

*By Maxine Clancy*

# LET GO OF DIVORCE GRIEF & RECLAIM YOUR HAPPINESS

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*Learn to transform painful emotions into peace & calm*



# Hey, there!



Over the past 20 years, I've had the opportunity to help hundreds of amazing women just like you. Often my clients are in the midst of deep heartache and trauma, on the cusp of a new life, but still clinging to the old, uncertain of what the future holds. The work we do together involves working through deep layers of transformation, uncovering who they really are and what they truly want, especially in the aftermath of a separation or divorce.

Sometimes that looks like facing the stark truth that someone is not coming back or the relationship is no longer serving them. Other times, it's helping someone learn new relationship skills such as, speaking their truth, saying NO to a bully and setting clear boundaries. Oftentimes, it's teaching someone how to silence their inner critic, release shame and get in touch with their anger so they can move on.

All the work we do goes deep into the fabric of their being and as a result they have higher self-worth, self-belief and trust. Learning to use their inner guidance and emotional power to find their happy and create lives they truly love.

## This guide will help you to:

Understand the emotional rollercoaster of divorce grief

+

Learn to transform big difficult emotions

Let's get started.



Welcome,  
I'm so happy  
you're here!

No one understands the emotional roller-coaster ride of divorce more than someone who's been there (I have, twice) and let's be honest, it can be brutal.

As you swing between wanting to hide under the duvet to avoid talking about your divorce and a desperate need to escape the confines of your home, your loneliness and despair.

#### **DIVORCE IS 85% EMOTIONAL, 15% LOGISTICAL**

Divorce (& separation) has it's ups and downs on a daily and sometimes hourly basis, our minds & body are constantly in fight/flight/freeze aka. STRESS MODE, blocking our ability to think with clarity, sleep well and find peace.

The problem is, divorce insults our ego, it attacks us at our very core and we inevitably fall into the cycle of grief. Which if left untreated becomes "long term unresolved grief" which can remain with you for decades, stopping you from moving on and creating happiness (and new love relationships).

# The Emotional Grief Cycle

No one teaches us how to deal with loss and although our friends and family mean well, they're not necessarily trained to help us move on.

These stages are not linear, we can go in and out of them.

 DENIAL: "This isn't happening to me"

 ANGER & BETRAYAL: "Who do they think they are? How dare they do this to me?"

 PANIC & NEGOTIATION: "I'll do anything, so long as you come back!" - "You can have her, so long as you come home!"

 HUMILIATION/FAILURE: "What will people think of me? I'm a failure?"

 DESPAIR: "There is no hope for me/us now."

 LOSS, GRIEF & DEPRESSION - "It's over", "My life is over."

 SPACE & EMPTINESS - "I feel numb", "I'm empty".

 ACCEPTANCE - "It is what it is."

 SELF RESPONSIBILITY & FORGIVENESS - "I have to look after myself now and forgive myself for my mistakes"

 GRATITUDE - "Whilst I didn't want this, I am grateful for how I have changed and grown"

Can you recognise where you are in the cycle?

# Let's Take A Closer Look

The stages in the divorce grief cycle are similar to bereavement, they start with the initial shock and paralysis stage of distressing news and are followed by anger, shock, anger, humiliation, despair, anger, emptiness, grief, sadness, loss, numbness, sadness, acceptance, and eventually happiness

1

## Denial Stage

A desire to avoid reality. We might numb out with alcohol, drugs, food, TV, sleep a lot or try to act as if everything is normal.

2

## Anger and Betrayal stage:

A release of suppressed emotion. We might rant, rage, cut up clothes, throw out/damage belongings. We might also say things we regret.

3

## Panic and Negotiation stage:

Desperately seeking a way out of the situation – negotiating new terms with the ex (or God). To my utter humiliation, I begged my ex to stay and said he could keep his girlfriend.

