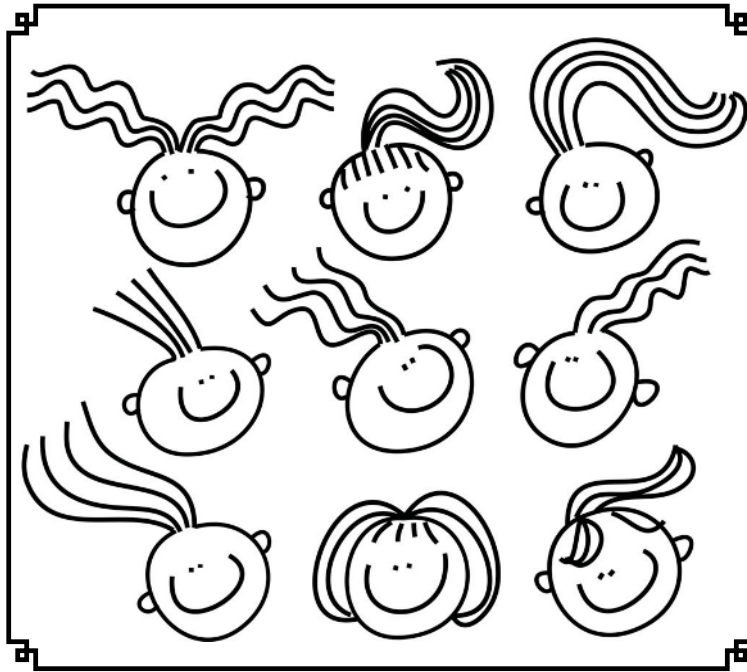


happy divorce

by adèle théron

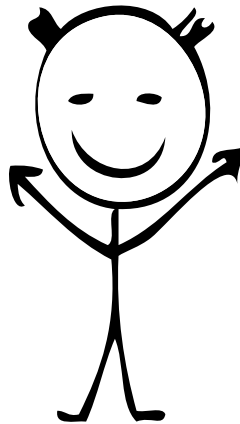


100 tips to feel happy during your divorce

1. Make a YOU Journal right now – put images in it which represent you. **EVEN** if this idea sounds ridiculous, writing about how you feel could be the single biggest improvement you could make to your current state of mind.



2. You will probably see your ex's face EVERYWHERE. This is perfectly normal. Not to worry. When it happens, do not resist it. Allow their face to float gently like a cloud across your sky. Wave goodbye and get back to taking out the trash.



3. Think about the break up of your relationship from different points of view and write about it:
 - a. What are the generalisations you have made about yourself and your ex?
 - b. Think of someone you admire (friend, mentor, character from history). Imagine he/ she is watching a movie of this part of your life and step into their shoes to watch it instead. What would their comments be?

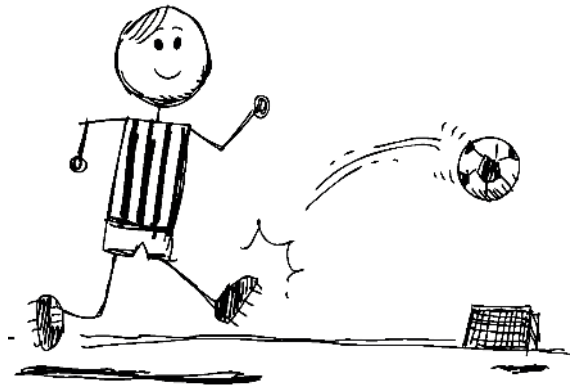


- c. Now imagine a completely neutral observer is watching the movie of your life. Step into their shoes and watch it from there – what do you notice about the interaction from this neutral perspective?
 - d. Notice the differences seen from each point of view - what do you notice?

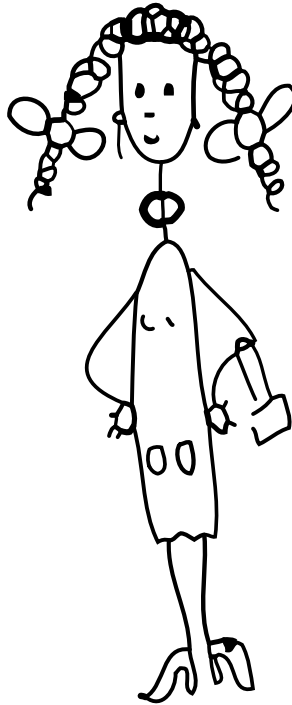
4. Do not drive by your ex's house to see if there are any strange 'cars' out front. And if you are thinking about going through your ex's garbage – that is just ridiculous – stop now and seek help.



5. Volunteer at a soup kitchen
or home for the aged or football
training squad etc.



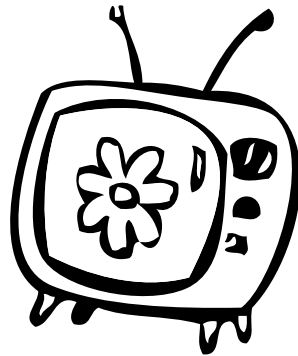
6. Schedule a makeover or change your image. You may want to get a new hairstyle or colour OR a whole new wardrobe. Go for a drastic change and consult a stylist or friend.



