

Free Guide

NINE STEPS TO RECOVERY AFTER A BREAKUP OR DIVORCE



DR GRACE ANDERSON

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NINE STEPS TO RECOVERY AFTER A BREAKUP OR DIVORCE.

Free Guide.

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However, if you have positive results from applying the suggestions, please feel free to share the with me: grace@drgraceanderson.com, as a way of showing your appreciation. Thank you.

TABLE OF CONTENT.

INTRODUCTION -----Page 4.

STEP 1: BREATHE EASY, YOU ARE STILL ALIVE! Page 6.

STEP 2: IT'S OKAY TO CRY OR MOURN YOUR LOSS.....Page 8.

STEP 3: COMFORT YOUR CHILDREN (IF YOU HAVE ANY) Page 9.

**STEP 4: CREATE A SUPPORT GROUP OF TWO OR THREE
PERSONS/GROUPS... Page 10.**

STEP 5: SECURE A JOB OR HOLD ON TO THE JOB YOU HAVE...Page 12.

**STEP 6: REVIEW YOUR CURRENT CIRCUMSTANCES – AMEND, IF
NECESSARY..... Page 13.**

**STEP 7: APPLYING THE FORGIVENESS, GRATITUDE & POSITIVE
AFFIRMATION TECHNIQUES..... Page 16.**

**STEP 8: MOVING ON - SET NEW GOALS FOR A BRIGHT
FUTURE FOR YOURSELF Page 21.**

**STEP 9: HIRE A BREAKUP/DIVORCE COACH OR COUNSELLOR TO
HELP YOU TAKE THE NEXT STEPS TO FULL RECOVERY -
CONCLUSION Page 26.**

ABOUT THE AUTHOR: DR GRACE ANDERSON..... Page 28.

USEFUL BOOKS & COURSES BY DR GRACE ANDERSON Page 29.

Introduction.

Hello, and welcome to my **9 Steps to Recovery After a Breakup or Divorce. This is simply a Guide.**

No one tells you how painful a breakup or divorce will be until it has happened, and you find yourself totally alone in your specific world.

At that particular time, when you have left your Ex or your Ex has left you, you feel as if your world has totally collapsed around you, and you have this horrible sinking feeling.

Panic sets in and you start asking yourself so many erratic questions:

- **Why did it come to this?**
- **How did it come to this?**
- **Why didn't he/she do so and so and we could have stayed together**
- **Why didn't I do so and so, and we could have saved our relationship/marriage?**
- **How am I supposed to live now ... without my other half's assistance?**
- **Where will I get all the money I need?**
- **Who will help me pay the bills?**
- **How about our children, what will I say to them?**
- **What if people blame me because they think I am guilty?**
- **How about the world? Will it forgive me?**
- **And God? What will God say about this? (If you believe in God).**
- **Am I a failure?**
- **And what will my family and friends say about this break-up?**
- **And so on and so forth.**

So, panic sets in.

In this little guide, I'll share some of the strategies that help me get over my divorce after my 25 years of marriage. It was most traumatic for me. But I recovered! And I'm happily married again.

9 STEPS TO RECOVERY AFTER A BREAKUP OR DIVORCE – DR GRACE ANDERSON

You can find happiness too. There is a very bright light at the end of the dark tunnel that you are currently going through!

So, enjoy the Guide. Practise the Steps set out here and you will surely be on your way to full recovery from the pain and isolation of a breakup or divorce.

Enjoy!

If you are keen on helping yourself recover fully and then then move on to a much happier life, I can help!

Check the last page of this guide for more information on how I can help you recover from your pain and move on to a much happier life. If I could do it, you too can! My training and expertise as an NLP and Transformation Master Coach come in handy. You will be up and about again happily, soon.

If you are in a hurry to get expert help like I can offer you as a Breakup / Divorce Recovery Coach, then please click the link below to books a Free Discovery Call with me.

[BOOK A FREE DISCOVERY CALL WITH DR GRACE ANDERSON.](#)

Or visit my website:

<https://drgraceanderson.com> and check out all my services.

Enjoy Your Guide!

STEP 1:

BREATHE EASY, YOU ARE STILL ALIVE!..

Yes, breathe easy – you are still alive!

There are worse things than a divorce. It doesn't have to kill you – unless you allow that to happen.

So, take a moment to calm your negative emotions down.

You can do that by taking these steps:

- **Take a look in the mirror.**
- **Touch various parts of your body.**
- **Jump up and down and say the following:**

YOUR POSITIVE AFFIRMATION.

***“Thank you, God! I am alive!
I am okay!
I can survive and carry on.
This divorce (breakup) won't kill me.
I can rise above my pain.
The Universe cares about me
I am NOT Alone...
Yes, all is well with me!
I am more than okay!
Thank you, God,
Thank You, thank You!”***

Then take several deep breaths in and out ...

