



Dealing with Emotions After a Divorce



Patricia Lavigne
Separation & Divorce Coach





After a separation or divorce, you are dealing with a great amount of emotions from feeling, angry, sad, scared, lonely, fear. You're like a roller coaster not knowing how to deal with everything at once.

In order to start getting your life back, ask yourself the following:

1. How did I contribute to the problems of the relationship?
2. Was I able to deal with conflict in a responsible and mature way?
3. Did I show a sense of insecurities?
4. Was I in control of my feelings or were they in control of me?
5. I need to examine my negative feelings as a starting point for change.

Dealing with Emotions:

- Don't fight your feelings
- Take time to heal
- Go through the grieving process
- Don't isolate yourself
- Acceptance
- Put an action plan together
- Move on

Self-Care Tips:

- Take care of yourself – U R # 1
- Pay attention to your needs
- Always do what is best for you no matter what others say
- Stay focused
- Avoid using alcohol, drugs, or food to cope
- Explore new interests.
- Pursuing fun, new activities gives you a chance to enjoy life in the here-and-now, rather than dwelling on the past.
- Keep healthy Eat well, sleep well, and exercise

The New You

1. Be honest with yourself
2. Discover what type of person are you
3. Learn more about yourself how you relate to others
4. Work on creating the new you

Moving forward will help you make better choices and build a healthy life.

MEET YOUR COACH



Thank you for taking the time to read my article.

I am honored and humbled to be able to share all my experiences, relating to separation and divorce. I have achieved balance through a healthy lifestyle, created a solid foundation for myself and my kids as a successful, single parent.

I am grateful for the enormous growth I experienced during and after my own devastating divorce. I call myself the subject matter expert because I know the heartbreak and pain of going through a divorce.

Through my coaching and programs, I manage to get people from an uncomfortable insecure situation to a happier and balanced life. My clients emerge with renewed vitality, confidence, and overall well-being. They look and feel better than ever, and they are eager to embrace the next phase of their life and to live it abundantly without guilt, shame or fear.

I'm here to guide you throughout your journey in life and achieve your goals.

Join us at one of our local events www.meetup.com/Friends-Date-Night/

WHAT PEOPLE ARE SAYING

Last year my miracle was reconnecting with Patricia Lavigne. At the time we reconnected, in February, I did not know how much I would depend on her friendship by June. In the darkest hours of my life she was there to coach me through my most miserable moments. She was in the lifeboat throwing me a lifeline and urging me to grab hold and swim on.

I am deeply indebted to her understanding, guidance, compassion and love. I say love because helping people achieve success through her coaching and programs is a passion of hers. It's a gift she willingly shares with others and coaching others through Separation and Divorce is where her future lies.

Anonymous