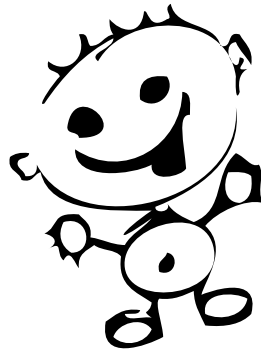
7. Do not call your ex's house and then hang up. Unfortunately technology is NOT your best friend.



8. Watch mindless TV. You are not ready for any heavy plot lines, seeing as the only thing you are thinking about is your ex. I recommend action/ adventure, pure comedy or horrors. No drama or romance stuff – you have enough of that in your life!



9. Face reality: your ex was NOT the best thing since sliced bread. List their worst attributes and then collapse with laughter at whichever poor sod will be stuck with him or her now!



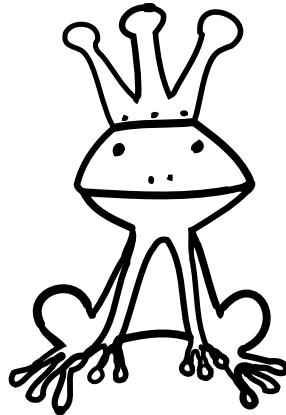
10. In fact, get the latest series of 24 and spend the entire weekend in your pyjamas watching Jack Bower save the world – it's gripping enough to ensure you can think only about Jack for each episode. Wonderful.



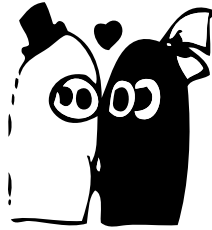
11. Your friends will start to get sick of listening to you bitch about your divorce and you feel crazy because it still hurts...In these stressful times, talking about your problems and fears to them could make you more relaxed BUT if you have overdone on friends, phone your **naked divorce** coach if you feel you cannot discuss how you feel with friends or family. You can talk about your problems privately and let your emotions out.



12. Do not see your ex for 60 days –
this will help, I promise.



13. Don't ask friends what your ex is up to. Just don't do it.



14. Create a playlist of Feeling
Better music – SAD LOVE SONGS
ARE BANNED!!!



15. In fact, load up your iPod or music player with hard hitting techno music then go do exercise blasting the music – fantastic. There are no lyrics to this music.



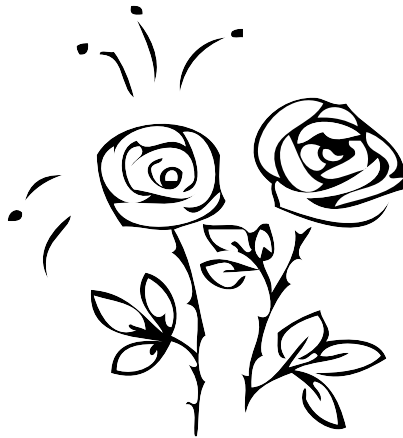
16. Delete your ex from your Facebook account, log out of their email and delete your ex from your phone if possible. Following your ex's every move will simply **TORMENT** you.



17. Play sports or any other recreational activity. Exercise will help pump adrenaline and other chemicals around your body that makes you feel naturally healthier and happier. Furthermore, it makes you forget about your past troubles and you might meet another 'special' person in your life.



18. Go away. If at all possible, visit your parents. You can sit in front of the TV and someone can bring you ice cream. You can cry and have someone hug you and hand you tissues. You can be pathetic. AND if your parents are anything like mine, they will start to drive you crazy going on about their taxes or pot plants or the antics of the neighbour's cat that you will start to feel something other than completely despondent. You'll feel annoyed. Congratulations – you are moving on!

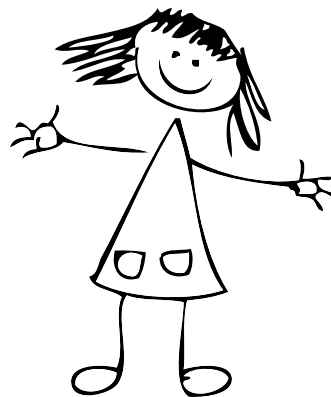


19. Write your ex a letter – in it tell them everything you loved about your relationship as well as everything you hated about the relationship. When done, burn the letter and bury it.

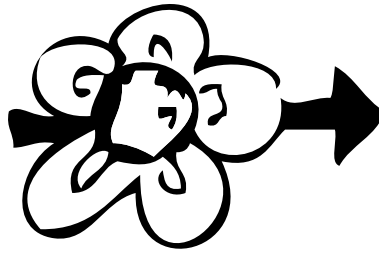


20. Emotional Freedom Technique: Tapping whenever you feel in complete despair helps release blockages within your body. Negative emotions will literally evaporate before your eyes:

1. Tap above eyebrow X10
 2. Tap under eye X10
 3. Tap under armpit X10
 4. Tap under collarbone X10
 5. Tap on index finger X10
 6. Tap under pinky finger on back of hand X10
- Then REPEAT steps 1-6 until you feel better.



21. Avoid seeing mutual friends until you can do so with complete grace, letting them know how wonderfully you are doing.



22. Throw out ALL your underwear and get a new set – it will flush clean all the old memories you had of your ex everytime you get dressed.



23. Have a DUVET day – lie in bed with your favourite movies, books and all your favourite snacks and don't move. Enjoy the luxury of spending time doing absolutely nothing with no one bugging you or nagging you to do anything else.



