



BREAK-UP BREAKTHROUGH by SARA DAVISON

YOUR BREAK-UP BREAKTHROUGH WORKBOOK



SARADAVISON
THE DIVORCE COACH

WELCOME

Congratulations on taking that first step.
Just by being here it shows you are committed
to improving your situation.

“It’s not what **HAPPENS** to you in life that
defines you, it’s what you DO about it
that makes you the person you are.”

Sara Davison



What you will learn:

- Clarity on your personal situation
- Clear strategies on how to deal with the challenges of breaking up
- How to deal with negative emotions
- How to banish heart break
- Strategies to manage conflict
- How to be a fabulous single parent
- Create an Action Plan to keep you moving forward
- How to design a future you are excited to live
- How to get back out on the dating scene again

What I want for you:

- To put you back in control of your emotions
- To put you back in the driving seat of your own life
- To give you perspective and more choices
- To give you a tool kit of techniques and strategies that you can use to help you cope better with your break-up

How Break-Up Breakthrough works:

- Find a quiet space where you won't be interrupted
- Play full out
- Persevere when you find it challenging
- Keep an open mind
- Remember you can repeat the exercises until you master them

Your Break-Up Breakthrough tools:

- My Workbook
- My Action Plan
- Please download before you start so you can follow the content and exercises

SARA'S PERSONAL LEARNINGS AND MANTRAS THAT ARE THE FOUNDATIONS TO MY PROGRAMME:

*"If you want to be happy you
have to let go of any bitterness"*

*"You only live once
so you may as well
enjoy it"*

*"Don't worry about things you
cannot control"*

*"There is no benefit to carrying
your baggage with you into
the future"*

*"Divorce can be the most liberating experience and a
catalyst to create many wonderful opportunities that
you would never had before"*

*"Everything happens for a reason
and serves a purpose"*

*"You can't change the past but
you can change your future"*

*"Worrying about
things does not help!"*

"There is light at the end of the tunnel"

“ “ Everything happens for a reason...
sometimes good things fall apart so
better things can come together. ” ”

Marilyn Monroe

YOU need to DECIDE that you are ready to change and do things differently. If you do things the way you always have you will get the same results.

YOU have the CHOICE. This will be challenging and it may push your boundaries. Some of the techniques take practice and some are not easy to do and will take a lot of inner strength.

Remember it is not what happens to you in life that defines you, it is what you do about it that makes you the person you are.

So the question is... Are you ready to change?

Make the commitment to yourself here and now and sign below to commit to play full out and do what it takes to break through.

SIGN YOUR NAME

Sign to show your commitment to yourself to play full out and make the most of this programme.

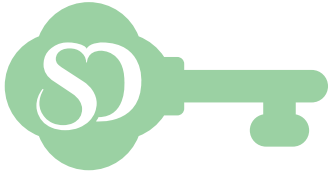
SIGNATURE: _____

DATE: _____

EXERCISE

What words best describe your break-up right now?

THE 4 KEYS TO SURVIVING AND THRIVING

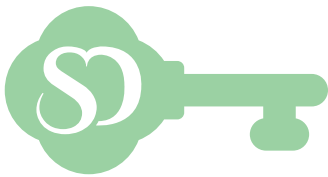


1. TAKE RESPONSIBILITY

Don't play the blame game as you give away your power.
Look at what you can learn from this and use it to grow.

MY SCALE: _____ DATE: _____

MY SCALE: _____ DATE: _____

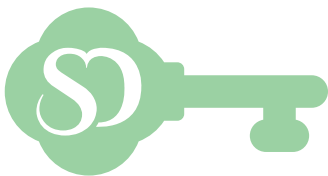


2. GET CLARITY

Clarity gives you power. Knowledge is useful to decrease uncertainty
however you cannot get certainty about everything. Learn to be
comfortable with some level of uncertainty in your life.

MY SCALE: _____ DATE: _____

MY SCALE: _____ DATE: _____

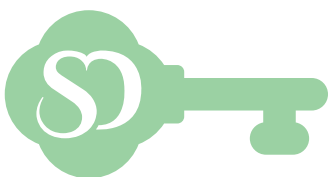


3. TAKE BACK YOUR CONTROL

You control how you feel and how you choose to react. Don't live your
life in reaction. Take back your control and decide how you want to feel.

