

9 steps to help you write your divorce story

1

The story you tell yourself about your divorce shapes how you feel about yourself.

2

Divorce is trauma.

3

Divorce is dissolution of a business agreement: marriage.

4

Privately, a marriage may be equitable. Publicly, culture and laws were designed for a particular norm as defined by gender, race, ethnicity, class, and faith. Understand your position within both contexts.

5

Divorce is a declaration of authenticity, choice, and freedom.

6

Physical health matters: Sleep. Eat. Move.

7

Reach out for support.

8

Writing is a radical act. Write your truth to power.

9

Believe in yourself.

