

Your Free Break Up Guide!



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Break Up and Divorce is the 2nd most traumatic event you will ever experience in life, straight after number 1 being death of a loved one. I bet you didn't know that did you? I sure didn't before I became a break up and divorce coach!

When you go through a break up, everyone feels and acts differently, however, majority of you may feel like the world is coming to an end. It is normal to feel like this. Everyone's situation is different and you should never compare.

You will feel so many different emotions when you go through your break up and divorce. Some may include:

- Sadness
- Stress
- Jealousy
- Confusion
- Exhausted
- Frustrated
- Angry

The list goes on! Any emotion you feel is absolutely normal and it is okay to feel this way.

Sometimes when going through a break up, you get caught up in a cycle of your emotions and you can't leave it. You will struggle to get over the relationship and not know how to be your normal self again.

Well I have great news! I have learnt so many techniques and strategies from becoming a Sara Davison Accredited Divorce and Break Up Coach that I can help you rebuild your life.

A Break Up Support Team

It is really important when going through a break up or divorce that you get a support team in place. Having a support team means you have trusted people you can turn to in your hour of need. The main reason for a break up support team is to get the support you need, from individuals that can give the right advice in all areas that you need. The people you may consider including are:

- Solicitor: You can go to websites such as <https://solicitors.lawsociety.org.uk/>. There you can find all the solicitors qualified in the UK, find someone that is right for you. Some of them will do a free initial chat, that way you can get a feel for the person and how much they charge. Make sure it is okay for your budget!
- Financial Advisor: This is a great person to go to when you need reassurance on your finances! They can help you create your financial plan going forward.
- Family and Friends: Now you must only choose people that you can 100% trust. You do not want any of the information you tell them getting out to people that you don't want to know! It is also good to have 1 friend to discuss it all with. This way you do not re tell your story over and over again as that can be not good for your emotions.
- Exercise Buddy: Yep, I know, exercise is not my best friend either! However, it really does help I promise you. Give it ago at least once and see how you feel after. Find a friend that you can exercise with, even if its just a walk down the block!
- Coach or Therapist: Choose what is right for you. Someone that you can speak to about your emotions and help you rebuild your life.

Sometime, just having this in place, with the people that work for you, can help you get the reassurance and rebuild your life!

A Break Up Bucket List

Have you ever wrote down a bucket list of the things you want to do in life? Things that you want to go see? Things you want to experience? I know I have!

A break up bucket list is a really good thing to keep your mind focused and bring some well needed happiness into your life. Besides, you deserve it.

A break up bucket list is very similar to a normal bucket list, except this is all about you. When you get into a relationship sometimes we make compromises to make the relationship work. For instance, maybe your partner did not like flying, so you couldn't go to holidays that involved flying. Maybe your partner did not like visiting big cities because of how busy it was, but it was something you loved. It's now time to put you first and do what you enjoy again.

Start writing your bucket list and slowly work through it. Do it on your own or with family or friends. Make some memories and have fun along the way!

Make small changes to your life

When we go through break up or divorce, as I said, we all react differently. Some of us will continue on and will find it easier to rebuild their life and start again. Others, may lay in bed, eating ice cream and watching sad films. Its all normal!

I find if you make small changes in your life, you start to feel 10 times better!

Some small changes you could consider doing for yourself:

- Getting a new hairstyle: a cut, some colour, something that you love!
- Getting pampered: go to that salon and get some treatments done. Self love and me time is so important.
- Photos: Put some happy photos up of times with your friends and families. They will be a reminder daily how lucky you are to have them.
- Positive notes: Why not try putting some positive notes up around the house. At the end of the day, you are beautiful, you are amazing and you can do anything you put your mind to! (Make sure you repeat that)
- Start a new hobby: something you may really enjoy doing. As I always say, give it ago once. It may be something you continue to do forever.

I think you get what I mean now. Do whatever you want to do and what is right for you. It is your life, start living it!

Keep Busy

Most of us have really busy lives, but it is really important to keep busy when going through a break up.

When you are sitting at home, doing nothing, you just have your thoughts. The thoughts then start to play mind games with you, you start questioning you're past relationships, things that have happened and it can be very upsetting.

Now get up and get busy!

Things you could consider to keep yourself busy:

- Set yourself a routine for the day
- Go see family and friends
- Go for a walk
- Start a new hobby

They are just a few examples, but try to stay busy and do positive things.

One thing I DO NOT recommend is keeping busy with work.

When I was going through a break up, I put myself into my work doing all the hours under the sun. It seemed great at the time but really, I was just trying to avoid my feelings and actually, I wasn't having fun. Word of advise: doing overwork as you may burn yourself out!

Are you experiencing domestic abuse?

I experienced 10 years of domestic abuse. I have done all the courses, read all the books and feel like I am a 'lived expert' in the field now.

When I was with my partner for 7.5 years, I didn't realise it was abuse at all. Until it became physical when I left.

Types of abuse include:

- Physical
- Emotional
- Psychological
- Financial
- Economic
- Online/Cyber
- Stalking
- Sexual
- Coercive Control
- Honour-Based
- Forced Marriage
- Female Genital Mutilation (FGM)

Follow my instagram account @rosiesdva to find out more.

Leaving an abusive relationship is not easy and can be dangerous. It is really important to have a safety plan in place before leaving.

If you are in immediate danger always call the police on 999.

If you need any help or advice. Please contact some charities:

<https://www.refuge.org.uk>
<https://www.mankind.org.uk>

There is so much more I can help you with

So I have given you some free tips on how to change your life. Give them ago, see how you feel!

I have so many more strategies and tips including how to dial down emotions, regain control and rebuild your life.

This is always going to feel tough at first, but you are not alone. There are things that you can do to rebuild your life and feel like you again.

Contact me today for a free discovery call to see what I can do further to help you!

- Free Discovery Call:

<https://offers.saradavison.com/i-to-i-coaching-with-accredited-practitioner-i-o>

- Every single blog I've wrote, article I've featured in, podcast I've been part of and all my social medias:

<https://linktr.ee/Rosiesdva>