24. Sleep with your socks on – rub Vicks Vaporub on your feet (it may seem extremely weird but if you are crazy enough to try it, you will see how it works!)



25. Join a book club or a group.
NO – these are not for old gits but
such clubs will put you smack dab
in the middle of the intellectual
loop again – AND just think how
nice it will be to discuss something
other than your divorce :)



26. Waking up alone is no fun. Ask a best friend to stay over for the night. Not only is there someone to cry to in the morning but as an added bonus your best friend kept you from calling him last night.

good morning



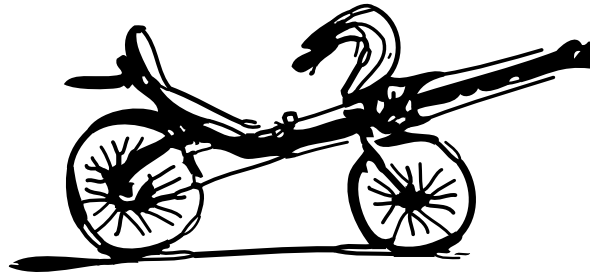
27. Get dressed and get out of your house. Stop hibernating!



28. So you cannot sleep? That's to be expected. Stop tormenting yourself, get out of bed and go make some warm milk. Have a hot bath or shower, drink the milk, put lavender drops on your pillow (even if it sounds ridiculous) and force yourself to think about naming all your teachers from primary school. You will be asleep in no time.



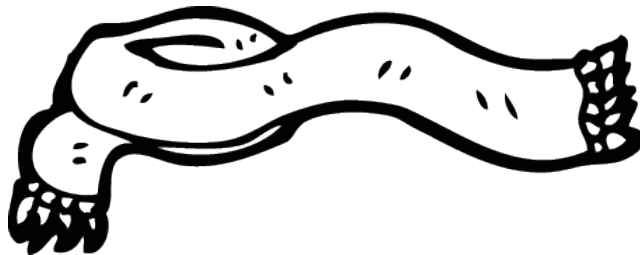
29. Find a new hobby. One that will make you concentrate fully on what you are doing. I like motorcycling.



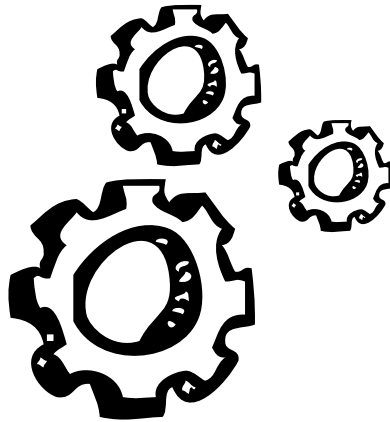
30. Get some paint and a Canvas.
Buy a beret and lock yourself in a
room. It's time to become one with
the pain. Make an existentialistic
painting depicting your suffering.
All great artists used their pain to
fuel their greatest works of genius.
You could use all this energy to
unleash your creativity. Become the
next Van Gogh... Own it and BE
the pain...



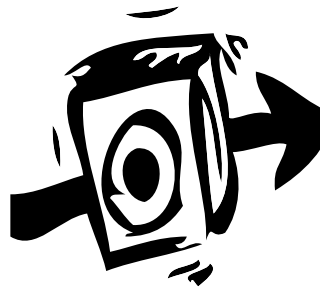
31. Time to get all your ex's old clothes out of your place. Yes – you CAN deal with this. Even the white T-Shirt you have been sleeping in or the scarf you have kept. I know it looks great on you but these are drastic times. Get a big garbage bag, throw everything in and make a HUGE bonfire. Outside. And cry. It's therapeutic.



32. Unplug your answering machine.
You don't want to be hoping that
you'll get a call from your ex whilst
you were out.



33. Every time you catch yourself saying something negative – say the words CANCEL, CANCEL, CANCEL! (to yourself).



34. Get a HUGE bag of ice from the supermarket. Get a baseball or cricket bat. Put the ice in the garden and then lay into that bag of ice with every ounce of your pain. Shout at the ice and tell it how you feel. Beat the living hell out of the ice until it's all crushed. When done, put the crushed ice into a glass, make a Vodka Martini and serve with an olive.



35. Time for some dancing. Get a group together and go to the most cheesy nightclub possible. Preferably a place that includes dressing up in school clothes or 80's disco. Dance like no one is watching...



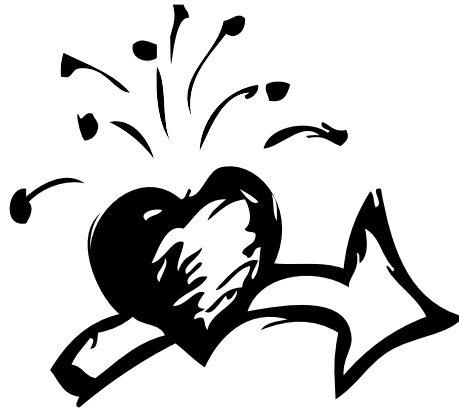
36. Think of all the repulsive parts of your ex's body you didn't like at first but then started to think were cute (but are actually extremely dodgy) e.g. hairy moles, hairy nipples, love handles, weird teeth, skin issues, bitten nails, athlete's foot etc.