Sit down and relax. Take a nap or do something that will help you regain your balance. Rest.

Repeat this positive affirmation exercise every morning until you feel that you no longer need this self-reassurance.

Feel free to rewrite this to suit you. Remember to make your statements positive and use the words: “I am ... I can”, in the present tense – not in the future like “I will, or I shall etc”.

Personal Care: Take Good Care of Your Health.

There is usually a tendency to neglect oneself when one is grieving. Do not neglect your health. Visit your doctor and tell him how you are feeling – for example, unnecessary feeling of anxiety, panic attacks, depression, constipation, sleeplessness, or any other symptoms that are new to you.

Your doctor will prescribe something for you or direct you to another provider who can help you.

It is important not to lock yourself up in your home and hope the pain will go away if you don't get to meet people you and your partner used to socialize with, because you want to avoid answering their awkward questions.

Your life is very important and has to carry on. Who knows, your Ex may already have a new partner for all you know, So, why give him/her the pleasure of hearing that you are suffering, or, that you are not able to cope with your life, just because they've left you?

So, as soon as you can, socialize as normal, and keep your head up!

Don't Change Your Healthy Eating Habits.

If you had a good healthy eating habit before your breakup, you must keep it up. If not, this is the time to think of changing your eating habits to a healthier one.

As much as you can, avoid comfort-eating – chocolates, sugary foods, biscuits, chips, huge quantities of these etc. I'm not a dietician, but if you look up “healthy eating” online, you will find lots of recipes to help you change your unhealthy eating habits.

It is important to stay trim and healthy, for your sake and your children's sakes.

STEP 2. IT'S OKAY TO CRY OR MOURN YOUR LOSS. BUT DO NOT OVER-DO IT!

Divorce or a breakup after a long time together, is seen as the second most traumatic event in any one's life, second only to death – the loss of a loved one.

So, yes, you can cry. It's okay to mourn your loss. The crying will help reduce the pent-up negative emotions that you are currently feeling. You are human. That's one way you can cope and reduce the pain you currently feel. **But don't over-indulge in shedding tears.**

I remember in my own case, I often felt tearful when any one at work – I was an English teacher in London– asked me: “Do you hear from your husband in Nigeria? I hope he is well?”

I would go into the toilet and cry a little. But after I got the tears out, and I tried sitting in the staff room with other teachers, someone would notice my flushed face and red eyes, even running nose, and start asking me:

“Grace, are you all right?”

In the end, I had to confide in one or two of my colleagues, that I was going through a breakup from my husband of 25 years!

That was quite unprofessional of me. I was not supposed to take my pain to my place of work. So, after my Headteacher got hint of my situation, he offered me a week's leave.

“You need a little time off, Grace, to regain your composure. I understand that this must be a real shock for you. So, take a week off”, he said.

That was extremely kind of Mike, my headteacher then. I took a week off to recover. I was better composed after that.

Ask for a brief leave off work.

So, ask your workplace for a short break – to give the space to mourn your loss in the privacy of your home. It is unprofessional to put yourself in a position of ridicule just because your personal relationship is broken. Frankly, not many of your colleagues would be sympathetic towards you. They all have their individual problems. Imagine if every

employer brought their family issues to the workplace! How unpalatable that would be! So, be mature and professional.

STEP 3: COMFORT YOUR CHILDREN (IF YOU HAVE ANY).

Do you have children? If you do, it's important to know what to say to them about your breakup and how to comfort them for the loss of your partner from their everyday life – at least, until you have sorted out custody/visiting issues etc.

What to tell your children.

It is a difficult one. The tendency is for the Mum or Dad to blame the one who is gone as the cause of all the problems. But we all know that it always takes two to tango, and that a breakup is not always just the fault of one partner. In most cases, it takes a lot of little mistakes from each partner that accumulated over the years. Mistakes that were noticed, acknowledged, but not amended or erased. People tend to let mistakes accumulate without doing anything differently or without making the effort to change things for the better.

So, do not put all the blame of the breakup on your partner.

Tell the children positive things about their Dad or Mum. Explain that adults' relationships can sometimes go wrong, and the partners are not able to resolve the issues that caused them problems.

Just explain that you and your partner will put the best arrangements in place to make sure that they (the children) do not lose out on anything as a result of the breakup. Even if you don't believe that that would eventually be the case, while your emotions are still running wild, you must do your best to paint a positive picture for a good future relationship with your Ex for the children.

Remember: Your children didn't ask to be born! You chose to have them, so, their emotional and physical welfare lie squarely with you and your partner. Remind your children that the breakup is only between you and their Dad/Mum and not between them – the children and your partner.

Remind your children that they will be loved as usual by you both – their parents. **It is a tough one to tackle, but you can do it!**

Once you do the above, your children will also comfort you, instead of becoming antagonistic towards you, because they miss their Dad/Mum.

STEP 4: CREATE A SUPPORT GROUP OF TWO OR THREE TRUSTED PERSONS.