4

## Humiliation, Fear of Failure or Looking Bad stage:

An uncomfortable awareness of the people outside of our self-induced bubble and wanting to avoid embarrassment, their opinions & judgements

5

## Despair stage

Reality hits us and we realise there is nothing we can do to change our situation and we have to face what's coming. There is a complete loss of hope.

6

### Loss, Grief and Depression stage:

The inevitable is happening, it's over and we have to surrender to our reality.

7

### Space & Emptiness stage:

After surrendering to our outpouring of grief and pain. When we can grieve no more. There is a feeling of nothing, emptiness or space, even numbness.

8

### Acceptance stage:

A realisation that we have to move on. The beginning of new thinking, new ideas, solutions and possibilities for a way forward.

9

### Self Responsibility and Forgiveness stage:

In taking responsibility for where we may have contributed to the breakdown of the relationship, we reclaim our power. Doing the work of forgiving ourselves and our ex for any failings we feel happened during the relationship, we begin to work to make amends to ourselves and others.

10

### Gratitude stage:

This is where we can see our divorce as a transformational experience - learning, finding positives and negatives from the whole experience and appreciating our growth. Choosing to happiness and wellbeing.

You're in a process and 85% of this is emotional. I guarantee there is an end to it, you can get off the rollercoaster.

YOU CAN GET HELP TOO.

# The Divorce Detox Method

You're here because you have decided to stop feeling:  
HURT, FEARFUL, STRESSED and LOST



## Step One: EMOTIONAL DETOX

Learn to release painful and stressful emotions, regain control and have clarity over your decision making.



## Step Two: HEALING

Free yourself from your past and your ex, let go of festering resentments, old relationship patterns and truly heal your heart.



## Step Three: IGNITE YOUR RADIANCE

Fall in love with you and learn to live from your emotional power centre AND energy, resulting in inner confidence and high self-worth.



## Step Four: LOVE-REIMAGINED

Create your new life from the "inside out", aligned with your highest self and a vision for love and life that you find deliciously juicy and fun.

# A Simple Technique You Can Use Today

Use this simple yet powerful technique when your feelings overwhelm you, when it's all too much to bear. Disappointment, fear, loneliness or sadness.

1

If it's safe to do so close your eyes and take a few deep breathes in, as if you could breathe all the way down into your hips.

2

Place your hand on your heart. Take a moment to extend loving kindness to the part of you that is suffering.

