

Stabilize and *Start Again*

A 7-day gentle reset to calm the chaos, understand where you are, and find your footing again.

A FREE GUIDE FOR WOMEN GOING THROUGH DIVORCE

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Getting Started

How to Use This Guide

This guide is designed to be both a quick read and a practical toolkit. You can absorb the key ideas in about ten minutes, then return to specific exercises as you need them throughout your transition.

The most important thing? **Choose one exercise today. Just one.** Small steps create momentum - and momentum, slowly, creates something that begins to feel like you again.

You are not starting over from nothing. You are starting from experience, wisdom, and a self you have not yet fully met.

Make It Work for You

- Read through once to get the big picture
- Repeat the Stabilize steps for 7 days
- Return to the Phase Map on hard days - it will tell you where you are
- Print the checklist and boundary script pages
- Revisit exercises when emotions spike

📄 There is no right way to use this. Let your needs guide you. This guide is educational and supportive, not therapy or legal advice.

What you are going through is not a problem to be solved. It is a passage to be moved through. This guide will not rush you. It will not tell you to look on the bright side or find your silver lining. It will simply sit with you - where you are, as you are - and offer small, honest steps forward.

That is enough. You are enough. Right now, in this.

Understanding the Journey

Where Are You Right Now?

Before we move into the daily work, I want to offer you something I wish someone had given me early in my own transition: **a map**. Not a timeline. Not a checklist. Just the quiet reassurance of knowing that what you are feeling has a name - and that you are somewhere specific, not simply lost.

Over years of coaching women through divorce, empty nesting, and major life transitions - and through my own 36-year marriage ending - I noticed that transformation doesn't happen all at once. It unfolds in **six distinct phases**. Not linear. Not predictable. But deeply human.

 **Most women who download this guide are somewhere in Phases 1 or 2.** That is exactly where this guide lives. The work ahead - Phases 3 through 6 - will come when you are ready.

The Six Phases of Becoming

1

The Shift

The quiet moment when something inside you knows: life won't be the same anymore.

2

The In-Between

The foggy middle - the old version of your life is gone, but the new one hasn't fully formed yet.

3

The Inner Work

Looking inward at the beliefs, patterns, wounds, and stories you've carried for years.

4

Reconnection & Rebuilding

Learning to reconnect with yourself, with others, and with a life that feels aligned with who you are becoming.

5

Becoming

Beginning to recognize yourself again - trusting your own voice, needs, and identity.

6

Rising

Stepping into your next chapter with clarity, confidence, and courage - without waiting for permission.

Day 1 • Ground

Grounding Through Basic Self-Care

When your world feels chaotic, return to the fundamentals. Your body needs predictable, gentle care - not as a luxury, but as a foundation for everything else. These are not optional extras. They are the bedrock of your stability right now.



Sleep

Aim for 7–8 hours. No screens 30 minutes before bed. Keep your room cool and dark. A few minutes of gentle stretching before sleep can quiet a racing mind.



Hydration

Dehydration amplifies anxiety and fatigue. Keep a water bottle visible as a gentle reminder. Grief and stress are physically depleting — water helps.



Nourishment

Eat regular meals even when you're not hungry. Your brain needs fuel to process emotion and make decisions. Simple, nourishing food counts.



Movement

Move your body daily, even for 10 minutes. A walk, a stretch, dancing in your kitchen. Movement shifts stagnant emotional energy when nothing else can.



Connection

Reach out to at least one safe person daily. A text, a call, a quiet coffee. Isolation intensifies pain. You were not meant to do this alone.

🕒 You are not "behind" if you only managed one of these today. One is enough. One is a beginning.

Daily Stabilizer Checklist - Print and Use Each Day



Sleep

7+ hours



Water

64oz daily



Meals

3 nourishing meals



Movement

10+ min daily



Connection

1 safe person



Day 2 • Feel & Day 3 • Breathe

The Emotional Reality of Divorce

Here is what most people don't tell you: divorce is mostly emotional, even when the paperwork is legal. The court dates, financial decisions, and custody arrangements are the visible part. But underneath? You are processing loss, identity shifts, fear - and sometimes relief - all at the same time.

This is not weakness. This is what it means to be human during one of life's most significant transitions. Your emotions are not obstacles to overcome. They are **information**, trying to help you navigate forward.

And the fog you feel? That is Phase 2 - the In-Between. The old version of your life is gone. The new one hasn't formed yet. You are not stuck. You are in the middle of something.

☐ **Name it to tame it:**
"I'm feeling _____ and that makes sense because _____"

Grief isn't linear - it's cyclical. You might feel you're over it, then find yourself back in sadness. This is not regression. This is how healing actually works. Each wave builds your capacity to hold what is difficult.