MY SCALE: _____ DATE: _____

MY SCALE: _____ DATE: _____



4. FOCUS ON MOVING FORWARD POSITIVELY

Don't dwell on the past. Keep looking forward and put your energy
into creating a future you want to live.

MY SCALE: _____ DATE: _____

MY SCALE: _____ DATE: _____

EXERCISE

On a scale of 1 to 10 (1 being low and 10 high) write down next to each
key where are you for each of the keys currently? Put today's date by
each answer.

Come back to this page at the end of the weekend and redo this
exercise to see how you have improved.

WHAT TO EXPECT WHEN YOU GO THROUGH A BREAK-UP

Breaking up is often referred to as the 2nd most traumatic experience after the death of a loved one. This is why the 5 stages that follow a break-up are identical to those of grief.

SARA'S TOP TIPS

By knowing what to expect you will gain clarity and this will help you manage your emotions better. Clarity gives you power.

The loss cycle below gives you a clear idea of what to expect following your break-up. However do remember that it is normal to jump around within the process and move backwards at times rather than forward.

The Loss Cycle



EXERCISE

- Step 1: Write down your experience of the different stages.
- Step 2: Where did you struggle most?
- Step 3: Where are you now?

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5 STEPS TO A BETTER BREAK-UP MODEL

STEP 1:
No regrets

STEP 2:
Create your Break-up
Support Team

STEP 3:
How to cope with the
rollercoaster of emotions

STEP 4:
Flip it

STEP 5:
Coping Strategies

STEP 1: NO REGRETS

Regrets are hard to live with so make sure you are clear about your reasons for getting out of your relationship. You have invested a lot of time and effort into it so it should take just as much consideration, if not more, to walk away from it. This is especially true if you have children together.

In some cases it will be very clear cut and there is no doubt that splitting up is the only way forward.

In other situations there may not be as much clarity. If you are unclear about whether you should stay or leave then complete the following exercise to make sure you don't end up with any regrets.

EXERCISE

Commit to 3 months of trying everything you can to save your relationship. This requires identifying what the issues are on both sides and doing whatever you can to rectify the problems. You don't need the cooperation of your partner to do this – you can do it on your own – although it will have more chance of success if you are both committed to it.

If are in a situation where you can talk things through with your partner then find a good time to sit down with them to discuss your relationship. Ask the following questions in this order:

- What areas of our relationship are you happy with?
- What areas would you like to improve?
- What specifically do you think we can do to make things better?
- What shall we each commit to doing for 3 months?

Write a list of all things you commit to doing over the next 3 months. They can be as little or as big as you choose and feel comfortable with. Try to find at least 3 things you can each commit to. If the list is too long you may find it too overwhelming so limit it to a maximum of 5 items so it is doable.

If your partner is not willing to discuss this with you then complete the exercise for yourself and commit to doing what you can to make it work for 3 months.

At the end of 3 months of doing whatever you can you will have a better understanding of whether this is a relationship you want to stay in. This way you will know that you tried everything you could to save it and you will limit the possibility of having any what if's or doubts about your decision.

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STEP 2: CREATE YOUR BREAK-UP SUPPORT TEAM

Why is this vital to your Break-Up recovery?

Your Break-Up Support Team should include:

1. A Legal Advisor
2. A Financial Advisor
3. Friends and Family
4. Exercise Buddy
5. A Coach or Therapist

EXERCISE

1. Create a list of the specific people you want in your Break-Up Support Team below:

EXERCISE

2. Note on your Action Plan to contact them all individually to explain what you need from them and to ensure you are happy with your choices. You will need to meet your lawyer and also preferably your financial advisor before you commit them to your list.

3. Make sure you store all your Break-Up Support Team contact numbers on your phone should you need them in an emergency situation. List this as an action on your Action Plan.

STEP 3: HOW TO COPE WITH THE ROLLERCOASTER OF EMOTIONS

It's normal to experience a wide range of different emotions at the end of your relationship. Obviously some of these emotions will depend on how it finished and whether you are still amicable with your ex.

