SELF CARE IS VITAL

Course Workbook

the divorce sanctuary

BY ELIZABETH GODDARD
Emotional Abuse Specialist | Author | Speaker

SELF CARE IS VITAL



No part of this publication may be reproduced, stored, in a retrieval system, or transmitted, in any form or by any means without permission of the publisher.

The divorce sanctuary


SELF CARE
IS VITAL
It should be high on Your list anyway
but it is crucial now



ABOUT THE AUTHOR

I'm Elizabeth, founder of the Divorce Sanctuary and creator of the Original Wound© and WoundTalking©. I am the unintentional author of Finding Lily, The A to Z of Emotional Abuse and Divorce Matters.

I've worked in the holistic field for over 20 years • I am a Reiki Master Teacher • Therapist and a Reflexologist • I trained in Past Life Energetics • I am a qualified Spiritual Life Coach • I have trained in NLP, Soul Plan Reading and Soul Transformation • As well as Kinesiology and the Law of Attraction • I have also completed Somatic Experiencing with Peter Levine

I have been a Woundologist for over 20 years, working with past life wounds, clearing ancestral trauma and working with this life wounding.

Through my own experience, I know how much this hurts and how confusing life becomes - so many questions and no real answers.

I wrote Finding Lily on the beach in Greece as my marriage crumbled around me. The story fell out of me. I could see the patterns in that relationship with others. He had left within the week. Then the games started, and at the time, I thought a hoover was a device that sucked up dirt.

I started to discover ways to keep myself out of rumination, which was stealing my life for weeks at a time. I learned a new language of words and phrases. I started to record videos for YouTube and then post them on Instagram. I received a message from the publishers of Finding Lily asking me if this was my next book. I then wrote a comprehensive guide and published The A to Z of Emotional Abuse.

I wrote Divorce Matters to support those going through the divorce process. I found it so manipulative and felt it was important not to let the wounds run the divorce. And I realised it could help you get the closure you won't get from the abuser.

NEVER HAS IT BEEN SO IMPORTANT TO PUT YOURSELF FIRST!

Whether you have recently separated or the relationship ended years ago, recovering from an emotionally abusive relationship takes time, patience and lots of love. In an attempt to stop the pain, you might turn to alcohol, drugs, or sex, believing you will feel better, filling the gap. You now have the opportunity to learn to LOVE and RESPECT yourself.

There is a cycle. Each story is different, but the pattern is the same. At the discard stage, each time the abuser withdrew their attention from you, they were hooking you up like a drug addict. It is a game to them. They then take you back to the idealisation stage, placing you back on the pedal stool they had previously knocked you off. And this cycle continues until there is nothing left of you emotionally, creatively, financially, physically, mentally and spiritually.

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 may repeat the pattern and prolong your recovery.

The ending of any relationship can be painful, especially if you aren't expecting it. However, this was a different kind of relationship, and with it comes a different type of pain.

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

It is crucial to understand why you ignored them and accept RESPONSIBILITY for the role you played.
The confusion, the crazy-making, the cognitive dissonance, you can't function. You may have believed that once out of the relationship it would be easier, but sadly, you are wrong.



The withdrawal hurts so much, and perhaps you are prepared to do anything and put up with anything to get back the relationship. You know it was wrong. But any reasoning is overridden by the pain. And in that moment, it hurts more being out of it than being in it.

Nothing makes sense.

As you start to share your story, you justify their behaviour.

They compared you to their exes. Initially, it was positive. How perfect you were. That changed. All the things that were so perfect about you, you, are now criticised for. You will need to talk and talk and talk to make sense of it all. Find people who INNER STAND what you have been through. Find your TRIBE! Avoid VULTURES. These are the ones who listen to you constantly talk about what happened. But rather than want to help you move on, they are feeding from your drama.

Believe me when I tell you I know how lost you are feeling.
Don't put a time limit on your healing. It will take as long as it takes. And move away from anyone who says, 'Shouldn't you be over this by now?'.

These people have never experienced the pain you are feeling.
Now is the time to start looking after yourself; it is the time to cut the cords that keep you attached. And this is the time to put in place routines to expedite your healing.

They controlled your life. You 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.



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 are on constant alert.
- You may even find you are unable to leave the house.
- You may live in a place of fear, not knowing how to 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 told not to trust friends and family, becoming reliant on your partner.

II did not believe this when I first was told I needed to do it, but
NO CONTACT is the only way to start the healing process. I thought I was strong enough to speak to my ex. I thought 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 as my 5-year-old and 8-year-old.



You were conditioned to believe that this was all your fault.

