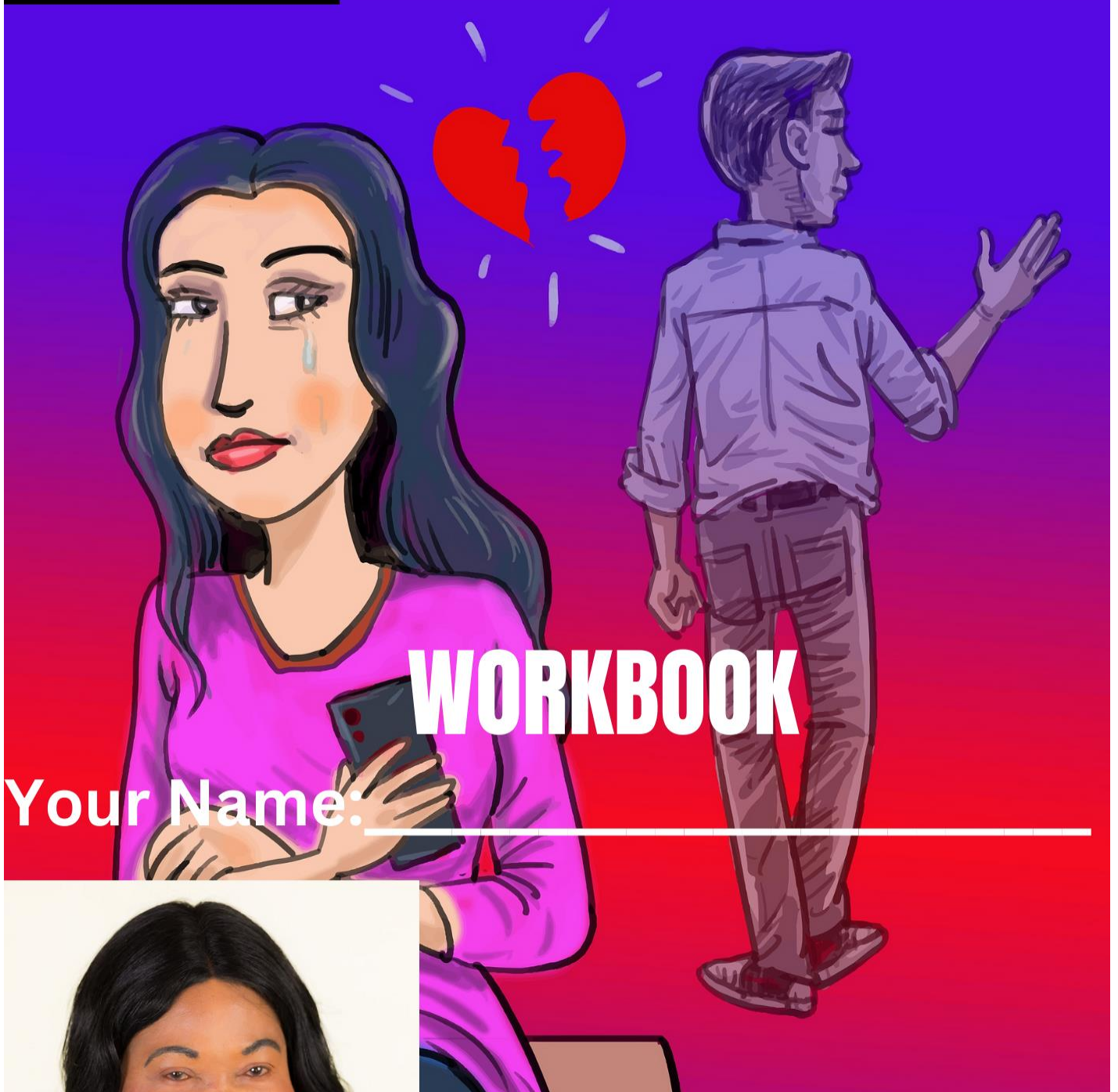


Course: "How To Get Over The Pain of Your Breakup or Divorce Fast" By Dr Grace Anderson.



HOW TO GET OVER THE PAIN OF YOUR BREAKUP OR DIVORCE FAST.