Whatever your individual situation there will be times when you may feel some of the following:

- Overwhelm
- Anger
- Sadness
- Guilt
- Betrayal
- Loneliness
- Fear
- Frustration
- Confusion
- Relief

It can seem at times like there is no light at the end of the tunnel and things can become so stressful that you don't know which way to turn. However there are some things you can do to help you feel better and gain some control back over the way you are feeling.

Watch out for destructive patterns which are an unhealthy way of coping with the break-up. These include:

1. "Stuffing emotions" – Not allowing yourself to feel any negative emotions
2. Throwing yourself into work 24/7
3. Drinking more than you normally would
4. Excessive partying
5. Drugs

These are all popular avoidance techniques for dealing with your break-up but they do not help you with your recovery. In fact lack of sleep and using alcohol and drugs can lead to depression and actually enhance your negative feelings.

The key to dealing with this is not to be afraid to face your emotions and to confront head on how they make you feel. This will take away the fear of that negative emotion and de-intensify its power over you. It will allow you to take back control over your emotions and move forward.

I have created an exercise that helps you to identify the negative emotions that you feel and shrink their power over you so you are less likely to indulge in destructive patterns that prevent you from healing.

EXERCISE: THE ANTIDOTE TO NEGATIVE EMOTIONS IS GRATITUDE

Gratitude calms the mind and de-intensifies negative emotions. It can be used as a powerful technique to help you move forward.

Write a list below of all the things you feel grateful for and make you feel happy. I am grateful for...

EXERCISE: GET CLARITY ON YOUR NEGATIVE EMOTIONS

Now write a list of all the negative emotions you are experiencing. By acknowledging them you are on the path to being able take your control back and no longer be so afraid to experience these uncomfortable feelings.

Your Baggage

Baggage is all the negativity that you carry around with you.
It is all the “stuff” that stops you from letting go and moving forward.
Baggage includes:

- Negative emotions
- Negative thoughts
- Worries
- Bad experiences
- Problems
- Negative words and phrases
- Fears
- Concerns
- Stress about upcoming situations

EXERCISE LETTING GO OF YOUR BAGGAGE

Step 1: How do you carry your baggage around with you?
Is it in front of you, on top of you, are you dragging it behind you?



EXERCISE: LETTING GO OF YOUR BAGGAGE

Step 2: Draw a picture of the baggage you carry around with you. What does it look like? Suitcases, bin bags, sacks? Are they all the same size or are some large and others small?

Step 3: Around your picture and on both sides of the page write down everything that is upsetting you right now.

Make sure you brain dump all your worries and concerns including how it makes you feel and any negative emotions you experience. Use a combination of words, sentences, pictures and use different colours too.

EXERCISE: GET CLARITY ON YOUR BAGGAGE AND NEGATIVE EMOTIONS

How does your baggage make you feel?

How do your negative emotions affect your life?

What will your life be like in 1 year if you continue to hold onto all of it?

What will your life be like in 5 years if you continue to hold onto all of it?

What will your life be like in 10 years if you continue to hold onto all of it?

EXERCISE: GET CLARITY ON YOUR BAGGAGE AND NEGATIVE EMOTIONS

Now imagine being free of all your baggage and negative emotions. Imagine in your mind what it would be like to let go of it all and wipe the slate sparkly clean.

How will you feel?

How will your life be improved?

What positive emotions will you replace the old negative ones with?