Depending on your current circumstances, you may have to choose two or three friends or family members that you can trust, so they can give you the necessary support you need which can be any of the following:

- 1. Childcare support**
- 2. Financial Support**
- 3. Emotional Support**
- 4. Social Support.**
- 5. Avoid making new sexual friends at this time.**

1. Child Care Support.

If your children are still young, you might need a Childminder to help look after your child while you are out working or doing something else like shopping, etc.

If you have a Mum or Dad or another relative who is free at the time you need them, then they will be very useful to you. Contact them and discuss an agreeable arrangement with them. If accepted that would relieve you of some anxiety over the welfare of your child or children. Some workplaces have nurseries. Explore any opportunity that will help you ensure the security of your children while you are at work.

2. Financial Support.

If your finances have not been enhanced by your breakup or you are still in the process of sorting this out with your Ex, then you need to contact

your Family Lawyer to point you to places where you can get immediate help. One of such places could be your Council if you are in the UK – to ask for Child support payments. The amount per child is usually small, but any help will be welcome. Feel free to let them know what your real financial problems are and they will point you to the right places where you can get immediate help.

Whatever you do, never borrow money from a loan-shark!

3. Emotional Support.

Your parents, your siblings, grandparents, aunties, uncles, etc can be of great support to you at this time. Reach out to them and ask them for support. They should be happy to help you through this difficult time.

A really good and trustworthy friend of you can give you emotional support. They can be a shoulder to cry on as long as you don't overdo it. These friends can also be the ones you confide in about your problems. If they are good people, they will always guide you to places or people where you can find the help you need.

They can also help you being lonely and alone – because as adults, we often feel better when we confide in another adult who may have gone through our kind of situation themselves and can help you because of the experience they themselves have had.

Unfortunately, this type of emotional support cannot come from your children.

4. Social Support.

Your trusted friends mentioned above can also help provide social support for you. **You can enjoy going out to places of interest together – films, swimming, interesting places, even whole days out, etc.**

If not, join a **Meet-up Group**, or a **Religious Group** that you share the same beliefs or just check on Google for **Dance Groups** like Zumba etc.

You can also join a **gym** near you. This will give you a place to go to and getting fitter will also be good for your health and your emotions.

5. Avoid making new sexual friends at this time.

If you start having sex with anyone you meet, while you are still suffering from the pain of your breakup, you will be creating a new and unnecessary emotional pain for yourself. These random sexual connections are not likely to lead to any new and meaningful relationships, so avoid them, if you really want to fully heal from your breakup/divorce, so you can re-plan your life for the better.

STEP 5. SECURE A NEW JOB OR HOLD ON TIGHT TO THE ONE YOU HAVE.

If you already have a job, do your very best to hold on to it, whatever problems you may be having at home.

No job means no money and no money means a lot of suffering for you and your children.

If you don't already have a job, maybe, you were the stay-at-home spouse when you had your partner, then you must look for a job as soon as possible. It might help to do the following:

Update Your CV.

Write your CV or update the one you had before to highlight your qualifications and skills. Remember to put in your strengths, especially as they match the Job's Person Specifications – usually stated in advert for the job that you have chosen to apply to.

Put your CV online on as many Job boards as possible. One or two recruiters would contact you to show you some job vacancies and help you make that application.

Your Closest Job Centre.

Visit your nearest Job Centre and hand them your CV – or email it to them. Job Centres can help you locate the right jobs for you to apply to.

If you already have a job but the pay is not enough for your financial needs, ask the Council for help. If what they give you is still not enough, then see if you can take on an additional job on part-time basis, say in the evenings or weekends, if that is possible for you.

Apply to the CSA – [Child Support Agency](#): Child Support Payment from Your Ex – if appropriate.

Make sure you apply to the CSA, the Child Support payment department, from your Ex, if that is appropriate in your case. That payment can go a long way in helping you and your children out substantially.

Whatever happens, do your very best to keep your head above water financially. If not, your children will not be well-catered for, and you won't be happy.

STEP 6: REVIEW YOUR CURRENT CIRCUMSTANCES – AMEND, IF NECESSARY.

So far, so good. It's now time to review your progress in your recovery to see if you have moved on from your pain since the breakup or you are still stuck at the same point.

So, let's check these out.

On the scale of 1 to 10 (1 being little or “no progress made” or 10, being “excellent progress made”. Tick the appropriate box.

If it's still a work in progress, tick 5.

Add one or two more issues if you like.

9 STEPS TO RECOVERY AFTER A BREAKUP OR DIVORCE – DR GRACE ANDERSON

PAIN ISSUE	1	2	3	4	5	6	7	8	9	10
Emotional Pain (Crying etc)										
Your Children's welfare										
Your Job/Finances										
Your Support Group										
Social /Spiritual Support-have you joined a Group?										
Positive Affirmations										
Amicable custody arrangement with your Ex re: the children										
Your Sleep – has it improved?										