37. Think about your ex farting.



38. Do not read all the cute old emails your ex sent you. Print them out and delete them or place in an archived folder.



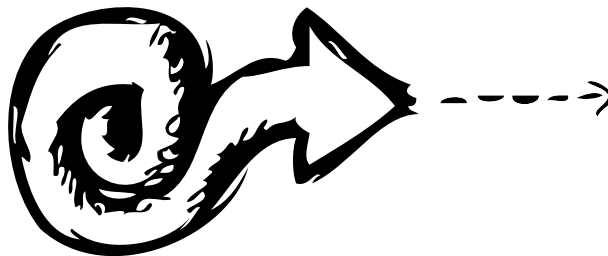
39. Put all your ex's stuff into boxes and place in the garage. Tell him or her that they have 2 weeks to come and collect. If they don't collect, make a big bonfire and burn some items – it will feel evil but fantastic.



40. DO NOT call or email your
ex. It's OK to think about them
but they don't have to know
that...



41. Poke someone you fancy on Facebook.

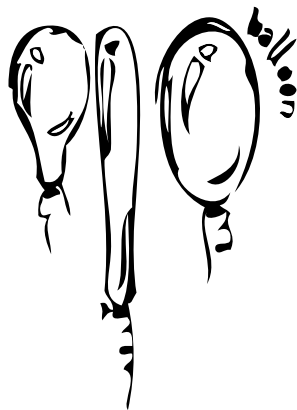


42. Go out for dinner with friends – NO COUPLES. Have a drink and talk about your ex.



chicken

43. Find all your friends/ people you know who are single or recently experienced a break up or divorce. Host an 'All men/ All women are bastards party'. Everyone must arrive with a packet of balloons, a marker pen and a pitch fork. Each person must then create a balloon for each guy or gal who broke their heart or was a complete bitch or bastard. On the balloon, all their worst attributes must be written. In a large ceremony involving much wine and song, the balloons are popped and thereby your ex's are removed from your life. I had one of these parties at Uni. It felt great!



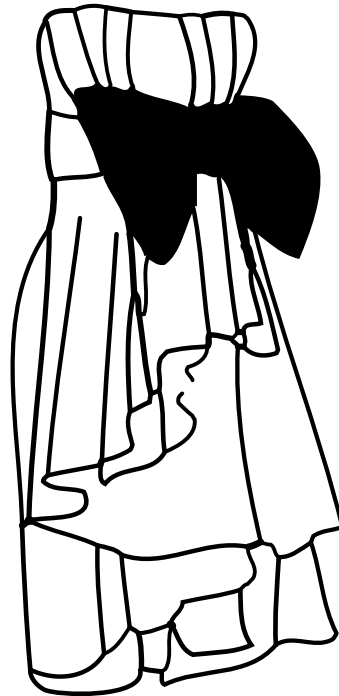
44. Do not follow your ex's sport team in the newspaper or read up on how they are performing. Start supporting their rivals and buy all their memorabilia if possible!



45. Stop reading your ex's horoscope. Instead, become your own astrologer: Every day, invent a new natural disaster which will befall your ex. Tell yourself that 'today as Mars is in the 4th house and Venus is in retrograde with Pluto, a hurricane will pass through my ex's house and sweep him or her off the face of the planet...'



46. Go shopping. There is nothing more comforting than an outrageous hot pink dress or tight leather Rock-God trousers that you will never wear but that makes you look smashing.



47. If you are a woman: Have at least 4 baths. Create the following 4 moods for each bath with the use of candles/ incense/ oils/ colours/ music. For each bath, think of your best qualities whilst soaking. Later document in your journal what you did to create those moods and REALLY get involved with it. Own it. Work it:

1. Vulnerable and Weepy
2. Sexy, Provocative and Mysterious
3. Yummy Mummy
4. Girly Bubblegum Cheerleader

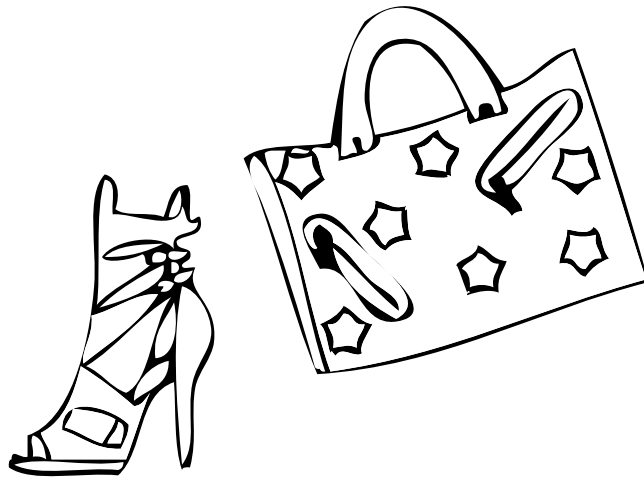


48. Lie in a hammock. Next to you, place a table with a little alcoholic beverage (perhaps contained in a hollowed out pineapple with a little cocktail umbrella as decoration). Eat chicken drumsticks and as you finish each one, throw it over your shoulder.