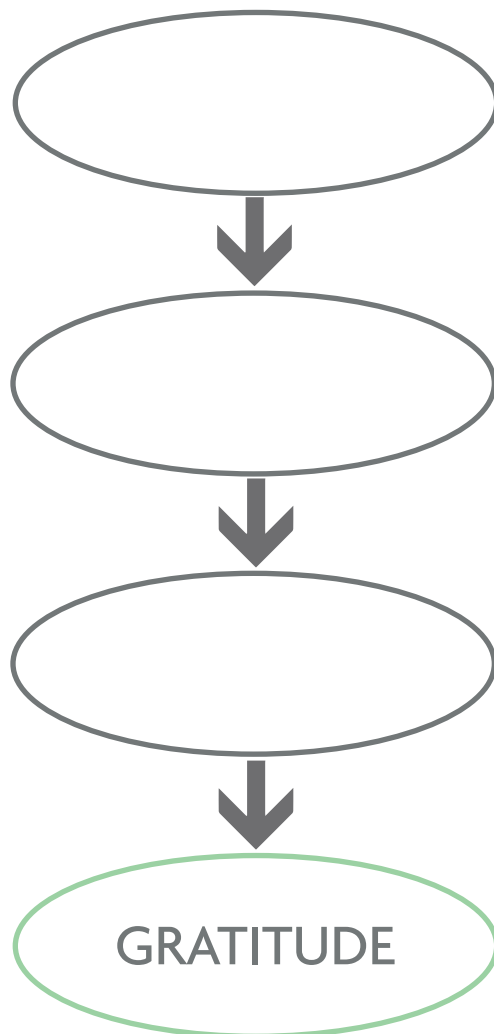
EXERCISE: LETTING GO OF NEGATIVE EMOTIONS AND BAGGAGE

One powerful technique to reduce the hold these negative emotions have on you is to face them head on. Take the first negative emotion on your list and allow yourself to spend 20 seconds focusing on how it makes you feel.

It will be uncomfortable for you at first but you will find that by allowing yourself to actually experience this negative emotion and not avoid it you will diminish the fear that this has over you.

Make a mental note of how it feels to actually allow yourself to experience the negative emotion. Repeat this step for all your negative emotions for no longer than 10 minutes in total.

It's like being afraid of going on a rollercoaster. Once you have done it you realise it wasn't as scary as it once appeared.



EXERCISE: LETTING GO OF BAGGAGE

Taking massive action is key to reinforcing your progress with letting go of negative emotions. Engaging your body as well as your mind makes any change more powerful. So we are going to destroy your baggage forever by taking your visual representation of it and shredding it into tiny pieces.

1. The key to this exercise is to focus on what your baggage means to you and what your life will be like in the future if you continue to hold on to it. Fully associate with this pain.
2. When you feel that you are ready to finally let it all go then step up to the shredder and shred your baggage picture. As you do so imagine that you are letting go of all your baggage and also all the negative emotions that surround it. Imagine as you do this that it is being destroyed so that you cannot carry it around with you anymore.
3. When it is completely shredded skip around the room three times with a smile on your face. Notice how the freedom makes you feel and think about what this means to you moving forward.
4. Sit down and write up all the things you can now do, have, feel and be in your life now you have taken back your control and the baggage and negative emotions are no longer controlling you.

What are you going to do differently now?

What can you now do that you couldn't do before?

How has life changed?

