THE SPLIT SOCIETY
GROWTH AND TRANSFORMATION

Divorce Tears You Apart

Overwhelmed

- Too much information
- Weighed down by financial decisions
- Can't finish custody agreement
- Don't know how to co-parent
- Don't know what to look for in a lawyer

Loneliness

- Have no one to turn to
- Shut others out
- Can't stop crying
- Remain unhappy
- Can't find comfort

Self-Destruction

- Don't get things done
- Stay in bed
- Have negative thoughts
- Get mad at yourself
- Think you are to blame

Self-Deprecation

- You feel worthless
- Easily angered
- Don't respect yourself
- Believe you are a bad person
- Find fault in everything you do

Stuck in the Past

- Consumed in hate
- See no end in sight
- Reliving what was
- Always second guessing yourself
- Thinking of what could have been

© 2021 The Split Society

THE SPLIT SOCIETY
GROWTH AND TRANSFORMATION

But You *Will* Become Whole Again

Knowledge

- *Daily professional support*
- *Gain effective communication skills*
- *Make confident financial decisions*
- *Identify the best legal process*
- *Build a strong custody agreement*

Community

- *Engage online to help others*
- *Find common threads*
- *Ask questions to learn from others*
- *Meet a friend/friends in person on a regular basis*
- *Embrace positivity*

Self-Care

- *Redirect your energy*
- *Move your body*
- *Reset your mindset*
- *Filter out the noise*
- *Calm your mind*

Self-Worth

- *Master a previous passion*
- *Learn your hot buttons*
- *Try something new*
- *Take the high road*
- *Banish negativity*

Goals

- *5 year goals*
- *Personal goals*
- *Long-term goals*
- *Realistic divorce goals*
- *Family goals*

© 2021 The Split Society