9 STEPS TO RECOVERY AFTER A BREAKUP OR DIVORCE – DR GRACE ANDERSON

NOTES ON YOUR PROGRESS SO FAR.

STEP 7 – APPLYING THE FORGIVENESS, GRATITUDE & POSITIVE AFFIRMATION TECHNIQUES TO HELP YOU HEAL.

How did the Exercise in the previous section go?

I hope you have made some progress already and are now looking to move on with your life.

Forgiveness.

One way to let go of pain is to understand what forgiveness can do for you. Have you managed to forgive your Ex yet? Have you even forgiven yourself yet?

There's a saying: ***“To err is human, but to forgive is divine!”***

Without meaning to be religious, even Jesus forgave those who nailed Him to the cross. Just before He took his last breath, He cried out: *“Father, forgive them for they know not what they do!”*.

So, if Jesus could forgive those who sent Him to a cruel death on the cross, can you find it in your heart to forgive your Ex? Or even forgive yourself for the part you played in the breakup? If yes, wonderful! You are brave and you are wise. If “not yet”, then work on it because being able to forgive will massively relieve you of the pain you are holding on to.

EXERCISE OF RELEASE.

Take out a sheet of paper and write a letter to your Ex.

Tell him frankly how you feel about what he/she did to hurt your feelings while you were together.

Don't hold anything back – even if it is something small like leaving his tooth brush out after brushing his teeth so that you are the one who puts it back where it should be ...etc.

Tell him/her everything for which you've ever held a grudge against him/her.

9 STEPS TO RECOVERY AFTER A BREAKUP OR DIVORCE – DR GRACE ANDERSON

Start by saying:

Dear Joe or Jess...

I forgive you for..... ,even though it hurt my feelings so much I cried myself to sleep

I forgive you forgive you

I forgive you forgive you

Now write to your partner on another sheet of paper.

This time, beg him/her sincerely for forgiveness for the things you know you did wrong during your relationship – whether or not he/she knew about them while you were together.

Dear Joe or Jess...

***I am truly sorry for hurting your feelings when I did -----
Please forgive me.***

I am truly sorry for please forgive me.

I am truly sorry for please forgive me.

Next step

Burn your letters in a cooking pot, pour water on the ashes and through the water away. This finalises your act of forgiveness. Think of this burning as the final destruction of those unhelpful feelings you used to have. **Feel the weight lift off your shoulders, as you burn those letters.**

HELP YOURSELF BY FEELING HAPPY THAT THOSE UNWANTED FEELINGS ARE GONE NOW AND YOU ARE FREE!

Gratitude.

Next, list all the things you are grateful for in your life, while you were with your ex-partner.

Gratitude opens your heart to more love, more abundance and more happiness. So, take a piece of paper and write down

at least 20 things you can think of that made you truly happy or that helped to improve your life in some way.

Start:

- 1. I am very grateful for the joy my Ex brought into my life during our first year of marriage/togetherness, etc.*
 - 2. I am very grateful for.....*
 - 3. I am very grateful for.....*
- And many more.*

NEXT: Keep your affirmation of gratitude where you can see them. If you can, type them out and place them on a Card. Every now and again, read them out to yourself and Truly FEEL your gratitude.

End your activity by thanking God or the Universe for blessing you and yours so massively!

Positive Affirmations.

Write out some positive affirmations as we did at the beginning of this guide, to help your subconscious mind accept the fact that you have now moved on from the terrible hurt you first felt at the beginning of your breakup or divorce. Repeat the same statement 15 times every day.

Examples.

I am happy, healthy, focused, productive and very grateful.

Or: I am happy, healthy, kind, forgiving, loving, productive and very grateful.

Conclusion.

If you carry out all the exercises, I've given you on Forgiveness, Gratitude and Positive Affirmations, your results should now be much better than when you first did the Review in the last section.

AFTER A MONTH OF REGULARLY DOING THE FORGIVENESS & GRATITUDE EXERCISES.....

NOW, DO THE REVIEW EXERCISE AGAIN – ONE MONTH OR SO, AFTER DOING ALL YOUR FORGIVENESS AND GRATITUDE RITUALS.

On the scale of 1 to 10 (1 being little or “*no progress made*” or 10, being “*excellent progress made*”. Tick the appropriate box.

If it’s still a work in progress, tick 5.

Add one or two more issues if you like.

PAIN ISSUE	1	2	3	4	5	6	7	8	9	10
Emotional Pain (Crying etc)										
Your Children’s welfare										
Your Job/Finances										
Your Support Group										
Social /Spiritual Support-have you joined a Group?										
Positive Affirmations										
Amicable custody arrangement with your Ex re: the children										
Your Sleep – has it improved?										

