

The *naked divorce* warning signs

It is completely normal and appropriate to feel extreme sadness and a complete loss of control as the result of a bad break up or divorce. It is normal to feel hopeless and helpless. It is normal to feel you want to withdraw from life to grieve and get over your lost relationship. It is also normal to feel numb and to wonder about dying, but only if this is a passing thought.

If you're dwelling on morbid thoughts, you need to address them. Below are the warning signs to watch out for. Contact your doctor, family or the ***naked divorce*** team if you suspect you're moving into dangerous territory.

www.suicide.org advises a full list of warning signs that you can review. I have re-written this list as I believe the behaviours described should be red-flagged only if they are above and beyond what is reasonable for someone dealing with divorce.

Please review the warning signs below with your *Divorce Angel* and ensure that when you check in with them, that your *Divorce Angel* keeps these warning signs in mind.

Normal feelings that should be monitored if they continue longer than 7 weeks:

- ⇒ Feeling hopeless and helpless.
- ⇒ Experiencing dramatic mood changes.
- ⇒ Exhibiting an extreme change in personality.
- ⇒ Losing interest in most activities.
- ⇒ Experiencing an extreme change in sleeping habits.
- ⇒ Experiencing an extreme change in eating habits.
- ⇒ Performing poorly at work.

If you experience these symptoms, please seek help from your doctor immediately:

- ⇒ Appearing depressed most of the time.
- ⇒ Talking or writing about death or suicide OR planning your death.
- ⇒ Withdrawing completely from family and friends for an extended period.
- ⇒ Feeling trapped; feeling there is no way out of the situation.
- ⇒ Abusing drugs or alcohol.
- ⇒ Exhibiting a change in personality – above what is reasonable for your divorce.
- ⇒ Giving away prized possessions.
- ⇒ Feeling excessive guilt or shame.
- ⇒ Acting recklessly. Emotional loss will already have impaired your concentration levels. As a result, impulsive behaviour could place you in danger.

Be responsible for your well-being during the **naked divorce** 21-day programme and keep a vigilant watch over the above warning signs.

WARNING:

I don't recommend doing the *naked divorce* without a *Divorce Angel*. The programme was designed to be done with a *Divorce Angel* at your side.



If you wish to have an impartial super-trained **naked divorce** coach to be your personal *Divorce Angel*, feel you require any additional support, or just want to do the programme with people like you (so much more fun) you can join the many **naked divorce** support programmes by checking www.nakeddivorce.com for more information.

Notice of important information and health warnings

Some people experience some heightened levels of stress during the 21-day programme. Although stress is a part of life, for some people, this stress is abnormal if they have a history of mental illness or emotional problems. If you have a history of emotional problems or mental illness, you may find yourself more vulnerable during the programme.

If at any stage, this heightened level of stress is a cause for concern, seek medical attention immediately. If you have a history of mental illness or emotional problems either personally or within your family OR if you have concerns about your ability to complete the programme or handle the daily commitment of the programme or handle the stress of examining your relationship, whether temporary, occasional or intermittent, and whether treated or not, do not participate in the **naked divorce** 21-day programme.

If you are not sure about your ability to participate in the programme then discuss your participation with a mental health professional or contact one of our trained staff at www.nakeddivorce.com. It is ultimately your choice but I have been advised that you do not participate in the 21-day programme if you:

(a) are uncertain about your ability (either mentally, emotionally or physically) to participate in the 21-day programme or are currently in therapy and your therapist has advised you to not participate in the 21-day programme;

(b) have a history of manic-depressive disorder which is also known as bi-polar disorder either personally or within your family, are taking, have taken or been prescribed to take within the previous 18 months any medication to treat bi-polar disorders; any drugs or medicines, whether prescription or non-prescription, intended to treat or affect mental processes or mood or to treat a chemical imbalance (such as Lithium, Gabapentin or Depakote); or anabolic steroids;

(c) have considered suicide, self-harm or harm to yourself or another or have a history of depression (acute or chronic), whether or not this has ever been treated or diagnosed; are taking, have taken or been prescribed to take within the previous 18 months anti-depressants (such as Celexa, Cipram, Prothiaden, Elavil, Prozac, Zoloft, or others);

(d) have a history of any psychotic disorder (an example would be schizophrenia), (either yourself or within your family) whether or not you or your family are being or have ever been treated or hospitalised; are taking, have taken or been prescribed to take within the previous 18 months anti-anxiety drugs (such as Klonopin, Xanax, Dormicum, Librium, Ativan, or others); anti-psychotics (such as Stelazine, Risperdal, Zyprexa, Dogmatil or others);

(e) have a history of drug abuse (including steroids and cannabis) which has not been treated or have used any drugs or steroids in the past 12 months.