



Divorce Recovery Ladder Guide

Your Step-By-Step Guide to Successfully Climb Out of Your Divorce

Activities to Help You Stop Thinking About Your Spouse

In the boxes below, write activities for each category you want to engage in. Include dates to help you keep and stay on track.

HOBBY	REFRESH MY SPACE	FUN TIME WITH FAMILY/FRIENDS



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How to Stop Thinking About your (Ex)spouse

1. When you begin to think about your spouse, stop and do something else. It will be difficult at first. Eventually you will find that the stretches of time between the times you think about him/her will be longer and longer until they disappear from your daily thoughts. Find things to do to take care of you. Use the space below to record some alternate activities you can engage in. Some ideas may include a manicure, a pedicure, a massage, jog around the neighborhood each day after work, a haircut/color, a day spa treatment, take a cooking class, a Zumba class or kickboxing. The possibilities are endless!

2. Find a hobby - anything. Maybe you always wanted to take an art or dance class or join an organization as a volunteer. These are great ways to get out of the house, expand your interests and meet people. Pick something you want to do, sign up and do it right away. There are so many organizations that always welcome volunteers. You can find them in community newspapers and the Internet. List a few hobbies, in the allotted space below, and then do them:



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Enter some of your own ideas for refreshing your space below

- ☐ _____
- ☐ _____
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Plan a trip with your children, friends, or a travel group. This is a wonderful way to expand your horizons and move into a new life without your (ex)spouse. Jot down some trips you may like to take. They can be daytrips, small weekend getaways or longer fantasy trips. There are so many travel groups for people with like interests that can be obtained by researching on the Internet or through local community centers.

By taking the steps towards a new life, eventually, yours will be full on its own merit and you won't feel the void of not having your (ex)spouse in your life.



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The Holmes and Rahe Stress Scale

To measure stress according to the Holmes and Rahe Stress Scale, the number of "Life Change Units" that apply to events in the past year of an individual's life are added and the final score will give a rough estimate of how stress affects health.

Life Event	Life Change Units
Death of a spouse	100
Divorce	73
Marital separation	65
Imprisonment	63
Death of a close family member	63
Personal injury or illness	53
Marriage	50
Dismissal from work	47
Marital reconciliation	45
Retirement	45
Change in health of family member	44
Pregnancy	40
Sexual difficulties	39
Gain a new family member	39
Business readjustment	39
Change in financial state	38
Death of a close friend	37
Change to different line of work	36
Change in frequency of arguments	35
Major mortgage	32
Foreclosure of mortgage or loan	30
Change in responsibilities at work	29

Life Event	Life Change Units
Child leaving home	29
Trouble with in-laws	29
Outstanding personal achievement	28
Spouse starts or starts work	26
Beginning or end of school	26
Change in living conditions	25
Revision of personal habits	24
Trouble with boss	23
Change in working hours or conditions	20
Change in residence	20
Change in schools	20
Change in recreation	19
Change in church activities	19
Change in social activities	18
Minor mortgage or loan	17
Change in sleeping habits	16
Change in number of family reunions	15
Change in eating habits	15
Vacation	13
Major holiday	12
Minor violation of law	11

Score of 300+: At risk of illness. | Score of 150-299: Risk of illness is moderate
 Score <150: Only have a slight risk of illness | (reduced by 30% from the above risk).



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Fitness & Wellness Chart

Here is a blank chart for you to chart your fitness. Make copies so that you can keep weekly logs until you have a routine workout schedule.

Day of the Week	Type of Exercise	Duration	Notes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			



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How to Develop a Support System

1. Choose one or two close people to whom you can confide regarding your situation.

My confidants are: _____

2. Make a pact to check-in each day, with one specific person, if you have an abusive (ex)spouse.

I check-in with _____ every day at _____ AM/PM.

3. Dismiss those people who are not supportive of you.

Move on from _____, _____
_____, _____

Don't waste any time trying to convince people to believe you if you feel that you have been wronged. Only you know your truth.