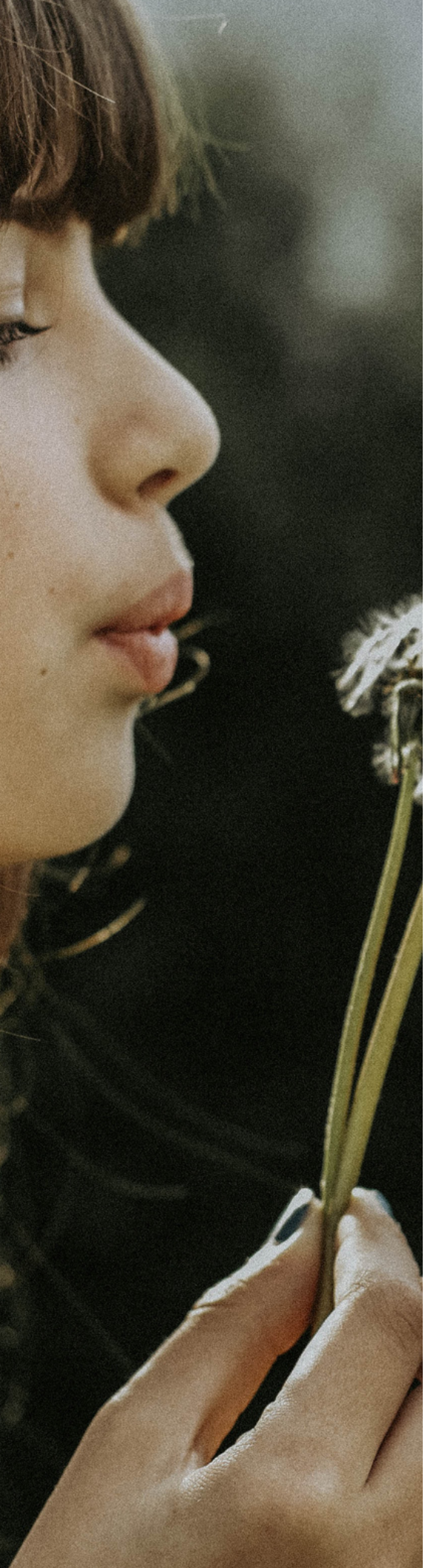
The the way you have reacted may lead you to believe you are the abuser. Write out your story on paper and look at the behaviour you experienced. Look at how you may have behaved. The abuser does not believe this is their fault. They have never taken responsibility and always played the victim.

While you are writing, look at how they treated other people. I bet you NEVER thought they would do that to you.
You may have experienced the pain of realising the future you planned together was fake. I am sorry.

I feel your pain. Nothing about them or the relationship was real. They wore a mask, pretending to be the person they believed you wanted them to be. But it was hard to keep up that lie and the reason you saw the red flags. You got a glimpse of the person behind the mask.

Your life was so preoccupied with protecting the relationship your thoughts still surround it. You obsess about them. What they are doing, and who they are with. And wonder if they are missing you as much as you are them.





RESPONSIBILITY
OWNERSHIP
ACKNOWLEDGEMENT
REALIGNMENT

01 Responsibility

Taking responsibility for the role you played and finding THE ORIGINAL WOUND, you can heal and feel whole. It allows you to take control and realise you cannot heal anyone but yourself.

02 Ownership

By taking ownership of your life, you are responsible for your energy, thoughts and 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 realise how much quicker you are getting out of your negative thought patterns and how quickly you are changing your emotions.

03 Acknowledgement

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. The other alternative is to go back to the relationship, BUT please remember you will have to go through this at some point.

04 Realignment

Start to align with 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 or life choices to make. Maybe you have been mirroring the relationships you witnessed growing up.
You may have felt you have never fitted in.
Use this opportunity to discover who you are.

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 not prepared for it. 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.




"The truth is going to set you free but first it'll piss you off"
Gloria Steinem

Get a pen and 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!

MENTALLY

- 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.

PHYSICALLY

- 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.

EMOTIONALLY

- 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!

SPIRITUALLY

- 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



PHYSICALLY

MENTALLY





EMOTIONALLY

SPIRITUALLY



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 holding you back from doing this and change that belief!

Change your thoughts
Initially, your thoughts are about the relationship. You may grieve for the future you have lost, and 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 your energy. Use visualisation techniques, 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 anything that attaches 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. Our minds change our behaviours. 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 through something you would never want anyone to experience, but you can only move forward if you start to look after yourself. That means 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, your decisions affect the people looking up to you, your children or those around you who are learning from you. If you have children, your actions are saying it is OK to be treated this way. You are a ripple in this world.



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



Case study

Janie

Background

Janie was discarded by her partner, leaving her with three young daughters.
We discovered she had a history of abusive relationships, and when we started working together, her ex was parading around his new love interest. For anyone who has experienced this type of relationship, the pain of not getting closure and the hormonal conditioning that takes place during the cycle of abuse is so painful and powerful.

Confronting Challenges

Janey has been able to identify the abuse. She is recognising the manipulation and the hoovering attempts.
As she was trying to heal, she noticed her children started to display behaviour similar to their father. We worked on her wounds and she was able to claim back her power. She set boundaries with her children. She was able to use the tools she had learnt to question the beliefs she held about herself.

As we worked together, she saw patterns from her childhood.

Janie learnt to spot the signs of manipulation. She decided she didn't want her daughters growing up and repeating the same patterns. And that helped her focus on claiming back her power.

Moving Forward

Janie didn't expect her mother and her sister to follow her lead. Watching from the sidelines, they had seen her change and grow. Whether this was a conscious or unconscious decision, we are not sure. Their behaviour changed from how they dressed to the relationships they were choosing. As they grow as a tribe, her daughters are now witnessing a different message.

