

Here's Your 10-Step Divorce Recovery Plan

Divorce is one of life's most challenging transitions. Even when it's the right decision, the emotional, legal, and financial stress can feel overwhelming. You may be facing uncertainty, anxiety, or moments of deep exhaustion. But you are not alone.

This **10-Step Divorce Recovery Plan** is designed to help you structure the journey ahead with clarity, resilience, and emotional strength. Whether you're struggling with panic attacks, legal stress, or accepting what lies ahead, patiently following these steps will support you rebuild your life—on your terms.

1. Managing Panic Attacks - Stop panic in its tracks and regain control.
2. Rewiring the Anxious Mind - Use CBT to shift negative thought patterns & behaviors.
3. Emotional Balance - Master emotions like grief, anger and guilt and avoid overwhelm
4. Conflict Management - Handle high-conflict relationships, difficult ex-partners & power struggles strategically.
5. Practical Divorce Planning - Navigate finances, legal issues, and life changes with confidence.
6. Navigating Court Anxiety - Stay calm and clear-headed in hearings, avoid emotional hijacking and prepare mentally.
7. Resilience Building - Rediscover your strengths and move forward with confidence.
8. Acceptance & Letting Go - Learn mindfulness mastery and the power of acceptance.
9. Boundary & Values Setting - Align your life with your true needs & priorities.
10. Building Healthy Relationships - Develop trust, joy, and connection again.

As you navigate, remember that **healing is not about rushing forward, but about finding stability step by step**. Wherever you are in this journey, you have the strength to move forward.

Take a deep breath—you've got this.

If you need one-to-one help, then book a free session and let's get started! Book a session online: www.themindfullpractice.com or call me: 07770-977587.

Good luck on your journey...

Nathalie x
The MindFull Practice