9 STEPS TO RECOVERY AFTER A BREAKUP OR DIVORCE – DR GRACE ANDERSON

Your Happiness Level										

IMPORTANT.

*****Treat yourself to something nice if your scores ranged from 7 to 10. Celebrate your freedom from negative emotions! *****

NOTES ON YOUR PROGRESS-WHAT'S WORKING WELL AND WHAT YOU MUST CONTINUE TO IMPROVE ON.

STEP 8: SETTING NEW GOALS & MOVING ON TO CREATE A BRIGHT NEW LIFE FOR YOURSELF.

Remove Your Ex from Your Life.

Now that you have gotten rid of the worst part of the pain you have felt from the loss of your relationship, what next?

You now to look at your circumstances critically and see what you need to do to **avoid letting the shadow of your Ex haunt you and stop you from moving on.**

1. Stop Talking About Your Ex to Anyone – Not Even to Your Friends.

One way to remove the control that your Ex still has on you is to make a deliberate effort to stop talking about him/her to your friends. If any of your friends brings up the topic, just let them know you would rather talk about yourself and not your Ex. Just say politely:

“Oh, I’m over him/her now. So, do not bring this topic up again with me. Thanks for your concern. Let’s talk of something more interesting and useful to me”.

Then switch the conversation to something more relevant to how you are moving on.

2. Remove Photos of Your Ex from View.

Take down all family or Couple photos that have your Ex in them. These photos will keep reminding you of your Ex and the pain he/she caused you, so, hide them away. You should also hide or throw away anything else that visibly reminds you of your Ex – clothes, favourite mugs, etc.

3. Rebuild Your Self-Confidence & Self-Esteem.

It is often difficult to rebuild your confidence after you have “failed” in a relationship.

People often feel that the failure of the relationship is due to them **“not being good enough”, or “not attractive enough”, “not sex-smart enough”, “not beautiful or handsome enough”, “not smart enough”** and so on and so forth!

Those assumptions are totally wrong, and you must not belittle yourself or your abilities, just because the person you thought loved you has now failed you and left you.

In fact, if your Ex is anything like my Ex, he/she would go the extra length of trying to **“knock down your self-esteem”** by telling you that you are not worthy of anyone’s love: because – **“You are too old, or too short, or too tall, or too fat, or too thin, not intelligent enough, etc”**. Or whatever comes into their heads!

Don’t let that deter you. Your Ex is simply suffering from an **inferiority complex**, because he/she is also feeling that **they failed**, even though they will never admit it to you.

Go out there and join a Group of People who are similar in age, education, profession etc. These will be people who will value your opinions and reach out to you if they need advice. People like that will make you feel wanted and appreciated. You can find various groups on Meetup or Google. Just search for what will suit you best and join that group. If you are religious, your Spiritual friends will also be a good group to mix with, as long as they are not judgmental.

You can also join a **Volunteering Service**. It’s widely acknowledged that when you give your time to help people for free, their appreciation of your service and your person will help to boost your self-confidence massively. It will also increase your self-worth and self-esteem.

4. What Do You Want to Do Now? Set Your Goals.

Make a list of things you would like to achieve now one week at a time, or one month at a time. Think carefully before you set your new goals.

How To Set Your New Goals.

Setting Goals is not just writing the goals down. It is making sure that they have the following elements:

S.M.A.R.T.

S - Specific

M – Measurable

A – Achievable

R – Realistic

T – Time-bound (set a deadline)

A Specific goal is a goal that is not Vague.

For example:

“I want to meet a new love as soon as I possible”.

This is quite vague, because it doesn’t specify what kind of person this new love will be.

Put differently.

“I want to meet a new man/woman, aged between 40-50, within the next three months, who is compatible with me in many ways and is looking for a long-term relationship like me.”

Notice the following elements in this new goal:

1. Specific?

Yes. It is specific – “a new man, or woman, aged between 40-50, who is compatible with me in many ways and is looking for a long-term relationship like me.”

You can specify this further by saying a **Christian or Muslim Man/woman, or an Atheist etc. You can also add the Nationality of the person you want, etc, to make it even more specific.**

2. **Measurable?**

Making your goal measurable means that you can tick off all the attributes you said you wanted to have in your new match and be happy that that person fits your criteria. So, the person may be a non-smoker, a Christian, etc.

3. **Achievable?**

The above goal is achievable within 3 months if you put in the work needed.

4. **Realistic?**

Yes, it is realistic because there are now **thousands of Online Dating Sites** that you can register on and begin searching for the right person for you. So, wanting to find a new love is no longer a silly dream or fantasy. It IS Realistic and Achievable. But you **MUST** take it seriously and put in the necessary work / time, as well as apply your own God-given instincts and common sense.

5. **Time-bound?**

Yes, because the goal above says **within 3 months**. If you don't succeed within the first 3 months, start again and maybe, extend your time-limit to another 3 or 6 months.