STEP 4: FLIP IT

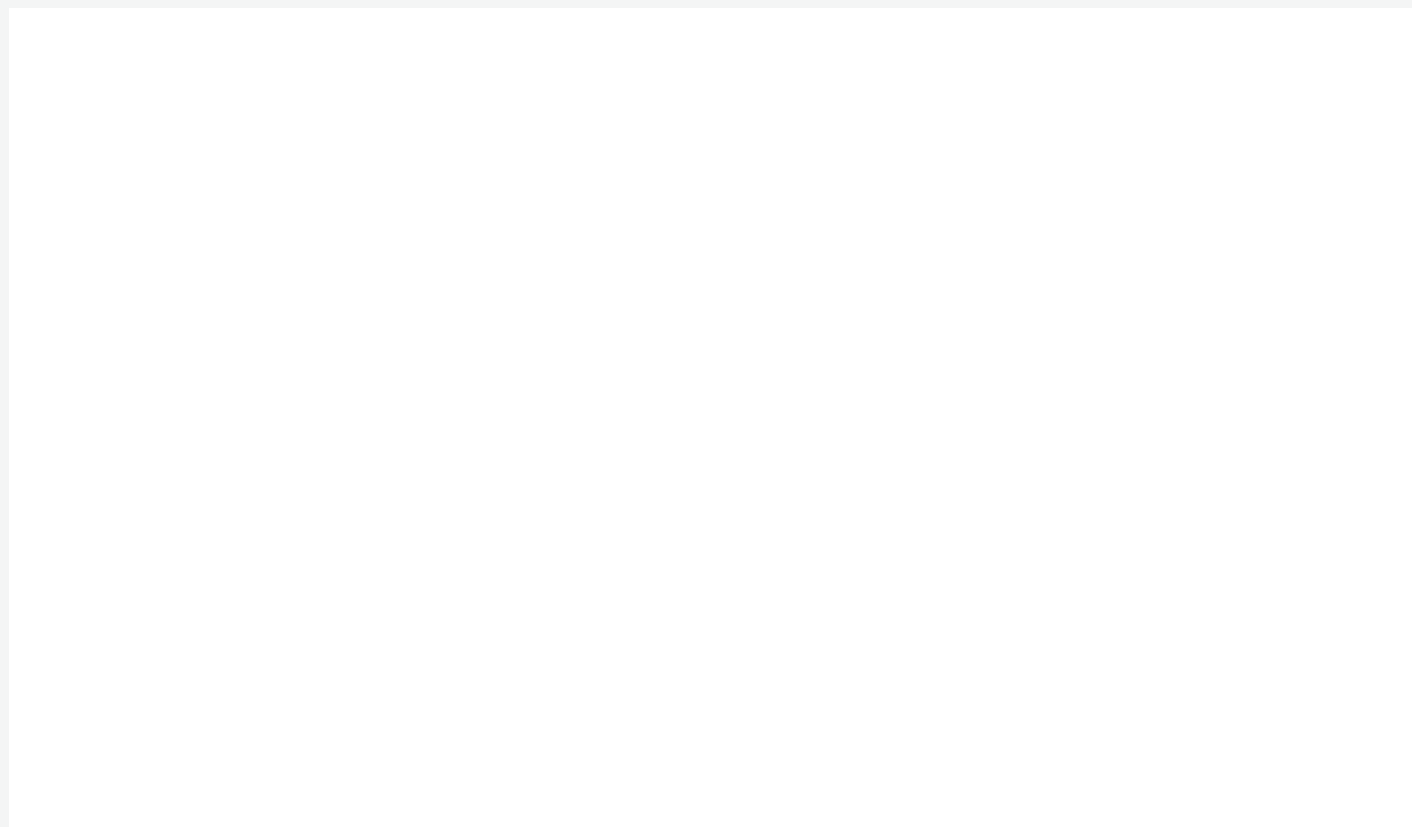
During your divorce there will be many ups and downs. It's important to be able to take control when we need to such as when we go to work or have to parent our kids.

This is a technique that I created which helped me through the darkest days of my break up. It's called Flip It. It's very simple and easy and you can use it at any time to help you boost your spirits and be stronger when you need to be.

It is amazing what happens when you train your mind to Flip It and it begins to happen automatically. It does take some practice and at times it may seem very tricky to do but if you stick with it and give it a go you will be surprised at how powerful such a simple technique can be and how it can shift your state of mind in an instant.

EXERCISE

1. Look for the good in your situation. Sometimes this may seem almost impossible but there will be one thing that you can identify as being positive to come from all this.
2. Focus on the good you find and nothing else for 30 seconds.



STEP 5: COPING STRATEGIES

I have designed lots of strategies to help you cope with the ripple effect of your breakup. Whilst there is no magic wand to take away all the pain, these tools will help you to manage better with the challenges you will face.

A. Heartbreak

There are several ways to help cope with heart break. Here are some tips to help you start to move forward:

- When you feel overwhelmed take some slow deep breathes
- Take off the rose tinted glasses and focus on the things that were not perfect in your relationship.
- Stop telling your story as you will re-experience the negative emotions
- Use your exes initial, not their name
- Surround yourself with people that make you feel good about yourself and can help you move forward
- Plan your days to keep yourself busy so you get out of the house and keep active
- Know that it's ok to cry and can be an important part of your healing process.
- Understand that it is normal to feel like you are on an emotional rollercoaster. Some days you will feel more able to cope than others but it is natural to have bad days too. Don't lose heart as you will get over this.
- Write a diary about how you are feeling as this is cathartic and a good way to free up your head space
- Don't be afraid to ask for professional help. Visit your local GP, Coach or therapist for support as it may well speed up your recovery process.

