

# naked divorce

Your new life in 21 days

## Naked Divorce

**21**  
DAY

*Performing at  
Work*



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# Foundation #4

## PERFORMING AT WORK

### Your career VS your divorce

Keeping your career on track while coping with a divorce is like juggling eggs: you have to remain focused to continue performing, and falling apart is not an option.

The *naked divorce* programme has been designed to provide a structure for your healing while you work and even whilst you manage your family. In the *naked divorce* you will proactively tackle your healing every day, in the mornings, in the evenings and over weekends, so that your emotions do not sneak up on you. The office is no place to vent your repressed feelings, but if that's where you find yourself when a rage attack threatens, there's an exercise at the end of this section that will help you remain calm and at peace.

### The *naked divorce* etiquette for dealing with your divorce at work

The general rule of thumb when facing divorce is that you should take leave from work to gather yourself. If you cannot take two weeks, even three or four days will do. Not only will you need this time to be alone to think, but you'll need privacy to do so.

Some people find they need a routine to carry them through a crisis and the comfort of routine is one thing, but be wary of throwing yourself into work as a distraction too soon. When you do go back to work, there are some tips that are helpful.

### General tips:

- ⇒ It's very common to feel foggy and unclear during the first few weeks of a divorce, as your mind is preoccupied with feelings. It's therefore a good idea to write down all action points and notes from meetings so that you have a reference. Pay special attention to requests being made of you. Remember that with all the Adrenalin and Cortisol in your bloodstream, the Hippocampal (memory store) function in the brain is limited, so write everything down.
- ⇒ Ensure you communicate clearly about what you are willing to take on and what time frame you can commit to for those outputs. Add on a buffer of 30% to all deadlines as you won't be your usual, productive self.
- ⇒ Make a point of taking a lunch break each day for a few weeks. Leave the office and take a walk. It's important to take time out when you're under severe stress.

- ➔ To remain calm at work drink a great deal of Peppermint or Chamomile tea and use Rescue Remedy drops on a regular basis.
- ➔ A great way to remain calm and focused at work or to relax when heartbreak threatens to overwhelm you is to listen to the **naked divorce** Break Up Reboot. Download your complimentary programme today by signing up to the free newsletter on the [www.nakeddivorce.com](http://www.nakeddivorce.com) website.



*“ Take eye drops and good, soft tissues to work. If you find you need a good crying session in the bathroom, use the eye drops so that your emotional state is not overly obvious to everyone. ”*



- ➔ If possible, don't discuss the details of your divorce with your colleagues. Even if they're good friends, discuss details outside of work and only with those you know will not make your divorce the office gossip of the day. Avoid crying sessions with your colleagues at a bar or in the parking lot or kitchen area. I know that it can be delicious to win the sympathy vote, but this strategy is not easy to come back from. Having the details of your divorce batted about the office will only add to your stress and this could therefore count against you if you are looking to climb the corporate ladder later on.

### **The *naked divorce* etiquette for handling your boss at work**

- ➔ Firstly, tell your boss what you're dealing with. Do this in a brief and matter-of-fact way. Don't give your boss the gory details just ask for a few days off. Deal with any urgent matters that won't

wait until your return to the office. If you think you might get overly emotional, write a formal email or letter.