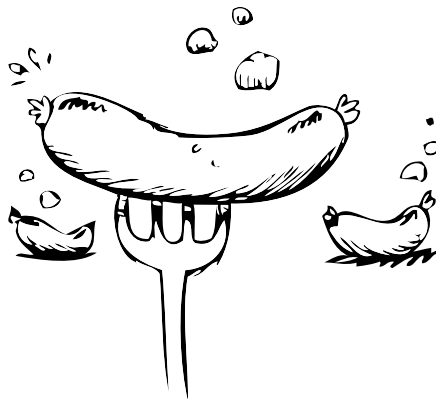
Bribe a friend to fan you with a palm leaf. Take photos and place on Facebook. You will feel like a legend.



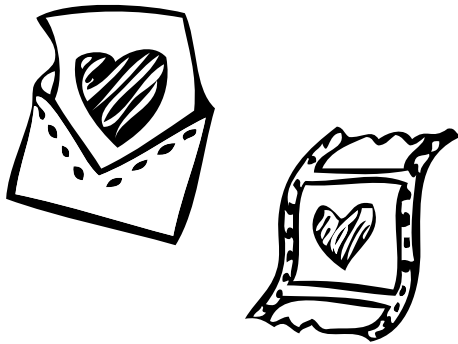
49. Go shopping. This time it's shoes. Get a pair that are incredibly cool. Remember at times like these, money is no object. Even credit card companies understand that.



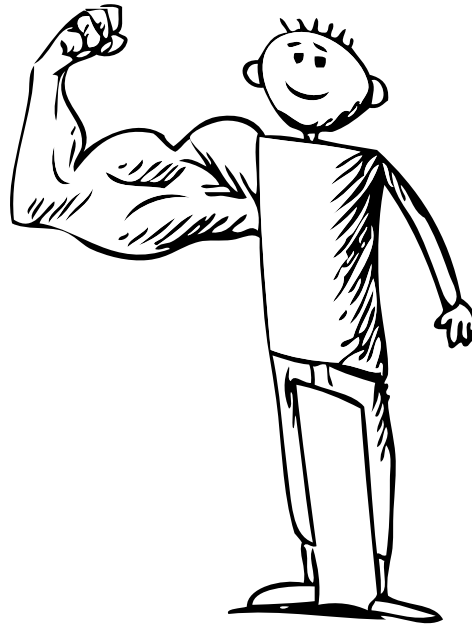
50. What was so-and-so's name again?
- a. Get a HUGE piece of cooked sausage.
 - b. 1 bottle of Tabasco sauce.
 - c. Cut the sausage into bite-size chunks.
 - d. Take each chunk and saturate it with Tabasco sauce until the sausage is dripping.
 - e. Eat.
 - f. Die a thousand deaths and scream in pain.
 - g. Do not stop until the whole sausage is eaten.
 - h. The emotional pain has now been transferred to physical pain. This you can deal with, with ease...



51. Take all the printed emails, ALL the old photographs, old sappy written letters/ cards your ex sent you as well as all the tokens of love and place in a box. Send them to your mother and tell her to put them in the attic or some place where you won't stumble across them until you are ready.

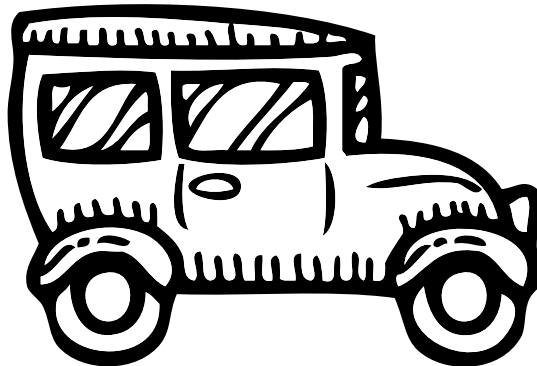


52. If you are a man: join a gym and commit to becoming a beefcake. Pumping iron is very therapeutic and glistening muscles are blinding for most women.



53. Find the hilarity in associating everything with your ex...

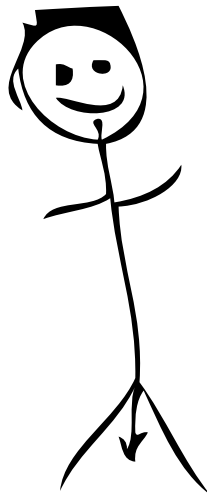
- a. We used to take cabs together, so I will walk instead...
- b. I can't go there, we used to go to that restaurant...
- c. We walked in that park once. I cannot go to that park...
- d. I'd love to but I can't... I cannot walk through that door without my ex.



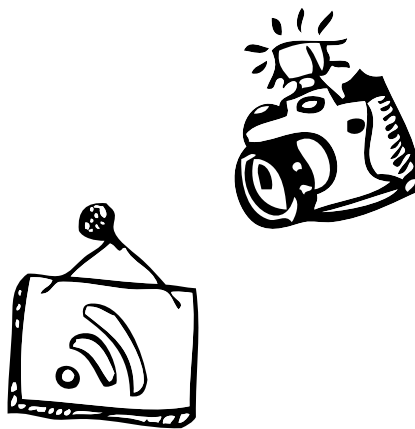
54. If you are a woman: Get a manicure. Then strut around telling everyone that you couldn't possibly type, wash dishes or do any 'manual' labour with these nails. Get a pedicure. If you ever needed beautiful feet, it's now (even if it's the dead of winter and no one's going to see your feet).



55. If you are a man: Watch 24 hours of porn.
You will need vaseline and band aids. By the
time you are done, sex will no longer be on
your mind.