EXERCISE

Write a list of all the things you were NOT happy about in your relationship.

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B. Betrayal

Finding out that your partner has been unfaithful can cause your whole world to fall apart as you start to doubt every part of your life. It can trigger confidence and self-esteem issues as you try to figure out why this has happened to you and if it was your fault. I see clients driving themselves crazy with questions that they will never get the answers to. I call these “Hamster Wheel Questions”:

- Why did they do it?
- What is wrong with me?
- Why aren't I enough?
- Who else knows about it?
- What else have they been dishonest about?

Everyone deals with betrayal in different ways. For some it is black and white that if their partner has cheated the relationship is over for good and there is no way back. For others they are able to see a way to forgive and rebuild the trust. There is no right or wrong decision and it really does depend on your beliefs, values and circumstances. The one common reality that I see in my clinic is the hurt and pain that it causes. It can hit even the strongest of people like a freight train and take the floor out from underneath them.

1. Don't try to answer all the questions in your head. There will be some answers you will never find. It is natural to search for clues and reasons as to why this has happened however it's important to focus on doing what you can to feel better and not waste energy on answers you cannot find.
2. Take back control from your partner while you decide what you want to do next. Move forward on your terms and at your own pace. Don't feel rushed to respond to messages or to answer your phone if you are not ready yet.
3. Don't cyberstalk your ex. I call this social media 'self-harming' as watching what they are up to without you will cause you even more heartache and pain. It is best to cut off and have a clean break from what they are doing. This includes some joint friends you both have.
4. Don't worry about the things you can't control. It won't make any difference so don't waste your energy. Shift your focus to what you can do to help yourself feel better.

Boundaries are important as they define what is acceptable behaviour in a relationship and what is not. Boundaries may slip in relationships as we compromise our values at times to make our partner happy. Flexibility is important however when compromises become sacrifices this will lead to deeper issues.

- Re-evaluate your boundaries – you need to protect yourself so it's time to take a look at whether you compromised your values and beliefs to be in the relationship.
- Focus on what you can do to make yourself feel better – get fitter, make some changes, build your circle of friends, get busier
- Make some changes – furniture, colours, photos.
- You have the chance to redesign your life as you want it. Remember you can create the perception you want people to have about you.

EXERCISE

Step 1: Spend 5 minutes thinking about where you think you could improve your boundaries in a relationship. Write down the changes you are going to make.

EXERCISE

Step 2: Write a list of small things you can DO right now to help you feel better.

C. How to manage conflict with your ex

Some people “consciously uncouple” and others “aggressively sever”.

Conflict with your ex can drain your energy and can be all consuming at a time when you have so much to look forward to and move towards. It can be hard as some really know what buttons to press to get your reaction. Here are some tips on how to cope when you do not have an amicable relationship with your ex:

- Keep face to face and telephone communication to a minimum and keep it to text or email where possible
- Do not retaliate
- Always do the right thing
- Take some time to respond to emails or texts
- Keep emotion and personal detail out of all communication
- Keep a written record of any conflict where your ex has been unreasonable
- Don't let them see if they have upset you as this can spur them on

Conflict and kids

Divorce doesn't have to damage children but it will depend on the parents and their behaviour. If you can become a strong role model for them you could teach them how to handle life when it doesn't work out the way you expected it to, a great life lesson to learn early on in life. This is not easy to do – however it does get easier with practice.

