

SELF CARE IS VITAL

IT SHOULD BE HIGH ON YOUR LIST
ANYWAY

BUT IT IS CRUCIAL
NOW

NEVER HAS IT BEEN SO IMPORTANT TO PUT
YOURSELF FIRST!

The divorce sanctuary

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ELIZABETH GODDARD
The divorce sanctuary



Hello and Welcome!

NEVER HAS IT BEEN SO IMPORTANT TO PUT YOURSELF FIRST!

It doesn't matter if you have recently separated, or the relationship ended 20 years ago, recovering from an emotionally abusive relationship takes time, patience and lots of love. In an attempt to stop the pain you might be tempted to turn to alcohol, drugs, or sex believing you will feel better, filling the GAP that has been left. You have now been given this opportunity to learn to LOVE and RESPECT yourself.

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HOW DID YOU GET HERE?



THERE IS A CYCLE

each story is different, but the pattern is the same. At the discard stage, each time they withdrew their attention from you, they were hooking you up like a drug addict. This is the game they love to play, they then take you back round to the idealisation stage, placing you back on the pedestal, they had previously knocked you off from. And this cycle continues until you have been sucked dry, emotionally, creatively, financially, physically, mentally and spiritually.

Over time I hope you will see this as a GIFT.

As you start to HEAL, you will learn that no one can understand your needs, as well as you. By not addressing THE ORIGINAL WOUND, you are at risk of repeating the pattern and prolonging your recovery. Understanding the pain...

The ending of any relationship can be painful, especially if you are the one who isn't prepared for the ending. However, this was a different kind of relationship, and with it comes a different kind of pain.

The withdrawal hurts so much, and it is the reason you are prepared to do anything and put up with anything to get back the relationship. You know deep down that this is wrong, but your reasoning is overridden by pain and at the moment it hurts MORE than being in it. Nothing makes sense... As you start to share your story, you justify their behaviour, you can reason why they behaved the way they did, and you believe this is all your fault because you were told that.

This is a pain that comes deep from within your SOUL. You saw the RED FLAGS, but you ignored them.

It is crucial that you start to understand why you ignored them, and accept RESPONSIBILITY for the role you played.

The confusion, the crazy-making, the cognitive dissonance... You don't know how to function.

You may have believed that once out of the relationship, life would become easier, but sadly you are wrong.

You were compared to their exes, at first it was in a positive way, how perfect you are compared to the 'crazy ex' and suddenly they are put on the pedestal you have been shoved off of, causing you confusion. All the things that were so perfect about you are all of a sudden turned against you, and you are criticised for. You will need to talk and talk and talk; to make sense of it all. Make sure you find people who UNDERSTAND what you have been through, find your TRIBE!

Avoid VULTURES. These are the people who will happily listen to you constantly talk about what happened. But rather than want to help you move on, they are feeding off your drama. You can't disagree with them or their unsolicited advice; as you start climbing out of the GAP, they try to keep you in there, they need you to stay there.



Believe me when I tell you I know how lost you are feeling

Don't clock watch, it takes as long as it takes, and move away from anyone who tells you 'you should be over this by now', these people have never experienced the pain you are feeling. This is your time now!

This is the time to start looking after yourself; it is the time to cut the cords that are keeping you attached. And this is the time to put in place routines that will expedite your healing...

Your life was consumed by this person, you were trained to put

their needs first: from those early morning text messages, ensuring you were thinking about them all day; to the last one at night so you went to sleep dreaming about them, bit by bit they moved in to and took over your life.

Believe me when I tell you I know how lost you are feeling. And very LONELY. And this deep loneliness is at the core of the pain. You may experience disturbing dreams.

- You may find you're on constant alert.
- You may even find you're unable to leave the house.
- You may live in a place of fear, not knowing how you will survive without them.
- You may experience bouts of anger or rage, much like the rage you might have witnessed from them.
- You may experience emotions like depression or lack of purpose in your life.
- You may experience disturbed sleep.
- You may be isolated, you either did this yourself or you were told not to trust friends and family becoming reliant on your partner.



Protect yourself

Protect your energy and
stay out of rumination!

- ELIZABETH

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I didn't believe this when I first was told I needed to do it, but NO CONTACT is the only way to start that healing process. I believed I was strong enough to speak to mine, believing I had healed enough, but I was wrong. If no contact is not an option, grey rock is... Become as interesting as a GREY ROCK.