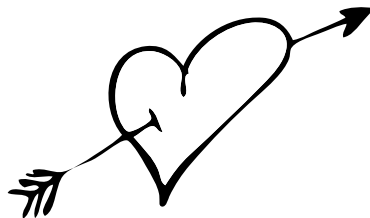


56. Go to a museum. Museums are proven to make you feel smart and cultured. This leads to you feeling smarter and more cultured than your ex. As a matter of fact, you are on your way to becoming too smart and cultured for your ex so you absolutely cannot get back together because that would be slumming...



57. Self Psychology: Create a spreadsheet of all past relationships (from when you can remember it) and fill in the following columns (BE more honest with yourself than ever before):

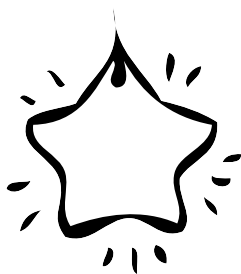
- a. Name of the person
- b. How you met them
- c. How long you were together
- d. How it ended
- e. Who ended it?
- f. What was the source (you believe) of it ending?
- g. What did you decide about yourself at the end of this relationship?
- h. Think about what you can do differently from now onwards in your life...



58. Go shopping. Again, money is no object at a time like this. Buy clothes that are completely out of your budget. Getting depressed about spending too much money is much easier than thinking about so-and-so's name...



59. **WHEN READY:** Call a mutual friend and let them know how wonderfully you are doing...



60. Try out Internet Dating. I know it could be scary, but seriously, try it. Someone will show interest and at the worst, you will be flattered. You NEVER know...



61. Dress to the nines EVERY single time you leave the house... you may run into your ex. You have two choices: Run into your ex looking crap or run into him looking like someone who would never go out with him in the first place. I tend to lean towards the latter, but that's just me.



62. Expand your vocabulary. Go through the Dictionary and pick out a few choice words (like diabolical, disingenuous and disreputable).

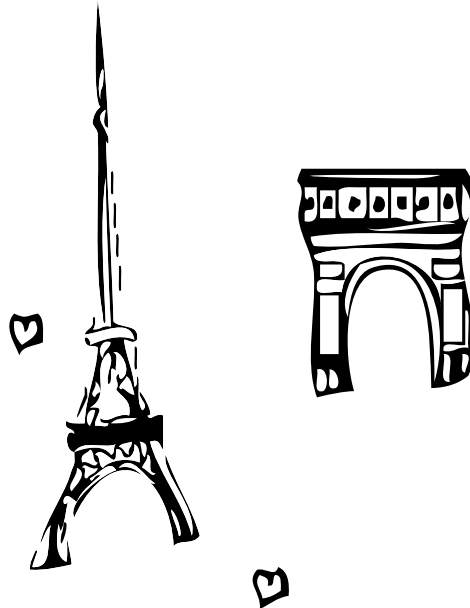
To make sure they stick: Use them in a sentence: I think my ex's behaviour after our divorce was diabolical, disingenuous and disreputable.



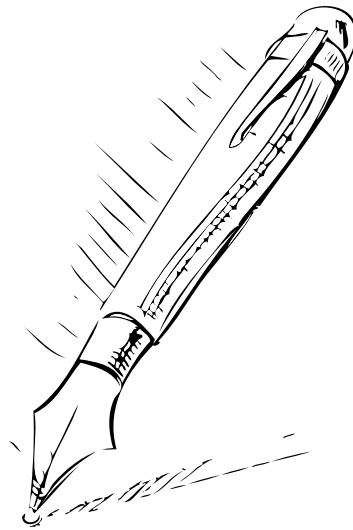
63. Treat yourself to a SPA day. Your Credit Card company completely understands your need for pampering after a divorce.



64. If you are a woman: Make up a wild amazing fantasy of your perfect man who will come into your life and sweep you off your feet. An example might include your new boyfriend meeting you at the JFK airport bar and jetting you off to Paris for a weekend of croissants and love ins... He will then propose extravagantly at the top of the Eiffel tower. Le Sigh...

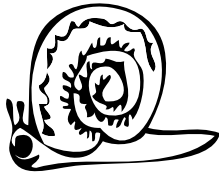


65. Write an elaborate letter to yourself from your ex. Make this letter the most perfect apology letter in the world. Include things like you were the love of their life and that they will spend their whole life regretting losing you.

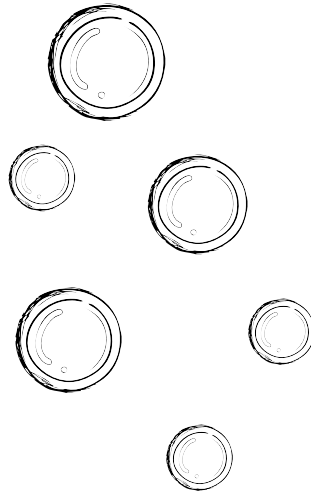


66. Watch one of these films:

1. The Hangover
2. All The Real Girls
3. The War of The Roses
4. The Wedding Singer
5. Chasing Amy
6. Annie Hall
7. Closer
8. Eternal Sunshine of the Spotless Mind
9. White
10. Swingers
11. High Fidelity
12. Under a Tuscan Sun
13. Shirley Valentine
14. Sliding Doors
15. Love Actually
16. Destiny of her Own
17. What happens in Vegas
18. Something's got to give
19. What Women Want



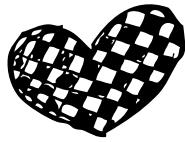
67. If you are a woman: Purchase blowing bubbles from a shop. Use them at odd occasions like whilst watching breakfast television. You have just experienced a divorce. You are allowed to be odd.