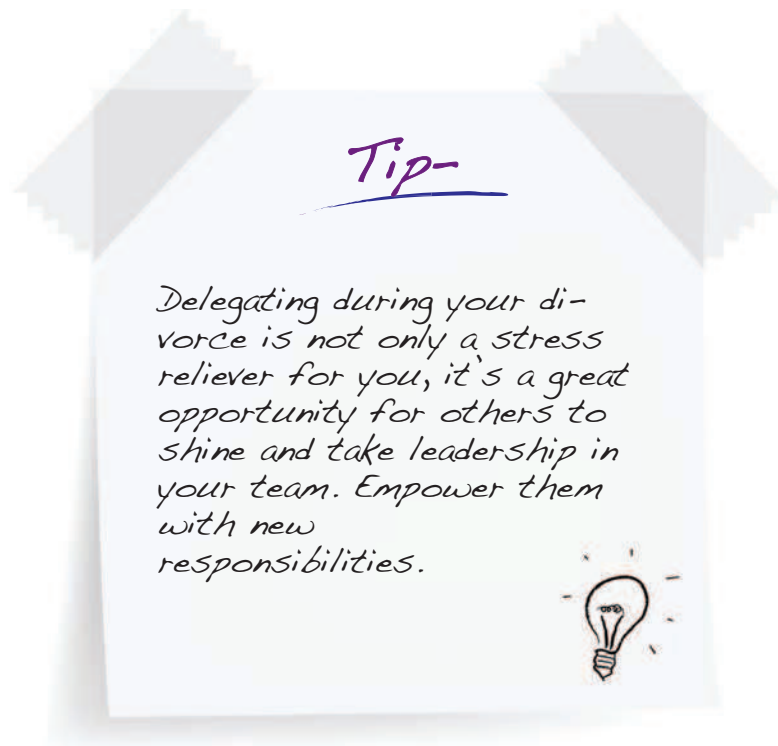
- ➔ No matter how evolved your workplace may be, most working environments are not equipped to handle an employee's personal issues. Unfortunately divorce is a personal issue. HR departments are often unsympathetic and do not offer adequate support. Their job is to minimise company risk and you crying in their office is something they are obliged to report to your boss (certainly in the cases I have seen and experienced).
- ➔ Keep in mind, although it's hard to hear, you are hired to do a job. All your company cares about is whether or not you can do the job you are hired to do. Your company does not owe you anything as most companies expect their employees to leave their personal issues at home. Therefore, try to remain professional and as unemotional as possible whilst at work. If you feel yourself getting emotional, excuse yourself and leave the building for 10 minutes. A personal tip from me is don't let others see you being overly emotional if possible, they might judge your competency based on your ability to handle strong emotional stress so are the wrong crew to lean on for support.



- ➔ Communicate very clearly with your boss about what he or she can and can't count on from you. Give deadlines and try your best to stick to them. However, if it looks like you are struggling to meet a deadline, communicate with your boss immediately and recommit to what is possible.
- ➔ Your colleagues and boss will be looking to see if you are working less hours. Therefore, unless you have permission to work less, work the full-allotted time you are hired to work. If it looks like you might arrive late to work, communicate immediately that you are going to be late AND ensure you work later to make up the time.
- ➔ If you have the option to work from home, do so. It's easier to maintain professional etiquette via email than to be around the colleagues and people you work with everyday when you're dealing with raw emotions.
- ➔ Inform the accounts department as soon as possible about your pending divorce as your tax code may change. If you feel nervous about calling and aren't feeling organised, prepare a list of things to communicate and email this through. Ensure that you include your current tax code in the email.

## The *naked divorce* etiquette for handling your divorce at work if you are the boss

- ➔ If you are the boss going through a divorce, the key thing is appoint someone you trust to delegate responsibilities to. Explain to this person that you are dealing with some personal issues at home (don't get into specifics) and that you will require some extra support in the coming weeks.



- ➔ When you delegate, be very specific about what outcomes need to be achieved. Have a discussion with this person or people about what you envisage and what the end game is and ask them to build plans for how those outcomes are to be achieved. Ask them to break the tasks down as much as possible.
- ➔ Once everything is handled and you have a structure in place to achieve the outcomes laid out, take some time off to handle your personal situation.
- ➔ If you have a very close-knit team share with them what is going on, but keep it brief. This is not the time to get the sympathy vote or try to get everyone to feel sorry for you. It's important to remain powerful and grounded in their eyes. This will win their respect and regard in more ways than one.

- ➔ Even if you have close relationships with clients, I wouldn't recommend telling them about your divorce. Simply mention you are taking some time off and who their contact person is whilst you are away.
- ➔ If necessary: check in with your team whilst you are away to ensure that the delegation has worked successfully. This will give you peace of mind.

## The *naked divorce* etiquette for handling your divorce if you have your own business

- ➔ This is the tough one and I can tell you from personal experience, that driving ways to earn money whilst feeling raw emotions is not an easy thing to do.
- ➔ I recommend getting the healing over with as soon as possible so you can get back to earning money. If you delay your healing, you may begin attracting all kinds of negativity to your business. So in a nutshell: prioritise getting over your divorce as soon as possible so you can get back to work.