The importance of setting your goals using the S.M.A.R.T. method, is to help your mind concentrate on doing what needs doing promptly, without procrastinating or being lazy about it. You will need to FOCUS on finding the best and easiest ways to achieve the GOALS you've set yourself so that you can meet the deadline you've set yourself.

NOW SET YOUR ON SMART GOALS.

Make the goals relevant to what you really want to achieve now in order to move on from your current situation. It can be anything...

Finding a new job

Finding a new living accommodation that is cheaper

Finding the best schools for your children

Losing some weight / Joining a Gym near you

Buying a new car

Enrolling on a useful Course

Finding a new Love

Hiring a Divorce/Breakup Recovery Coach like Me

And so on and so forth.

**Whatever your goals are, make sure they are
S.M.A.R.T.!**

STEP 9: HIRE A BREAKUP/DIVORCE COACH OR COUNSELLOR TO HELP YOU TAKE THE NEXT STEPS TO FULL RECOVERY

Well done for making it this far!

I sincerely hope that you can now clearly see that light at the end of the dark tunnel of the breakup or divorce that you have had.

In this short but useful guide, we covered the following topics that are designed to help you overcome your immediate pain that occurred soon after your breakup or divorce and find the strength in yourself to move on with your life without your Ex being physically there with you.

Here's what we covered; in case you wish to go over any of the topics again.

STEP 1: BREATHE, YOU ARE STILL ALIVE!..... Page 6.

STEP 2: IT'S OKAY TO CRY OR MOURN YOUR LOSS.....Page 8.

STEP 3: COMFORT YOUR CHILDREN (IF YOU HAVE ANY).....Page 9.

**STEP 4: CREATE A SUPPORT GROUP OF TWO OR THREE
PERSONS/GROUPS... ..Page 10.**

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NECESSARY.....Page 13.**

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FUTURE FOR YOURSELF... ..Page 21.**

Every technique I've given you works perfectly well. They have been applied over many years by many of my clients who have suffered similar losses and they work. So, just try them out and I am sure you too will find success in applying them.

WHAT TO DO NEXT

Consider hiring a Breakup/Divorce Coach like me to help you cross from pain to absolute joy of living.

Here's why you should hire a Coach to help you through.

- Your new Coach becomes your confidant. All communication between you and him/her will be highly confidential.
 - Your Coach is non-judgmental.
 - She/he will help you clarify your next steps and set new S.M.A.R.T Goals.
 - Your Coach will hold you accountable to ensure that you are keeping pace with the tasks/goals you've set yourself.
 - You will make much faster progress in rebuilding your life for the better.
-

Take this quote with you:

"As human beings, our greatness lies not so much in being able to remake the world - that is the myth of the atomic age - as in being able to remake ourselves." — Mahatma Gandhi.

RESOURCES YOU MAY FIND USEFUL.

<http://www.divorce.co.uk/>

<http://www.divorcenet.com/>

<http://www.divorcecare.com/>

<http://divorcesupport.about.com/>

<http://www.divorcecentral.com/>

<https://www.gov.uk/government/collections/child-support-agency-guidance>

BREAKUP & DIVORCE RECOVERY COURSES

BY DR ANDERSON.

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



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

Video Course by:
Dr Grace Anderson.

Accredited Master Practitioner
And NLP Practitioner.
Breakup & Divorce Recovery Specialist.

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Click on the Image above to check it out.

