



# **Tips on Dealing with Your Emotions after a Separation**



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.***

If you're interested in a FREE 30 Minute coaching session or need to put your separation agreement together before you see your lawyer contact me at 416-312-6983.



#### **Patricia Lavigne**

Separation and Divorce Coach

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