

 Naked
Divorce Trauma
Recovery

DIVORCED

The First 8 Steps to
Healing From Divorce



by Adele Theron

#1

Take Some Deep Breaths and Admit It

Inhale, exhale.
It's cliché, we know.

But you can't start the process of recovery (because it is a recovery) until you've accepted your divorce as a fact.

Breathe into a bag if necessary, scream into a pillow if you have to. Cry, rage, emote.

But breathe, internalize the reality of it, and get up whenever you feel ready.



#2

Mourn It

Start the mourning process.

Your marriage was as beautiful as it was difficult. Don't bury your memories.

Crying, gasping, hyperventilating sobs are all natural responses.

Whatever way your body wants to get it out, let it.

To get through it, you've got to go through it – every uncomfortable, emotional bit.



#3

Write a Nice Eulogy

No one but you will ever see this – don't edit. Don't make it pretty or poetic.

Let it be raw, ask questions you could never ask your ex, or that your ex would never answer: Let your subconscious answer them for you.

Write until you have nothing left to put on paper, whether it's a page, or an entire notebook. Find yourself some closure.

Then save it, burn it, turn it into an elaborate origami project – whatever you do, don't send it to your ex.

The goal is to move on, not to stir the pot and create new emotional conflict.



#4

Write Your Future

Make it as imaginative as you can. Write your future. Your dream vacation. Your perfect Sunday.

What do you see yourself doing? What kind of hobbies do you wish you had? What kind of person did a younger, less jaded you want to be?

What kind of person does the older, wiser you wish you could be?

Write it out, and from that, choose the kind of person you want to become. We're all able to change, and this is the perfect time to pick the direction you want to head in.



#5

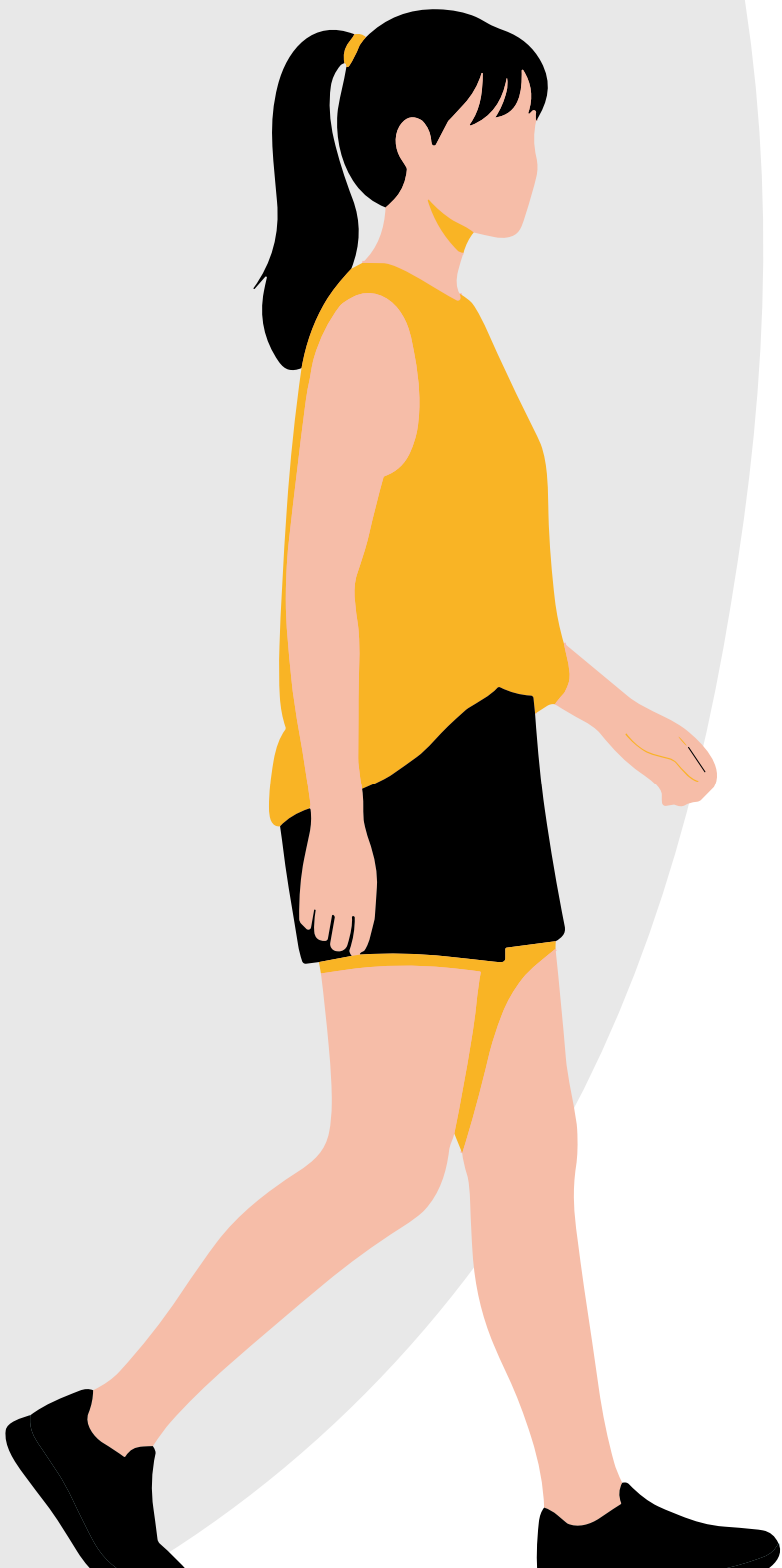
Get Active / Eat Healthy

You're still adjusting to your new life, and it only takes 30 days to internalize a behavior and make it routine. Choose to be healthy.

