

1. Write down your divorce story – don't worry about editing, just write free form. I encourage you to do it by hand, because there is something therapeutic about writing it, but you can also do it on the computer.

2. Once you have it down on paper, read over it and answer the following questions:

a. Who is the "star" of the story? Is it your ex, or is it you?

*For example, "He did this..., and he did that..." The ex is featuring prominently in the story.*

b. What's the most upsetting part of the story – what emotions do you feel?

*For example, "It's most upsetting when I get to the part about the affair; I feel angry."*

c. Are there any themes to the story? Do you put emphasis on any particular part?

*For example, "I notice that I give my power away a lot in the story, everything seems to be outside of my control. I come across as a victim."*

d. What's triggering you in the story – what's getting you emotional now? We tend to get hooked in one (or sometimes more than one of the following ways): you feel that your competence, independence, worth, status, reliability, or integrity is being questioned or insulted.

*For example, "I don't like being seen as a victim; I want to be viewed as independent and competent – I want to be in control of my life."*

3. Look for and identify the areas in the story where you had some responsibility.

*For example, "I realize I was wrapped up in the family, and didn't make a lot of quality time for my spouse."*

4. What are some of the things you learned through your divorce?

*For example, "I learned how to ask for help from my support system; I learned who my true friends are; I learned how to take control of my own finances."*

5. How can you take what you are responsible for, and what you learned, and write a new story from this perspective. Again, don't try to edit yourself...just write free form.

6. Edit the new story down to a one or two line statement. Brief, neutral or positive language, and with you as the main protagonist or "star".

7. Burn the original story – let all of those old patterns and language be released.

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*If you would like guidance on rewriting your divorce story, please reach out to me via email [kira@getting-unmarried.com](mailto:kira@getting-unmarried.com), or cell 310.963.9563. I love nothing more than hearing your story, and helping you move from being a victim to being empowered!*