Working through the pain; acknowledging it, and then healing it...

These wounds are from childhood. I remember when I worked through my pain, I was shocked at the amount of healing my 3-year-old needed as well my 5 and 8-year-old.

You may go through phases where you believe that you are the abuser.

You may go through phases where you believe that you are the abuser.

You have been conditioned over a period of time to believe that this was all your fault. The way you felt or have reacted may lead you to believe you are the abuser. I want to stop now and think about it, write your story out on paper and look at the behaviour you experienced, not look at the way you may have behaved. They don't believe this is their fault, they have never taken the blame for anything, and they have always been the victim. YOU ARE!

Whilst you have the paper out, I want you to look at the way they treated others when you were in the relationship, and I am going to bet that you NEVER thought they would do that to you. THIS IS THE GIFT

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You need to accept this relationship was not real...

You may have experienced the pain of realising the future you planned together was fake. I'm sorry, I feel your pain... Nothing about them or the relationship was real. They wore a mask, pretending to be the person they believe you wanted them to be. But it is hard to keep up that lie, that is why you saw the RED FLAGS, you saw a glimpse of the real person, that person behind the mask.

Your life has been so preoccupied with protecting your relationship, that your thoughts still surround it; obsessing about it, what they are doing, who they are with. And wondering if they are missing you as much as you are missing them.

YOU NEED TO FORGIVE
YOURSELF!

- ELIZABETH



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1. By taking RESPONSIBILITY for the role you played and finding THE ORIGINAL WOUND, this allows you to heal and feel whole, THAT is the GIFT. It allows you to take back control and realise you can't heal them, that is their job.
2. By taking OWNERSHIP of your life, you are now responsible for your energy, your thoughts, and your healing. Taking OWNERSHIP of your feelings means you are taking RESPONSIBILITY for your life. You start to live in the present, not in the past, you will start to realise how much quicker you are getting out of your negative thought patterns and how quickly are changing your emotions.
3. It is crucial to ACKNOWLEDGE your journey. To ACKNOWLEDGE who you were before the relationship, who you were during the relationship, and who you are now, even if you feel your life is a mess. You can ACKNOWLEDGE each step of the journey, it is going to be fierce and painful, your other alternative is to go back to the relationship; BUT please remember you are going to have to go through this at some point in the future...
4. Start to align to the life you know deep down you are here to live!
Start to understand YOUR needs and what you are here to do. Perhaps you have been told from a young age what career choices and life choices you are to make. Perhaps the relationships you witnessed growing up you are mirroring. Maybe you have felt you have never fitted in. This is your opportunity to discover who you really are.



*ACKNOWLEDGE your
needs and start
incorporating them into
your life.*

- ELIZABETH

Believe me when I tell you I understand how consuming and overpowering the feelings are.

Over time I hope you will see this as a GIFT. As you start to HEAL, you will learn that no one can understand your needs, as well as you. By not addressing THE ORIGINAL WOUND, you are at risk of repeating the pattern and prolonging your recovery.

Understanding the pain...

The ending of any relationship can be painful, especially if you are the one who isn't prepared for the ending. However, this was a different kind of relationship, and with it comes a different kind of pain. This is a pain that comes deep from within your SOUL. You saw the RED FLAGS, but you ignored them.

It is crucial that you start to understand why you ignored them, and accept RESPONSIBILITY for the role you played.

In order to change your life, you will need to change your entire belief systems going back to your childhood



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THE TRUTH IS, by hiding the pain and pretending you are OK, you are just burying the emotion until it comes up again and again and again... And you continue to repeat the pattern. A certain amount of stress is good for you, it keeps you alert, but prolonged stress takes its toll on the mind and body.

Would you willingly go into a war zone? Well, you unwittingly have done just that. You have probably heard stories of the armed forces returning suffering from PTSD, you went into a different kind of war zone and completely unaware of it. Complex Post Traumatic Stress Disorder - C-PTSD is a psychological injury, resulting from repeated trauma over months or years, rather than a single event.



Reliving the traumatic experience can include having nightmares or emotional flashbacks, avoiding certain situations, feeling constantly on-alert, a feeling of looking over your shoulder, jittery or being startled easily.

As you start to heal your thinking will become clearer, and it is crucial you are also introducing self-care.