I'm am founder of the Divorce Sanctuary and creator of WoundTalking© and the Original Wound©.

I am author or Finding Lily The A to Z of Emotional Abuse and the book I have just published Is Divorce Matters, I have put a link to that below with info on the book.



Through my own journey, I know the damage emotional abuse leaves in your internal and external life.
This was a game, I didn't have the rules. I was left a shell of my former self, and I'd lost everything; I was broke and 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.

I've been a woundologist for over 20 years, working with past life wounds, clearing ancestral trauma and working with this life wounding.

Through my own personal journey, I found myself working in this area. I know how much this hurts and how confusing life becomes.

I wrote Finding Lily while sitting on a beach in Greece. My life was imploding, and I was seeing the patterns in my relationships.

As I was navigating the divorce process, I started writing the A to Z of Emotional Abuse so all the information could be in one place.

And following the divorce, I created Divorce Matters to help others going through this. It is a lonely place, and you think you are alone. But I see this as the opportunity to heal on a deep level, and feel whole.



TOOLS & RESOURCES

Sculpting Strength: Embracing the Unpredictability of Recovery.

A to Z OF EMOTIONAL ABUSE

Find all the terms and defintions plus examples and stories.
Recovering from an emotionally abusive relationship, is one of the hardest things you can be faced with.
A DICTIONARY of Narcissistic Abuse.



Grieving the Past Present & Future

Grieving the Illusion: Unraveling the Persona from the Reality.

The journey through grief in the wake of emotional abuse often leads to mourning different facets of a complex relationship: the person you thought they were, the persona created for you, and then realising who they truly are.



It Stops here It Stops now!

THE MOST IMPORTANT CONVERSATION YOU WILL EVER HAVE
Emotional Abusers are thieves, and that includes time.
One minute you are fine and the next you are on the floor, and you can lose hours and days ruminating over what happened believing this is all your fault.



The Essential Criteria for Creating the Perfect Healing Plan!

The Essential Criteria for Creating the Perfect Healing Plan is packed with tools to help you design a plan tailored to your needs and the downloadable workbook means you can continue to use it as your needs change.



The MINDFUCKERY Podcast



I am here to remind you that Love should be UNCONDITIONAL Divorcing Emotionally LIFE CHANGING and that you have a DUTY OF CARE for yourself it it should be your MANTRA!
Each week I will discuss some of the terms you may hear along this journey and I will help you INNER-STAND and process what is happening INSIDE YOU!

RESOURCES

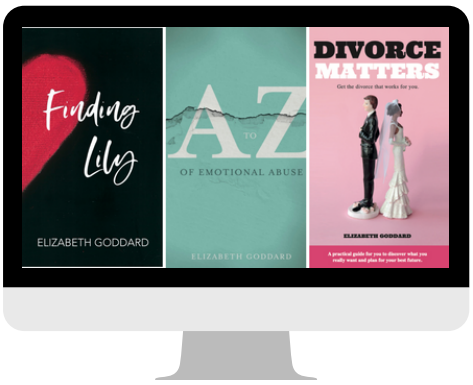
Sculpting Strength: Embracing the Unpredictability of Recovery.



Membership

Gives you access to a supportive community, a live monthly drop in clinic, A live monthly meditation and a monthly bundle of goodies.

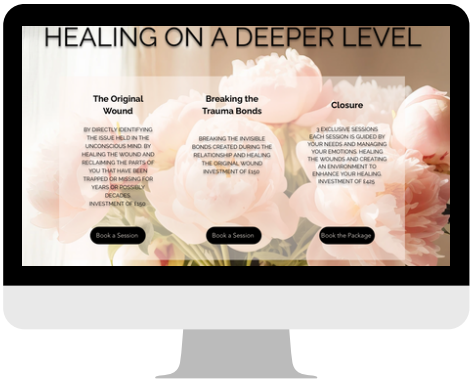
FIND OUT MORE



Accidental Author

I wrote Finding Lily on a beach in Greece as my life was about to implode. During my healing I discovered a new language and I created a dictionary for the terms called The A to Z of Emotional abuse. Following my divorce I wrote Divorce Matters to help those dealing with the manipulation and the abuse that continues during the divorce process.

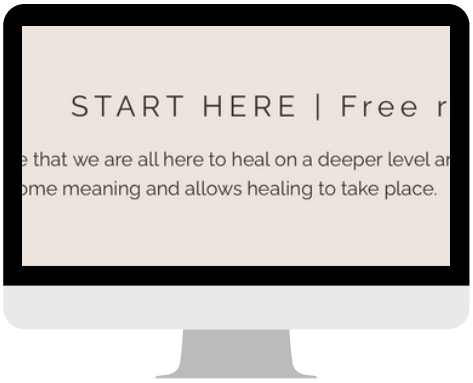
FIND OUT MORE



Healing on a deeper level

Find out more about wroking with me 1:1

HERE



More free resource

More freebies available to support your needs. Also follow me on the MindFuckery Podcast and on YouTube

HERE