met or come across during this process. She has a very gentle way about her demeanour and instantly makes you feel calm and relaxed at the offset. I have no regrets and would hire her again for her divorce coaching services, as I am very keen to take on her other courses.

I would highly and absolutely recommend Dr Grace’s service, as she has the ability and know how to make you feel calm and relaxed, even

during a high-conflict and traumatic situation. Her Coaching Tools and Style are excellent. I did my research before deciding, and I am so glad that I made the right decision.

*I give her 5***** and more!”*

Marsha, London, UK.

Check Out My Other Testimonials On My Website.

I have many more Testimonials on my website –

<https://drgraceanderson.com>.

I hope you are now convinced that my Coaching ability and style enable my clients to achieve great results and fast!

I have shared many of my Coaching Tools with you on this Course.

But there are more where those came from.

However, there is nothing better than a 1-to-1 Coaching Sessions where you get the opportunity to tell me whatever your own individual and unique issues are, so we can tackle them on a week-by-week basis, using Goals and Action Plans, and Meditation exercises.

More Coaching Areas

Here are some of my other Coaching services that may be of interest to you, to enable you continue the process of self-improvement and self-empowerment, etc.

-Personal Empowerment Coaching including Self-Confidence and

Self-Improvement Coaching.

-Life Purpose and Happiness Coaching.

- Executive Coaching – for Productivity at work, Stress Reduction and Work-life Balance for a happier life, including improved relationship at home.

- Relationship and Couples Coaching, etc.

I am here to help, if you need me as your Coach, in any of the areas mentioned above.

REVIEW REQUEST.

Please Write A Review About This Course. If you can give me an Audio or a Video Review, it would be most appreciated.

Here's where you can write a review of this Course:

How To Overcome the Emotional Trauma From Failed Relationships And Rebuild Your Life Positively.

Please use this Link:

https://g.page/r/CcAOXdu_nRQPEB0/review

I appreciate your custom.

Affiliate Programme.

Please tell others about this Course. I will send you a link to apply as an Affiliate of this Course so you can earn £100.00 as a commission, each time you recommend any one to this course, and they purchase it, as a “Thank You Prize” or your Affiliate Commission.

Hopefully, I'll see you again soon, in the Group Coaching Sessions. Thank you, and God bless.

**Here's where you can write a review of this Course:
*How To Overcome the Emotional Trauma From Failed Relationships And Rebuild Your Life Positively.***

Please use this Link:

https://g.page/r/CcAOXdu_nRQPEB0/review

I appreciate your custom.

Please tell others about this Course. I will send you a link to apply as an Affiliate of this Course so you can be paid £100.00 as a Commission, each time you recommend any one to this course, and they purchase it, as a “Thank You Prize” or your Affiliate Commission.

Hopefully, I'll see you again soon, in the Group Coaching Sessions. Thank you, and God bless.



Dr Grace Anderson. Accredited Master Coach & NLP Practitioner.

Website: <https://drgraceanderson.com>.

Website: <https://amazingsuccessacademy.com>

Website: <https://graceandersonsbooksandjournals.com>.

Email: grace@drgraceanderson.com.

Amazing Success Group Ltd, No 291-305, Lytham Road, Blackpool, UK.

NOTES.