If you can hear a voice in your head saying 'but I don't have time', try setting your alarm earlier and try getting up 10 or 20mins early or prepare for bed earlier.

SELF CARE is going to be one of the pillars of your healing... What you have been through is horrific, and you will get through this quicker if you can carve out some time during the day.

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Get a pen and a piece of paper and start CREATING A SELF CARE PLAN. Plan a morning and evening routine. You can adjust it regularly, do as much as you can but do not punish yourself in any way if you don't complete everything, you have been through enough!

PHYSICALLY | MENTALLY | EMOTIONALLY | SPIRITUALLY

1.
 - Incorporate a little exercise into your day.
 - Drink water.
 - Prolonged stress depletes nutrients in the body, make sure you include lots of fresh food. Beware of cravings for sweet and sour foods, this can be a sign of adrenal fatigue.
 - Salt baths.
 - Dry brushing.
2.
 - Try meditating in the morning and /or evening.
 - Deep breathing, in and out of your nose calms your nervous system.
 - Exercise.
 - Connect with people.
 - Sleep.
3.
 - Journal in the morning,
 - Write a gratitude journal at the end of each day
 - .Write and speak affirmation out loud.
 - Power posing to change the chemistry in your body.
 - Dance it out... find powerful music and dance around the room!
4.
 - Meditation
 - Light candles around your space.
 - Space Clearing
 - Smudge your home.
 - Himalayan Sea salt baths have so many health benefits and clear on an energetic level

CREATING A SELF CARE PLAN

Plan a morning and evening routine. You can adjust it regularly, do as much as you can but do not punish yourself in any way if you don't complete everything, you have been through enough!

PHYSICALLY | MENTALLY

- ☐
- ☐
- ☐
- ☐
- ☐



EMOTIONALLY | SPIRITUALLY

- ☐
- ☐
- ☐
- ☐
- ☐

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You might find it difficult to spend any length of time doing anything for yourself.

Believe me when I tell you I know how hard this is. Find the core belief that is holding you back from doing this and change that belief!

Change your thoughts

Initially, your thoughts are about the relationship, you will grieve for the future you have lost, you may experience the pain of watching someone else step into that future. BREATHE AND COUNT this will help you stay out of rumination

Protect yourself

Learn to protect yourself and your energy. Using visualisation techniques you can place yourself in a bubble or put on a cape or cloak.

Cord Cutting

Energetically cutting the cords that hold you to the relationship can be beneficial. Visualise breaking away and any cords that attach you, dissolving them or imagine a sword slicing through them. You can then see them retracting or watch them wither, and visualise an ointment healing the scars.

Our bodies change our minds ...and our minds change our behaviour ... and our behaviour changes our outcomes.

Look back at your relationship and acknowledge all the money and resources you used during the relationship, now is the time to make that commitment to yourself.

This is the GIFT you have been left with...

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This is the GIFT you have been left with...

You have been through something you wouldn't want anyone to experience, but you can only move forward if you start to look after yourself. That means really looking deep inside and finding out why you allowed this behaviour.

You can heal THE ORIGINAL WOUND and move into the life you know deep down you were meant to live.

Remember the decision you make will affect the people looking up to you, your children or the people around you are learning from you. If you have children, you are telling it is OK to be treated the way you have. You are a ripple in this world, that may not feel like it will have a huge impact on anyone but think of the butterfly effect. The decision you make now will have an impact on someone, somewhere in the world.

A handwritten signature in gold ink, appearing to read 'Elizabeth', with a stylized flourish at the end.

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I believe that we are all here to heal on a deeper level and that every situation (no matter how painful) holds some meaning and allows healing to take place.

Through my own journey, I know the damage emotional abuse leaves both in your internal and your external life, physical, and financial life.

This was a game and I didn't have the rules. I was left a shell of my former self and I'd lost everything; I was broke and I was broken... It was like living in a nightmare that I couldn't wake up from.

Everything I create is with you in mind (it was also what I needed to heal). The focus is always on healing from THE ORIGINAL WOUND and providing you with the tools you need to live the life you were born to live.



Do You Need More Help?

Schedule a Call

I believe as part of this journey we have come here to heal our wounds and stop the abuse repeating!

I can help you get the closure you need, grieve the person you thought they were and heal the ORIGINAL WOUNDS



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