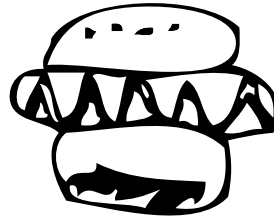
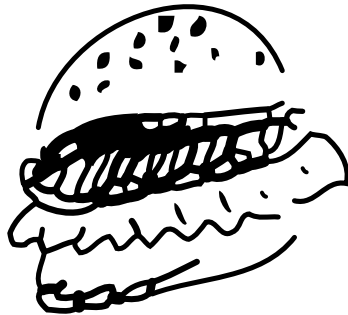
68. Scream into your pillow.



69. Write thank you letters to everyone
you love or care about in your life.



70. Cook someone a meal and take it to their house for them.



71. Have a glamorous photo taken of yourself.



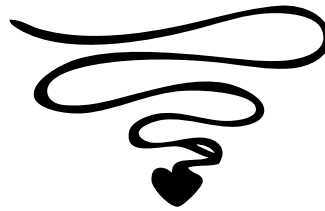
72. Take yourself out on a special outing.



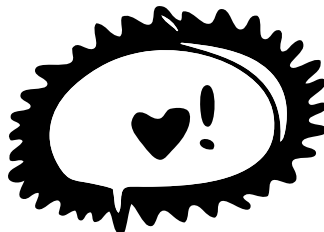
73. Get your own personalised coffee cup.



74. Create contracts with yourself for things you are committing to doing in your life in the next 3-5 years. Design action plans to follow through on those contracts step-by-step.



75. Create a profile of your dream relationship.



76. Buy 12 postcards and go to your favourite coffee shop, writing them to all your friends to thank them for what they have done for you in the last few months.



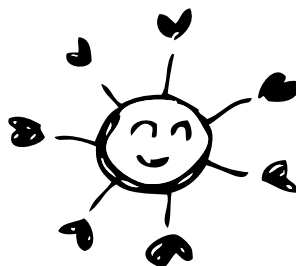
77. Get yourself a theme song and sing it out loud in the shower every morning.



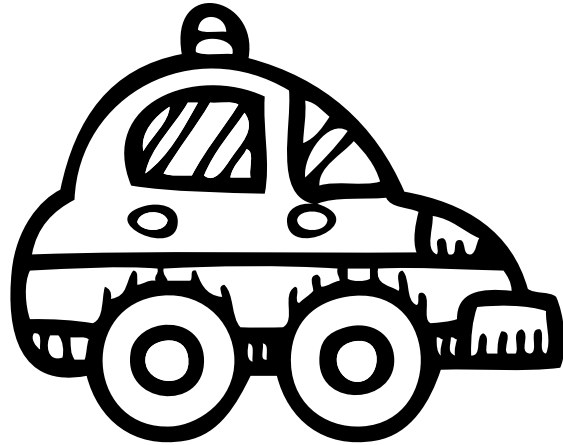
78. Send an anonymous gift to someone who is feeling blue. This will help you remember you are not the only miserable person in the world...



79. Offer to help the new person at work/
around you.



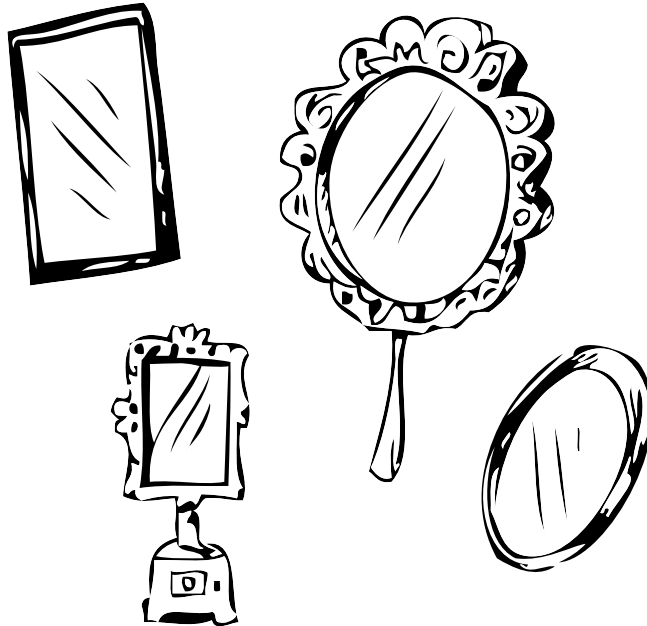
80. Join Police volunteers.



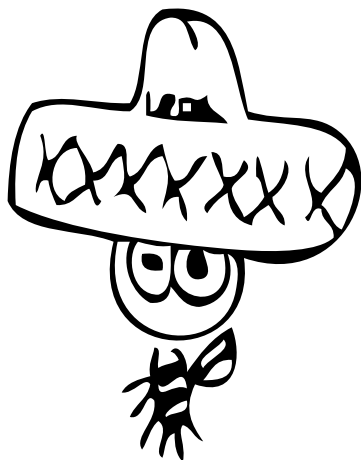
81. Read poetry.



