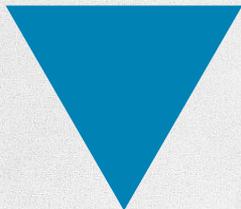


# *The Separation Roadmap*

*Stage 3.*

**Someone Moves Out**



Starts when you no longer  
live together

*(nesting counts)*

# Questions in this video

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1. What's going on in her head
2. Common mistakes men make
3. Strategic goals that best enable reconciliation
4. What reconciliation looks like
5. What if she talks to a lawyer?

# What's Going On In Her Head?

Lots of variance in Stage 3

**Not sure about divorce,  
just wants space**

*VS.*

**The marriage is over,  
divorce is next**

# What's going on in her head?

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- ❖ Like Stage 1, usually starts with validation
- ❖ Embraces freedom, especially early
- ❖ Usually also goes through phase of doubt (even if you don't see it)
- ❖ Trying to start new post-divorce lifestyle
- ❖ Only reaches out when she has to

# Common Mistakes

# Common mistakes in Stage 3

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- ❖ Overthinking the day-to-day
- ❖ Losing your mind wondering what she's doing
- ❖ Smothering her from afar
- ❖ Making every interaction into your last chance
- ❖ Regressing on your changes (dangerous!)

# Your Strategic Goals

# Your strategic goals / tips

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- ❖ Build a new *productive* routine
- ❖ Seek to gain confidence that you will be okay
- ❖ Let her come to you
  - ❖ Occasional testing the waters is okay
- ❖ Mental prep before every interaction, good attitude
- ❖ You're STILL not on the clock (probably)

# What Does Reconciliation Look Like

# What's typical for Stage 3 reconciliations?

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1. Reality of life outside the marriage hits hard
2. Underestimated the attachment in the marriage
3. String together positive interactions, friendly is fine
4. She honestly and independently rethinks the relationship
5. Again, may need to push through to divorce

# **What If She Meets With an Attorney?**

# What if she meets with an attorney?

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- ❖ I can't give legal advice.
- ❖ You're still Stage 3 until papers are filed
- ❖ Strongly consider finding an attorney of your own
- ❖ Consider pitching mediation
- ❖ Refocus on what you can control, releasing control of her choice