By: Dr Grace Anderson.

www.amazingsuccessacademy.com

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Welcome to your Course Workbook.

I have only included the Assignments here for you to work through.

So, feel free to add extra notes if you wish, especially after you have watched the Videos.

Enjoy!

About Me.

Before we begin, I want to tell you a little bit about myself.

I'm Grace Anderson. I am very passionate about helping people achieve success in their lives.

I have many academic qualifications, including an honours' degree in English, two Masters' Degrees and a Ph.D. in Educational Management and Counselling. I taught in Nigeria and London, UK, for over 40 years, before retiring recently. I was an outstanding Headteacher for about 10 years of a Girls' Secondary School, called Emotan College, Benin City. After relocating to the UK, I taught English, and went on to Head two English Departments in London.

Once I retired from teaching, I retrained as an NLP Practitioner, and became an NLP Coach. Over the years following that, I trained with various Coaching Institutions to achieve many Coaching Certifications and Accreditations. So, I am currently an Accredited Master Practitioner, specialising in Breakup and Divorce Recovery Coaching, applying all my skills to help women who have had a Breakup or Divorce, to recover fully from their Emotional Trauma, so they can start the process of rebuilding their lives positively.

I had a divorce myself in my younger years, and the pain nearly killed me. So, I understand your pain. I have helped many of my Clients recover their peace and happiness, and they have gone on to rebuild their lives very positively. My Course will help you get started on your own journey to full recovery. I am sure of that!

Check out my Publications here: <https://graceandersonsbooksandjournals.com>

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

IMPORTANT NOTICE.

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Thank you.

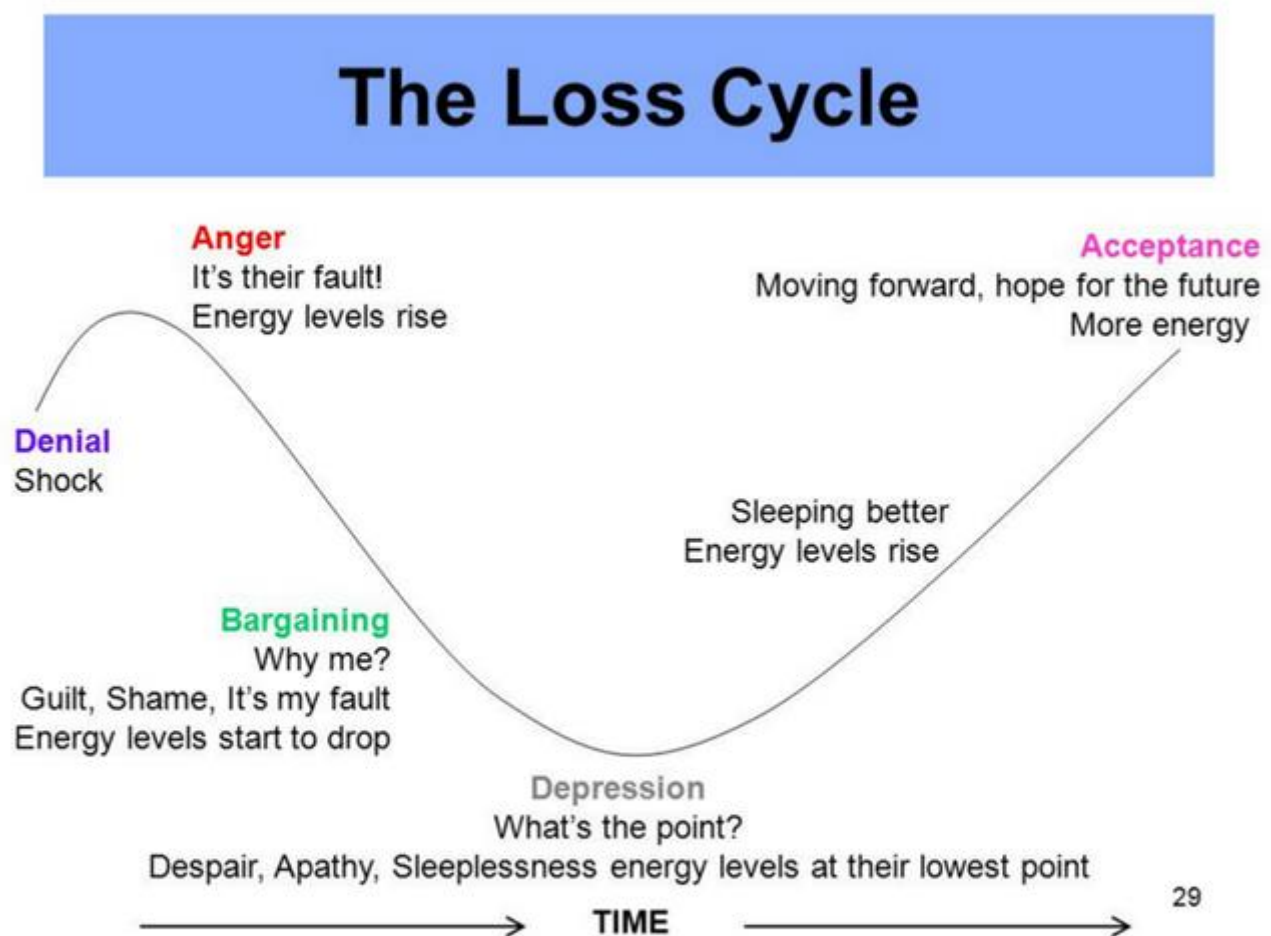
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LESSON ONE.

