

The Separation Roadmap

Stage 1. **She Tells You She Wants Out**



Starts when she first tells
you she wants divorce

What's Going On In Her Head?

What's going on in her head?

- ❖ She had probably been building to this for a while.
- ❖ Her first goal is going to be validating her decision.
- ❖ Biggest shift in attitude.
- ❖ You are not on her priorities list.

Common Mistakes

Common mistakes in Stage 1

- ❖ Emotional spiraling
- ❖ Attempts at manipulation
 - *Begging, guilt-tripping, yelling*
- ❖ Making big promises to change
- ❖ Invalidating her Why
- ❖ Expecting immediate reconciliation if you do the right things

Your Strategic Goals

Your strategic goals

- ❖ Stop the manipulation
- ❖ Work to start improving self-control
- ❖ Adopt a positive but unassuming attitude
- ❖ Prepare for long road, ups and downs
- ❖ You are not on the clock! Don't rush it.

What Does Reconciliation Look Like

What's typical for Stage 1 reconciliations?

1. It's a “soft” separation to begin with
2. First separation
3. Immediate and early changes
4. She used the separation to force change
5. It helps if you have kids