3

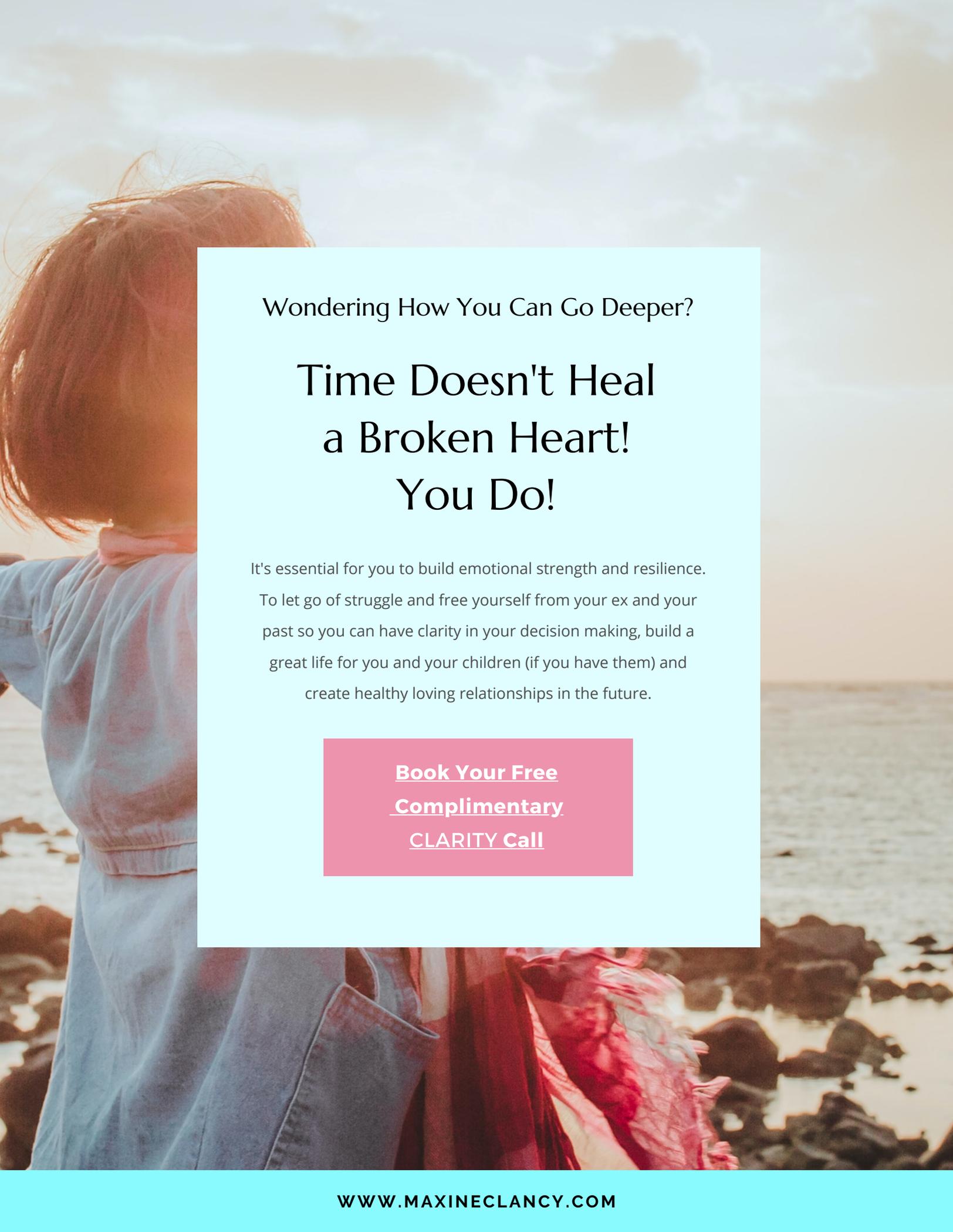
Ask yourself: "Sweetheart, what are you feeling?"  
Wait patiently and listen to your body, any sensations or emotions.

4

Name what you are experiencing and mirror this back to yourself. Say "I can see that you're feeling.....(angry, sad, hurt).

5

Next, breathe the emotion in, through your heart centre, welcome it in. When you breathe out, send out a blessing for yourself and others who are suffering today.  
Repeat, until the feeling subsides.



Wondering How You Can Go Deeper?

# Time Doesn't Heal a Broken Heart! You Do!

It's essential for you to build emotional strength and resilience. To let go of struggle and free yourself from your ex and your past so you can have clarity in your decision making, build a great life for you and your children (if you have them) and create healthy loving relationships in the future.

[Book Your Free  
Complimentary  
CLARITY Call](#)



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## How Does The CLARITY Call Work

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# 60 Minute Complimentary Call

It's important you have the right coach, one that is a good match for you, who you feel comfortable with, someone you are excited to share the journey with. Likewise, I don't work with everyone. My coaching is highly practical, a combination of spiritual principles and cutting edge neuroscience techniques.

I walk my talk, I have successfully and healthily navigated two divorces (in 2000 & 2010), one with the father of my two children, whom I have a very healthy co-parenting relationship with now. I have a great track record and have been coaching clients since 2000 and using the Divorce Detox Method since 2017. I work with my clients in building their emotional power, clarity & confidence in mindset and creating a future they love.

The first part of the call is an opportunity for you to get clarity on where you're at, what challenges you are facing and where you want to be in 3-9 months. I will make a recommendation about how I can support you and if you decide to go ahead, I will take payment and we will use the rest of the call for coaching.

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