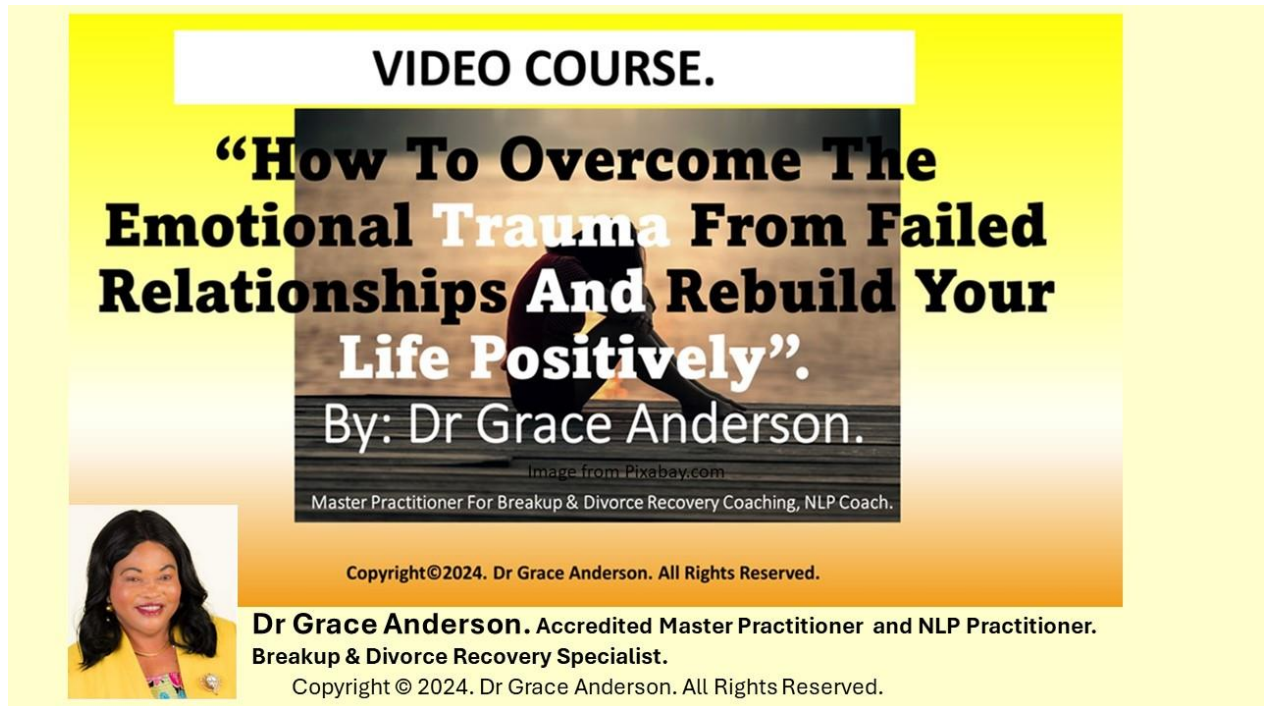
This Video Course with Dr Grace will enable you to get over the pain of your Breakup or Divorce fast.

It contains Eight Video Lessons, a Workbook and the Invitation to work with me on a One-to-One basis.

This Course will help you if you have only recently been divorced or you only recently had a breakup from your loved one.

The Tools and Strategies that I share will enable you to recover from your pain very quickly, so you are enabled to start thinking positively about a future without your Ex in it. [Click here to check it out.](#)

2. **HOW TO OVERCOME THE EMOTIONAL TRAUMA FROM FAILED RELATIONSHIPS AND REBUILD YOUR LIFE POSITIVELY.**



The image shows a video course cover with a yellow background. At the top, a white box contains the text "VIDEO COURSE.". Below this, the title "“How To Overcome The Emotional Trauma From Failed Relationships And Rebuild Your Life Positively”." is written in large, bold, black and white font. Under the title, it says "By: Dr Grace Anderson." in white font. A small image of a person is visible in the background. At the bottom left, there is a portrait of Dr. Grace Anderson, a woman with dark hair wearing a yellow jacket. To the right of the portrait, the text reads: "Dr Grace Anderson. Accredited Master Practitioner and NLP Practitioner. Breakup & Divorce Recovery Specialist. Copyright © 2024. Dr Grace Anderson. All Rights Reserved." There is also a small text "Image from Pixabay.com" and "Master Practitioner For Breakup & Divorce Recovery Coaching, NLP Coach." near the bottom of the central image area.

This Video Course is a fully Comprehensive Course that is designed to help you do the following:

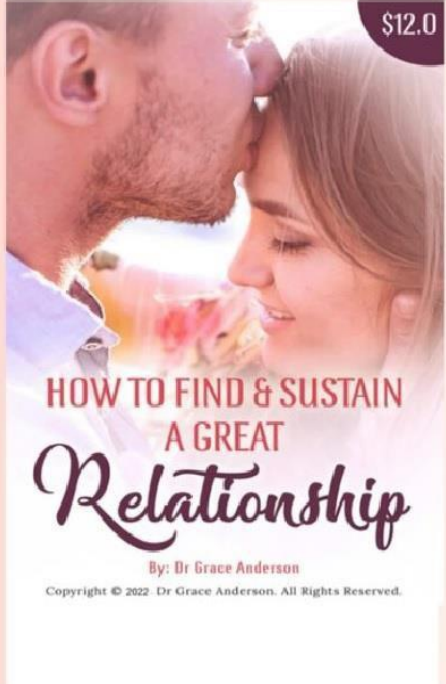
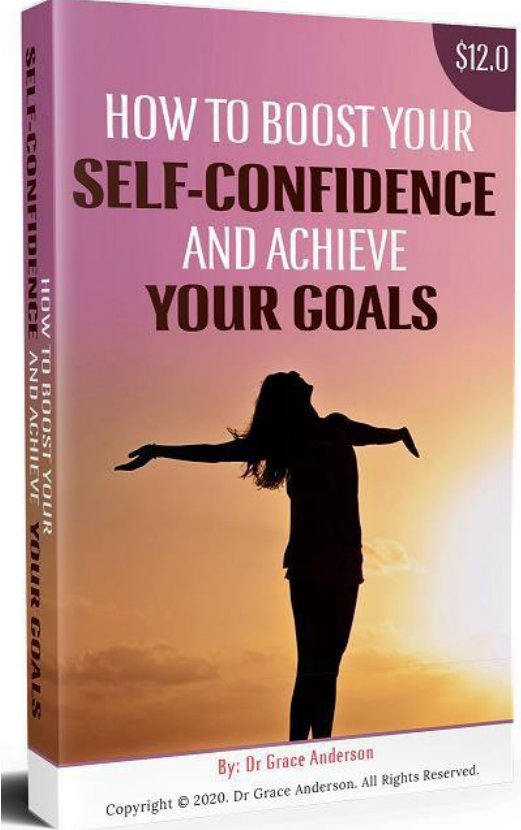
- Understand what happened and allow yourself to grieve**
- Accept What happened**
- Heal From the pain / grief**
- Start to plan for a Brighter future for yourself**
- Set S.M.A.R.T Goals that will enable you to start rebuilding your life positively for a much happier future.**