- Be the best role model you can be for them – be an inspiration
- Always do the right thing – not the easiest thing
- Put your children's best interests first – it is better for them that they have some kind of relationship with their other parent
- Don't let them see your concerns as this puts pressure on children to take sides. This is not their battle. You are the parent.
- There is not point worrying when you cannot do anything about it.
- Put your worries to one side and decide to deal with any issues as and when they arise.
- Teach your children coping techniques

Dealing with difficult or unreasonable exes:

If you have been in an unhealthy relationship you will have experienced some or all the following: Tick the boxes which you have personally experienced:

- ☐ Walking on eggshells
- ☐ Confusing behaviour
- ☐ Contradictions
- ☐ Lies
- ☐ A slow erosion of confidence and self-esteem
- ☐ Increasing self-doubt
- ☐ Heightened anxiety when your partner is around
- ☐ Withdrawal from friends and family
- ☐ Living a double life behind closed doors
- ☐ Coping with an addiction
- ☐ Emotional, verbal and/or physical abuse

People stay in these relationships for a variety of reasons including:

- They believe it is their fault
- They believe there is a problem with themselves
- They lack the confidence to leave
- They believe they still love their partner
- Financial reasons
- For the children and family unit
- Fear of their partner's reaction
- They see no way out

How to deal with difficult exes:

Whether you like it or not you have to learn the rules of the game you are playing.

- Research their specific behaviour to see if they have a personality disorder. There are books, tests on line and experts you can speak to.
- Getting clarity about their behaviour will help you realise that it is not all your fault and that there may be a deeper issue with them. It will reassure you that you are not going mad!
- Set clear boundaries with them including access to your home, clear and set access times for the children and what information you share with them.
- Keep communication to a minimum and where possible keep a record.
- Keep a diary of any unacceptable behaviour with dates and details of what happened.

Functionally friendly is a great technique to use when you have to get on with your ex because of the children but you are struggling to deal with the way your ex has treated you. It provides you with a way to be able to be amicable with your ex when you are co-parenting. This is the best way to put the children first, to be able to have a friendly conversation and attend school functions together if needed. It is achieved by genuinely focusing on your ex's positive attributes and setting aside any issues there may be between you while you are with the children. This does not mean that you have become good friends or even forgiven what has happened, but it provides a workable relationship, which is in the best interests of your children.

D. Being a single parent

Many people dread becoming a single parent although it does have many upsides. It's important to focus on the positive side of your situation:

- You can parent your children the way you choose to without anyone interfering while they are with you
- You get quality one to one time with your kids
- They can bring out a strength in you that you never knew you had

E. How to cope when your kids are with your ex

If you are finding it tough to cope when your kids are with your ex then here are a few tips for you to follow:

- Plan your time ahead to make sure you are kept busy when they are away. Make sure you have planned in somewhere to go the minute they have left.
- Use this time to move forward positively with your new life. You could take up a new hobby, learn a new skill, go to the gym, take on more work or go on a few dates.
- Focus on you and not your children.

F. Co-parenting

Co-parenting with your ex can be tricky so ensure you do the following to make it run as smoothly as possible:

- Have clear communication with your ex about access times so there is no confusion
- Do not bad mouth the other parent to your children as this can be very difficult for them to handle
- Always do the right thing by your children and where possible put their needs first.

G. Worried about seeing your ex again

If you are worried about bumping into your ex it can make you feel trapped and nervous. To take back your control try using the Mind Movie technique.

Step 1. Imagine the scenario that you are worried about vividly in your mind. Run it as if you are watching it on a big cinema screen so you can see yourself in the film. In this instance, you can control what happens and you can imagine it going really well and all working out perfectly for you.

Step 2. See yourself acting calmly and confidently with everything moving along as you want it to.

Step 3. Imaging what you would say out loud and rehearse it a few times so that you can hear what you would say in an ideal scenario.

Step 4. Notice how good it feels to be in control of the situation and to walk away knowing it went as well as you could have imagined.

Step 5. Also, prepare a getaway line so that you excuse yourself easily.

Practice this technique as it will give you confidence. If you do ever bump into your ex you will have practiced it over and over again so you will know just what to do. It doesn't have to hold you back from doing what It can seem hard to get excited about life when you are struggling to deal with the end of your relationship. It's important to change your focus and think about the new opportunities that are there for you to grab now that your situation has changed.

EXERCISE

Take some time to read through the different techniques you have learnt in this Coping Strategies section. Identify the ideas you are going to use to move forward to help you with your own situation. Remember to write any actions in your Action Plan Workbook.

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