This is what I recommend:

- 1) Focus on the **Foundation of Transformation #1: ETHICS**. In particular, establish a *Grounded Routine* and avoid *Short Term Emotion Avoidance Tactics* so you can prioritise your healing.
  - 2) Focus on **Foundation of Transformation #2: NOURISHMENT** and get yourself onto the **Trauma Diet** as soon as possible.
  - 3) Prioritise starting the *naked divorce* programme so you establish the *Divorce Cocoon* and manage it being in place. Personal performance is a function of stability and routine. Not having this in place will make your mind scatty and keep you unproductive.
- ➔ For entrepreneurs, the *naked divorce* really comes into its own as we are the people who cannot afford to lose pace with our businesses. Keeping your mind in the game is essential to success so following the steps in the programme will assist you with this.
  - ➔ It really depends on how big your business is. If you have a team (even if it's small), try to delegate wherever possible but check in with your team as often as you can to ensure objectives are still being met. Follow the tips above for managing your divorce if you are the boss.

## If you don't have a team and you are self-employed, what I recommend is to:

- ➔ Take some time-out if possible, to ensure your living arrangements and personal situation is stabilised again.
- ➔ Communicate with your clients that you have a personal emergency to deal with and when you will be back at work. Let them know how your accountabilities will be handled in your absence.

- ➔ If you cannot take time-out, get clear on all your revenue and expenses and work out exactly what your financial requirements are and by when.
- ➔ If you don't think you can keep to your financial commitments, then get into immediate communication with your creditors and work out a plan, ensuring you lower your expenses as much as possible to ride the storm.
- ➔ Follow the general tips covered earlier.
- ➔ Ensure you sleep more, eat healthily and take care of yourself.

### The *naked divorce* exercise for handling your emotions whilst you are at work

When you feel you need to put your emotions aside to focus on your work, practice the following exercise. Cycle through the four 'A' words:

Be **A**ware of the emotion.

**A**ccept the emotion.

**A**cknowledge your right to your emotion.

**A**ct normal.

#### **This is how it works:**

1. When feeling overly emotional, stop. Stop doing anything. Just sit. Be still.
2. Breathe.
  1. Breathe long and deeply, right into your belly.
  2. Let the breath fill your lungs like the ocean surging up the shore.
  3. Breathe like this for 20 breaths. And if you cry, you cry.
3. Become **aware** of what is happening. It's simply the increase of Cortisol and Dopamine combined with the depletion of Serotonin which are contributing to feelings of depression or craziness. It's an uncomfortable feeling, but it will pass if you let yourself be with it and keep taking your daily supplements and following the **Trauma Diet**.
4. Visualise. Liken the erratic emotions to a puppy that has run off without a leash. Understand that your emotions cannot be controlled, whilst at the same time you do not need to engage with them. Allow the emotions to simply be. Just notice them. Watch them and remain calm whilst breathing deeply. Try to describe the emotional form. What is the emotion's colour, texture and shape? Give that part of yourself that feels crazy a label, or a name like Red Dragon, or Mad Dog. Ask the emotion, "What am I to learn from you? What will set me free from you?"
5. **Accept** and acknowledge the craziness and anxiety. If you allow yourself to see the emotions as visitors, they will eventually pass.
6. No matter how you're feeling at that moment, behave normally. **Act completely normally**. Even if it feels fake, it doesn't matter. You will have time to process these emotions later in the day when it's appropriate. You know that the craziness will pass. (Acting normal whilst feeling

crazy emotions is a great Cognitive Behavioural Therapy technique and works very effectively.)

7. Make yourself a hot water drink. Chamomile or Peppermint tea is very soothing. Alternatively, add some lemon and two teaspoons of honey to a cup of boiling water. Drink it slowly. With each sip, sense the craziness retreating, like a tide. Calm down.
8. Take a walk outside if you can. Walk slowly and gracefully, as if you're gliding. While walking, cycle through your five senses and ask yourself, "what do I see, hear, touch, taste and smell?" Keep the focus outside your mind and on what's around you. Stop for a moment whilst walking and study the plants around you or the ants in the grass. Be vigilant about looking at your surroundings rather than listening to the voice in your head.
9. Remind yourself that there will be an opportunity to feel your emotions when you're in a safe space later.
10. Remind yourself that everything will be okay. Think of all the things that people have overcome in their lives. Think of someone who has overcome immense obstacles to achieve greatness and beauty in their lives. This can be you.

# Notes

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**Adèle Theron** helps high powered professional career men and woman heal from divorce using an intensive 21-day process. She has written other trauma programmes too which can all be accessed online and used around your busy schedule to maintain your high performance.

**Connect with Adèle:**

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