THE GRIEVING PROCESS.

THE FIVE STAGES OF GRIEF.

THE LOSS CYCLE – THE FIVE STAGES OF GRIEF.



LESSON TWO.

COPING MECHANISMS.

CREATE YOUR SUPPORT TEAM.

Watch the Video:

<https://youtu.be/h3NDEwERjZs>

Go through the Support Team that I have mentioned in this lesson.

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.**

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Before the next Lesson, make sure that you have contacted all your chosen team members, so that you can have the support you need at this time.

HIRE ME AS YOUR COACH.

You can Book a Free Discovery Session With Me on this link:

<https://rb.gy/xncrd>, if you would like me to be your Coach.

Complete this assignment before the next lesson.

WHO ARE YOUR SUPPORT TEAM MEMBERS?

- 1. Chosen Family Member and why you chose this person.**

- 2. Chosen Divorce Lawyer (if required). Why did you choose this person?**

3. Who is Your Financial Adviser (if required).

Why did you choose this person?

3. Who is Your Exercise Buddy?

Why did you choose this person?

4. Have you chosen your Coach yet?

If not, here's the link to Book a Free Discovery Call with me: <https://rb.gy/xncrd>.

LESSON THREE.

THE IMPORTANCE OF SELF-CARE AND SELF-LOVE.

Watch the Video:

[https://youtu.be/pMEzrkA3A-I.](https://youtu.be/pMEzrkA3A-I)

Topics covered.

Daily Exercises

Eat Nutritious Meals

Keep a Daily Journal: Write something in here daily.

Dance to a Happy Song

Hire a Divorce / Breakup Recovery Coach

Practise Daily Meditation

Questions:

- 1. Which of the above suggestions have you managed to put into practise?**

2. YOUR DAILY MEDITATION PRACTISE.

Meditation Link

<https://youtu.be/xdwXlk12cdY>

Here’s an Example of a Meditation Exercise.

Play a soft and soothing music for this exercise.

Draw in a long breath through your nose and breathe out very slowly through your mouth. Do this six times each time.

You will find it very relaxing. **Click on this image to use this sound.**

After each long breath say this (Or use your own affirmation).

I am whole, I am well,

All is well with me

Every day, I get better and better.

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

I am grateful for my life

Every day, I get better and better

Every day, I get better and better.

LESSON FOUR.

THE IMPORTANCE OF FORGIVENESS.

Watch the Video:

<https://youtu.be/GznUVyarH4M>

What to Do.

