

5 mindset reframes you can make this week to get out of divorce hell

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COURAGEOUS
DECISIONS



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Shift One

My life is over →
what will become
possible?

You might be thinking your life is over. You can't possibly imagine recovering from your divorce. The pain is just too intense and a life without your soon to be ex-spouse just doesn't seem possible. Maybe he/she was the love of your life and this what not the way it was supposed to go.

BUT WHAT IF YOU STARTED THINKING ABOUT WHAT BECOMES POSSIBLE POST-DIVORCE? WHAT IF YOU FINALLY HAVE THE OPPORTUNITY TO START OVER IN MANY DIFFERENT AREAS OF YOUR LIFE? MAYBE THAT MEANS YOU GET TO BE WHO YOU TRULY ARE. YOU CAN WEAR WHATEVER YOU WANT, DECORATE THE HOUSE WHICHEVER WAY YOU LIKE, OR PURSUE THAT HOBBY OR CAREER YOU'VE ALWAYS DREAMED OF. IF YOU FEEL LIKE YOU WERE NEVER TRULY IN LOVE, PERHAPS THIS IS AN OPPORTUNITY FOR YOU TO FIND SOMEONE WHO IS MORE COMPATIBLE

THINK ABOUT ALL THE WAYS YOU WISH TO BE OR HOW YOU WANT TO LIVE YOUR LIFE. HOW DOES IT FEEL TO THINK ABOUT THE NEW OPPORTUNITIES THAT WILL BE PRESENTED TO YOU?

Shift Two

I wasted my time with this person → what has this taught me?

I get it. You've spent several years, maybe even decades with your partner and now you think having done so was a waste of time. You may have spent your "best years" with someone only for the relationship to end. Now what?

STAYING IN THIS THOUGHT PATTERN ISN'T CONDUCTIVE TO YOUR HEALING. IT'S SCREAMS REGRET, MAKES YOU FEEL LIKE YOU'VE SOMEHOW MISSED OUT ON LIFE AND THAT YOU'VE MADE HORRIBLE DECISIONS. THIS TYPE OF HARSH SELF-CRITICISM WILL ONLY HOLD YOU BACK FROM MOVING ON.

INSTEAD, TRY FOCUSING ON WHAT THE RELATIONSHIP HAS TAUGHT YOU ABOUT YOURSELF.

WHAT ASPECTS OF YOURSELF WITHIN A RELATIONSHIP DO YOU LIKE/DISLIKE? WHAT DO YOU NEED TO WORK ON?

Shift *Three*

I'm never going to
find somebody else
→ I will find love again.

People tend to think that they will only find one true love in life and that it's just too hard to start over and find someone special again. There is also still a lot of stigma around divorce and being a single parent and so it's easy to get caught up in the idea that you now have baggage and are "less desirable".

A GOOD WAY TO SHIFT THIS WAY OF THINKING IS TO FACT CHECK. IS THIS ACTUALLY TRUE? FACT IS, THERE ARE MILLIONS OF PEOPLE WHO GO ON TO HAVE HAPPY RELATIONSHIPS POST-DIVORCE/SEPARATION. THEY ARE ABLE TO FIND LOVE AGAIN, WHETHER THEY HAVE CHILDREN OR NOT, REGARDLESS OF AGE.

LOOK AROUND YOUR GROUP OF FRIENDS OR FAMILY AND YOU WILL LIKELY FIND EXAMPLES OF PEOPLE WHO WERE ABLE TO FIND LOVE A SECOND, THIRD OR FOURTH TIME, AND YOU WILL TOO.

REMEMBER WHAT YOU BRING TO THE TABLE. LIST ALL THE THINGS YOU LIKE ABOUT YOURSELF AND THAT OTHERS CHERISH IN YOU AS WELL. YOU WILL QUICKLY REALIZE THAT YOU ARE LOVABLE AND TOTALLY DESERVING OF LOVE.

Shift *Four*

I'm scared to start over: this is all I know → this will make me stronger.

Starting over is scary. Our brains are wired to protect us from the unknown and to keep us in our comfort zone, so feeling scared is completely normal. When you've been in a long-term relationship you know what you know and that might seem more comforting than starting over and diving into the unknown.

QUESTIONS ABOUT HOW TO PARENT ALONE FOR 50% OR MORE OF THE TIME, FINANCIAL UNCERTAINTY AND HOW A DIVORCE OR BREAKUP MIGHT AFFECT YOUR FAMILY AND FRIENDSHIPS ARE ALL VALID, BUT YOU PROBABLY HAVE GONE THROUGH MANY CHANGES IN YOUR LIFE ALREADY AND HAVE SUCCESSFULLY MASTERED THOSE.

LEAN ON HOW YOU'VE MASTERED THOSE CHANGES AND TRUST THAT YOU CAN DO IT AGAIN. SEE CHANGE AS A CHANCE TO GROW AND FIND YOUR STRENGTH. REMEMBER THERE IS LIGHT AT THE END OF THE TUNNEL, BUT IN ORDER TO GET THERE YOU HAVE TO GO THROUGH A TRANSITION FIRST.

Shift Five

I feel like a failure →
people and situations
change.

This is a big one. We've been conditioned to believe that only long-term relationships are successful. While the divorce rate has increased, our culture believes marriages should last "until death do us part". There is still a stigma around divorce and you might be feeling like a failure if you even think about going down that road.

IF WANTING TO GET A DIVORCE HAS YOU FEELING LIKE YOU'VE FAILED AND YOU ARE HAVING A HARD TIME JUSTIFYING YOUR DECISION TO YOURSELF, PERHAPS SHIFTING YOUR PERSPECTIVE A LITTLE WOULD HELP. THE FACT IS, PEOPLE, RELATIONSHIPS AND SITUATIONS CHANGE OVER TIME. WHAT WORKED BEFORE, MIGHT NO LONGER BE WORKING FOR YOU OR YOUR PARTNER.

LIFE GOALS, WORLD VIEWS, DESIRES AND NEEDS CHANGE OVER THE COURSE OF A LIFETIME. IT'S A PART OF LIFE. THERE IS NO SHAME IN THAT. THE RELATIONSHIP DIDN'T FAIL. YOU DIDN'T FAIL. YOU JUST MAY NO LONGER BE COMPATIBLE.

Bonus *Content* + Special Offer



So now what? You may be able to start making these shifts on your own, but what I want to offer you is this: come check out or group calls this month. I would love to gift you 1 month of free access. This is a support group for women in the same boat. You can do this season on your own, but who would want to?

DM me the word **SUPPORT** and I'll give you all the details.

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DMs are
always open.

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**I AM HERE TO SUPPORT YOU + WOULD
LOVE TO CONNECT WITH YOU.**

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