It contains Five Modules and 21 Video Lessons with Dr Grace. You will also have a Course Manual of 190 Pages to take away.

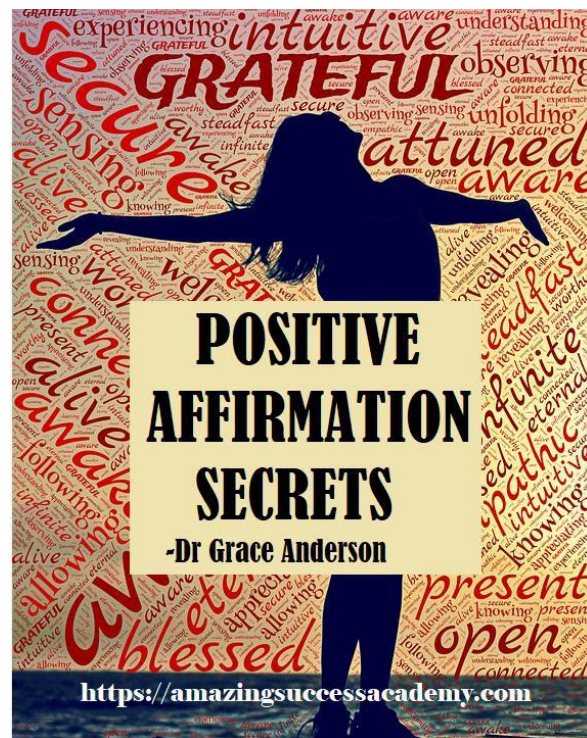
This Course is full of tried and tested Tools and Strategies to help you recover fast from your pain and begin the process of creating a positive future for yourself.

[Click here to check it out.](#)

BOOKS AND OTHER RELEVANT COURSES BY DR GRACE ANDERSON.

Ada in London Surviving the Traumas Second Edition  Gracy Ukala	\$12.0  HOW TO FIND & SUSTAIN A GREAT Relationship By: Dr Grace Anderson Copyright © 2022. Dr Grace Anderson. All Rights Reserved.
\$12.0  HOW TO BOOST YOUR SELF-CONFIDENCE AND ACHIEVE YOUR GOALS By: Dr Grace Anderson Copyright © 2020. Dr Grace Anderson. All Rights Reserved.	HIS & HERS DAILY GRATITUDE JOURNAL Practise Daily Gratitude For More Love & Blessings.  By: Dr Grace Anderson

9 STEPS TO RECOVERY AFTER A BREAKUP OR DIVORCE – DR GRACE ANDERSON



[BOOK YOUR FREE DISCOVERY SESSION WITH ME.](#)

Hope to Connect with you soon. All the best!

My Websites.

<https://drgraceanderson.com>: Coaching website

<https://amazingsuccessacademy.com> -Video Courses.

<https://graceandersonsbooksandjournals> – Dr Anderson's books/publications.

ABOUT THE AUTHOR: DR GRACE ANDERSON.



Transformation Master Coach

NLP Practitioner | Award-Winning Author.

Website: <https://drgraceanderson.com>

I am a retired Headteacher, after teaching for over 45 years. I have many qualifications including Ph.D. in Educational Management & Counselling.

I am also now a Master Transformation and NLP Coach and have been coaching people to success for many years now.

I took the decision to also coach divorcees and people who have gone through breakups, because I, myself, have had my heart broken a few times, the most painful one being the loss of my first marriage, after 25 years and having had six lovely children within that marriage. I even wrote a book describing my ordeal in [Ada in London, Surviving the Traumas](#). It's on Amazon.com & Amazon.co.uk.

I recovered and moved on to remarry. This time, I am very happy!

I can help you recover from your pain of breakup or loss of your relationship, because as you can see from this Guide, I know how to help you. I have all the necessary tools – NLP, CBT, Transformational Coaching techniques and many more.

**[BOOK A FREE DISCOVERY CALL WITH ME](#)
[TO GET STARTED ON YOUR JOURNEY TO FULL RCOVERY.](#)**