82. Every day, look in the mirror and say:
'mirror mirror on the wall, who is the
hottest of us all?'
Then shout back: ME!!!!



83. Get dressed for dinner, even if you are eating alone.



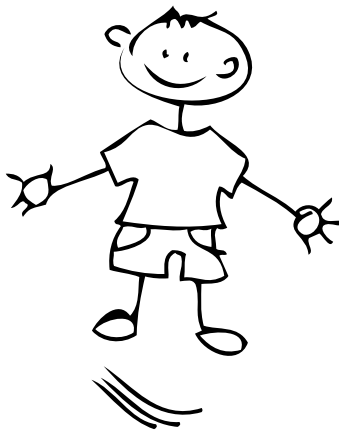
84. Throw yourself a 'Divorce Party'.



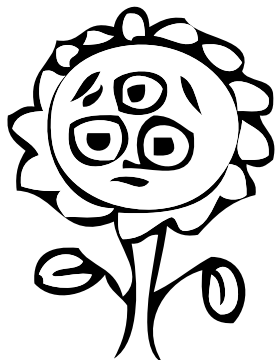
85. If you are a woman: Send yourself
flowers. You are worth it.



86. If you are a guy: go to a fancy gentleman's shaving bar – get a really nice shave.



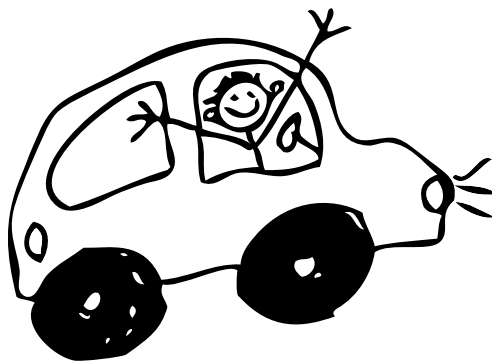
87. Apologise to those you have hurt.



88. Spend a weekend in nature.



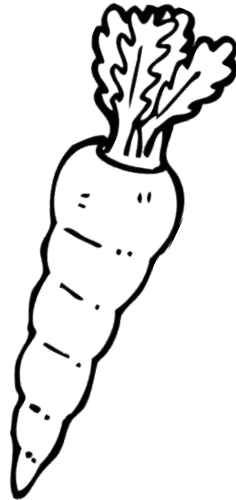
89. If you are a guy: Buy yourself a day in an incredibly fast car – you deserve it.



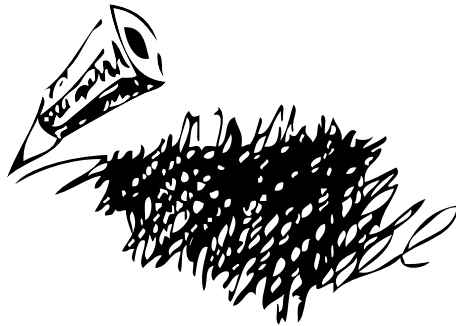
90. Give someone a bear hug.



91. Eat carrots. It's hard to feel depressed when you are chomping on orange sticks like Bugs Bunny.



92. Write affirmations and leave them around house.



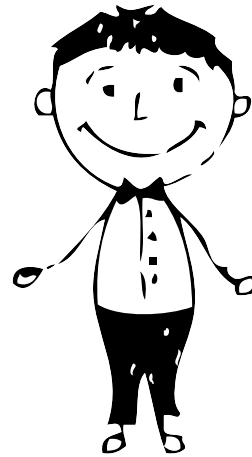
93. Read biographies of powerful people you admire.



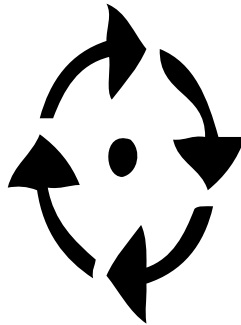
94. One of the most important steps in getting over your ex is to remember that you need to look happier and more fulfilled without them than when you were with them. Take up boxing or karate OR train for a triathlon or marathon. Not only will you look hot and feel powerful, you will be up to important missions and projects. Envious indeed.



95. If you are a women, do your eye makeup in Egyptian style for a day. If you are a man: dress like James Bond for the day



96. Change your ringtone to your theme song – your theme song should be playing EVERYWHERE!



97. Write a vivid vision of your goals 1 year from now.



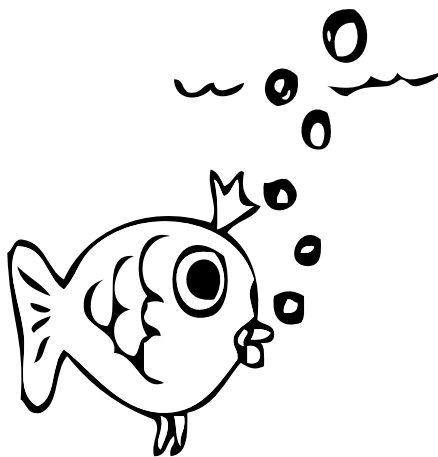
98. Write out what your wants and needs are and what behaviour you are unwilling to tolerate in life.



99. Practice setting boundaries with people in your life.



100. Write a mission statement for your life.



The ultimate revenge
is when you live a
happier and more
fulfilled life with
someone you love.

www.nakeddivorce.com