- 1. Write down all the things that are still making you very angry about your Ex or about yourself because of your breakup or divorce.**
- 2. Against each “offence”, find a positive reason why you should let go of your hurt, and forgive, either yourself or your Ex.**

- 3. Keep practising your Forgiveness until you no longer feel the “pain” whenever you think of that event.**
- 4. PRINT OUT THE POSTER ON THE NEXT PAGE AND PLACE IT WHERE YOU CAN SEE IT REGULARLY – TO REMIND YOU OF THE IMPORTANCE OF FORGIVENESS.**

**When you
forgive, you
heal.**

**When you let
go, you grow.**

*"To Err is Human,
But to Forgive, is Divine".*

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LESSON FIVE.

TOOLS AND STRATEGIES TO HELP YOU MAINTAIN YOUR COMPOSURE, IN THE PRESENCE OF YOUR EX, IF YOU WERE TO MEET HIM SOMEWHERE UNEXPECTEDLY.

UNDERSTAND YOUR EX’S MIND GAMES.

Watch the Video:

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

Questions.

- 1. Which Mind Games has your ex been applying to make you unhappy? Name them below.**

3. What have you been doing recently to “steel” your mind against any emotional upheaval that either your Ex, or your current situation has been causing you?

4. What are your main successes so far, compared to how you were feeling at the beginning of this Course?

LESSON SIX.

MORE TOOLS AND STRATEGIES TO HELP YOU OVERCOME ANY EMOTIONAL STRESS.

Watch the Video.

<https://youtu.be/dYwblAkRWvQ>

Tools and Strategies Discussed in this Lesson.

- 1. BE FUNCTIONALLY FRIENDLY BUT HAVE A GET OUT CLAUSE.**
- 2. CREATE A SMALL REFUSE BIN**
- 3. MOVE INTO YOUR OWN HOME – AWAY FROM YOUR HUSBAND/PARTNER.**
-You should contact REFUGE in the UK on this Tel Number: 0808 2000 247.
- 4. CREATE EFFECTIVE BOUNDARIES BETWEEN YOU AND YOUR EX.**
- 5. GET RID OF YOUR NOSEY FRIENDS.**

Questions.

- 1. On what occasion or occasions did you apply the strategy of being “functionally friendly”?**

Note:

This strategy can also be used in many other scenarios, at work, with friends you no longer wish to be close to, in awkward situations where you don’t know how to get away without annoying someone, etc.

3. Which of your "friends" did you get rid of, because you consider them nosey? How do you feel about your action?

4. What boundaries have you now created between you and your Ex? How has that helped your healing and recovery from your emotional trauma?

Congratulations on getting this far on this Course!

Make sure to go over the Course again and apply all the Tools and strategies that I have shared with you. If you do that, you will soon find that you will become so much happier.

Don't forget to Book a Free Discovery Call With me on this Link – for your Coaching Sessions or Just to let me know how you found this Course. I would love to hear from you and see you face-to-face online.

Here's the link to Book a Free call with me:

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

REVIEW THIS COURSE.

Before you go, please write a review of this Course on my Google Page:

https://g.page/r/CcAOXdu_nRQPEAE/review

If possible, please add a passport photo of yourself to make it more authentic.

THANKS A LOT, IN ADVANCE!

Make sure to check out the next page.

LESSON SEVEN.

NEXT STEPS.

Congratulations on Completing the Short Course On:

"How to Get Over The Pain Of Your Breakup or Divorce Fast."

At this stage, you should be ready to start planning a happier future for yourself. This is where my more Comprehensive Course:

"HOW TO OVERCOME THE EMOTIONAL TRAUMA FROM FAILED RELATIONSHIPS AND REBUILD YOUR LIFE POSITIVELY" comes in handy.

Watch this short Video below to hear the details.

<https://youtu.be/41oWiwgNgvA>

To Enrol on the Course, Fill Out The Form on this page:

<https://amazingsuccessacademy.com/overcome-emotional-trauma-from-a-breakup-or-divorce/>

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DO YOU HAVE ANY QUESTIONS?

If yes, feel free to send me a WhatsApp message on my Mobile Number:

Tel: +44 7398 992 373.

Or Email me:

E: grace@drgraceanderson.com.

For all my other Courses, please check them out on my Website:

<https://amazingsuccessacademy.com>.

Thank you!



Dr Grace Anderson.

Accredited Master Practitioner & NLP Practitioner.

<https://drgraceanderson.com>.

NOTES.