When Grief Spikes - The 60-Second Anchor

01

Place your hand on your heart

02

Take 5 slow, deep breaths

03

Send one safe text to a friend

04

Remind yourself: *"This feeling will pass"*

Managing Emotions Effectively

This is not about controlling your emotions. It is about creating enough space so your emotions don't control you. Practice this sequence daily - even when you are calm - so it is available when you need it most.



01 • Stop

When overwhelming emotion hits, pause whatever you're doing. Don't make decisions, send texts, or push through. Just stop.



02 • Pause

Create space between the feeling and your response. Even 30 seconds of pause can shift your entire trajectory.



03 • Breathe

Inhale for 4 counts. Hold for 4. Exhale for 6. Repeat 5 times. The longer exhale activates your calming response.



04 • Respond

Now choose from a steadier place. Ask: *"What would help me feel 5% better right now?"* Then do that one small thing.

Day 4 · Release & Day 5 · Clarify

Releasing Guilt and Self-Blame

Guilt is one of the heaviest emotions in divorce. You may be replaying every argument, every decision, every moment you think you failed. But here is the truth: **you are blaming yourself for things that are not fully yours to carry.**

Relationships are systems. They involve two people, countless decisions, timing, and circumstances outside anyone's control. Compassion isn't letting yourself off the hook. It's seeing yourself clearly - acknowledging what was yours, and releasing what wasn't.

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Reflection Prompts - Journal These

What am I blaming myself for that isn't fully mine to carry?

Write freely. Let the words come without editing. This is for you alone.

Reconnecting With Your True Self

Divorce often means rediscovering who you are outside the relationship. This isn't about reinventing yourself - it's about **remembering**. What lights you up? What matters most? What do you value when no one else's opinion is in the room?

You don't need to know who you are becoming yet. You only need to know who you were before you started disappearing - and trust that she is still there, waiting.

Values Quick-Pick - Circle Your Top 3

Authenticity

Freedom

Growth

Connection

Peace

Creativity

Adventure

Stability

Honesty

Joy

Courage

Rest

 **Reflection Prompt:** When was the last time you made a decision purely for yourself - not for your children, your family, or what others would think? What did that feel like?

Day 6 • Protect

Managing Relationships Post-Divorce

Setting boundaries isn't mean - it's necessary. You are creating structure that protects your peace and allows both of you to move forward. Clear boundaries reduce conflict because everyone knows what to expect.

You don't have to be friends. You don't have to process your emotions together. You don't owe anyone access to your healing. You just need functional communication that protects what matters - especially if children are involved.

Practice these scripts out loud before you need them. Boundaries become easier with repetition, and they are worth the temporary discomfort.

Emotional Conversations

"I'm not available for that conversation right now. For practical matters, email works best."

Kid Logistics

"I'll respond within 24 hours about kid logistics only. Everything else can wait until we've both had time."

Extended Family

"I appreciate your concern. Right now I need space more than advice. I'll reach out when I'm ready."

-  **Your Own Script:** Think of one relationship or situation that is costing you energy right now. Write a boundary script for it below.

Protecting your peace isn't selfish. It's how you stay intact long enough to rebuild.

Your Fresh Start: Next Steps Forward

You don't need more willpower. You need a steady inner system. Small, consistent actions compound into transformation. This 7-day plan gives you one simple action per day - no overwhelm, no pressure, just gentle forward motion.

1

Day 1 • Ground

Complete the self-care checklist

2

Day 2 • Feel

Name your emotions using the grounding exercise

3

Day 3 • Breathe

Practice Stop-Pause-Breathe-Respond 3 times

4

Day 4 • Release

Journal the guilt-release prompts

5

Day 5 • Clarify

Identify your top 3 values

6

Day 6 • Protect

Write and practice one boundary script

7

Day 7 • Connect

Book your free Clarity Call

Day 7 • Connect

Ready to Know Which Phase You're In?

In a free 30-minute Clarity Call, we'll identify exactly where you are in your becoming - and map out one clear next step together. No pressure. No sales pitch. Just clarity.

Bring one current struggle. We'll leave with a simple, honest plan.



Free 30-Minute Call

Identify exactly where you are in your becoming



Your Phase Map

Walk away knowing which of the six phases you're in



One Clear Next Step

A simple, honest plan — no overwhelm, no pressure

[Book Your Free Clarity Call](#)

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You have already taken the first step by reading this guide. The next step is simply showing up - as you are, where you are. That is always enough.

