



Divorce Recovery Ladder Guide

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

Document All Contentious Offenses Made by Your Spouse

Offense Date	Offense	Details



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Shelters and Women's Safety Groups

Make sure you know where the women's shelters are in your area. You may never need them, but if you do, the time to fumble around looking for one is not when you are fleeing from your (ex)spouse.

Name	Location	Phone Number

As mentioned in the guide, if your spouse becomes dangerous and follows you while you are in your car, DO NOT try to outrun them. Drive directly to the nearest police station which you can find via your GPS in your car or cell phone. If that is not possible, call 911 for directions.

If your spouse begins to physically harm you, call 911 immediately. Do not fight back.