Go to the gym, take a walk. If you have a dog, start going to your local dog park. Get out of the house and get those endorphins pumping.

Eat a balanced diet, filled with healthy food you enjoy. Learn some new recipes and change up your dinner routine.

It might be difficult at first to put in the effort, but you'll thank yourself later.



#6

Get Social

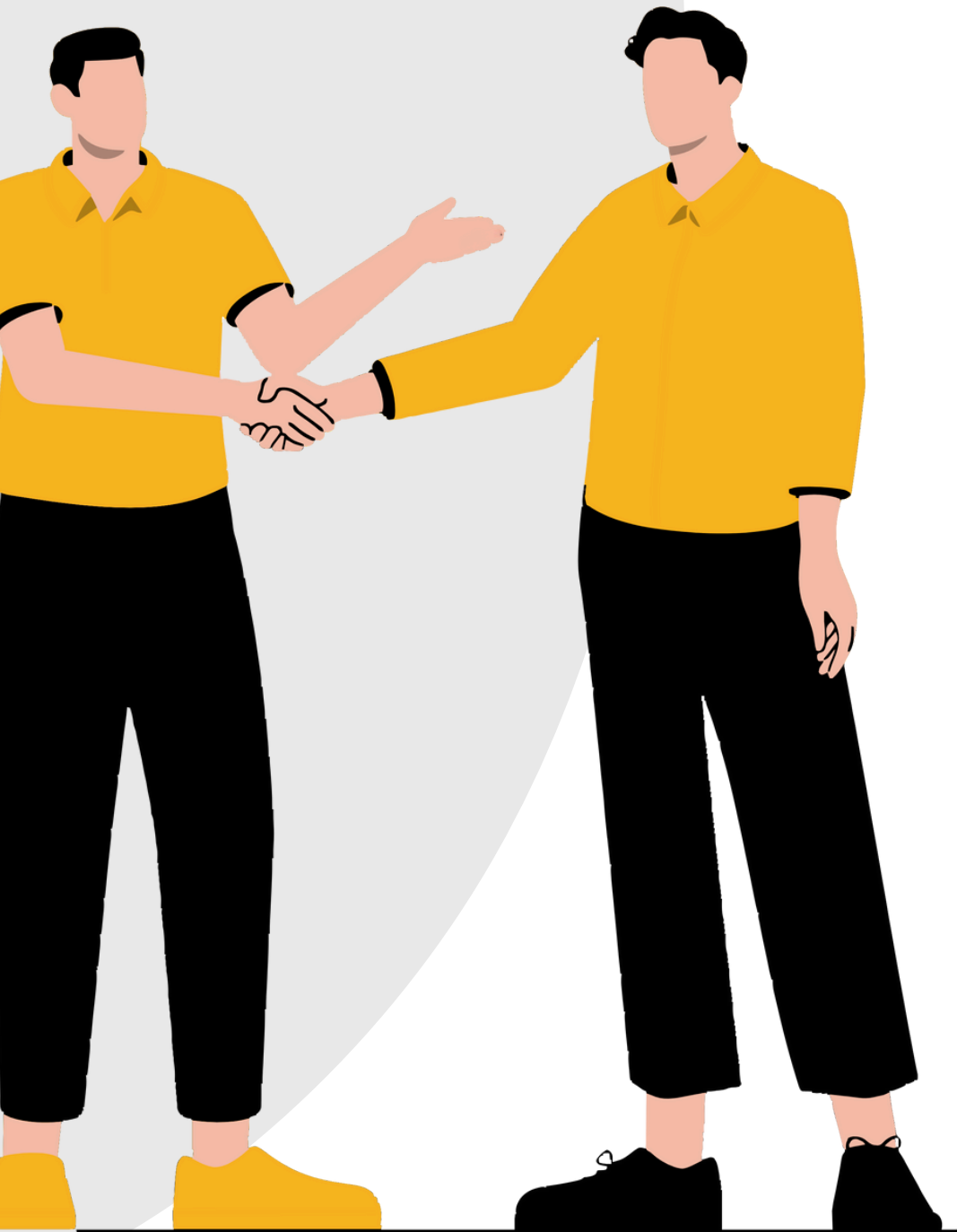
Now's the time to start looking for new activities and social groups.

While your old friends are always going to be important, bring in some fresh faces for a change of perspective.

Find local groups to meet up with, join a bowling league.

Don't lock yourself in the house and wallow.

Find new things you enjoy that are yours, and yours alone – not just the same hobbies and friends you shared with your ex.



#7

Limit the Time You Spend Talking About Your Ex

By talking about your ex all the time, you're creating a vicious cycle.

Start small. Allot yourself one mention of your ex per hour the first week. Then start pulling back. Once every three hours. Once every outing. Once every few days.

The less you talk about it, the more natural it becomes to focus on other things.

And don't get so caught up thinking about the next time you get to talk about your ex that you're not paying attention to the world around you.

Practice active listening and engage with the person you're speaking to. Don't fixate, move forward.



#8

It's Okay to Get Help

Getting help and meeting with a professional will help you through the critical transition.

Friends and family will help where they can, but in truth they are overly biased and can only help so much.



**“The first step is
not moving on.
It’s coming back
to yourself.”**

Divorce can make everything feel harder than it needs to be. It disrupts your routines, your identity, your future plans, and often your sense of safety in the world.

The First 8 Steps to Healing From Divorce gives you a clear, realistic steps to help you feel better, think more clearly, and move forward with confidence.

Developed by divorce coach **Adele Theron** after 20 years of hands-on experience, this book focuses on what actually creates change, not endless reflection.

If you want a practical starting point that makes healing feel manageable, this is it.



 Naked Recovery



www.nakedrecovery.com