

Discover. Define. Dream.

ACCEPTING YOUR SITUATION

DECENT DIVORCED DADS

COURSE WORKBOOK 2.0



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ACCEPTING YOUR SITUATION:

Stoicism for Cognitive Reframing:

- 1. Discern between what you do and do not have control over**
- 2. Accept the things you cannot control or change**
- 3. Change the things you can control**

When things feel very shitty, and you feel that there is no hope, refer back to the above three bullets. Can you control or change it? Read them again.

In this lesson, we will explore the concept of acceptance and the power of shifting perspectives to find greater peace and happiness in your life as a divorced dad. Remember, your perspective is what matters most.

Validating Your Feelings:

It is essential to acknowledge and validate your feelings of sadness, anger, or frustration related to your divorce. Recognize that these emotions are normal and understandable. Even if many others have gone through the same or worse, and seemingly managed it with more ease - that has no bearing on what you feel.

Reflecting on Thought Patterns:

Take time to reflect on your thought patterns and beliefs about your situation. Ask yourself if these beliefs are serving you well and if they are based on accurate information. Resentment hurts you and not the other party. As Malachy McCourt once said, “Resentment is like drinking poison and waiting for the other person to die.”

Focusing on What You Can Control:

Identify aspects of your life that you have control over. This includes your thoughts, emotions, actions, and attitudes. Shift your focus towards taking positive steps in these areas rather than dwelling on what you cannot control. This is a challenging action; develop the self-awareness to recognize your thoughts and when to shift away from the negative, to the positive, or from what you cannot control to what you can control.

Reframing Your Perspective:

Explore different perspectives on your divorce. Challenge yourself to see the positive aspects of your life, such as your children, your job, or your health. Understand that your situation could be much worse and that you possess inner resources and strengths. You have much more than you believe you do.

Cultivating Gratitude:

Practice gratitude by actively focusing on the positive aspects of your life. Express gratitude for the blessings you have, big or small. This practice will help shift your perspective from negativity to a more positive and grateful mindset. Enjoy not fighting over what to watch, or what to order. Enjoy being able to parent how you want. Be grateful for having the entire bed to yourself and no cold feet.

Remember, accepting your situation does not mean ignoring or suppressing negative emotions. It means embracing your reality and finding a way to make the best of it. By shifting your perspective and adopting a positive outlook, you can improve your mental and emotional well-being, paving the way for a happier and more fulfilling life as a divorced dad... or rather, as a decent divorced dad.

*The easiest way to increase happiness is to control your use of time.
Find more time to do the things you enjoy.*

EXERCISE: Shifting Perspectives Table

In the table below, identify three negative thoughts or beliefs related to your divorce. Then, reframe each thought or belief by finding a positive and constructive alternative perspective.

Negative Thought/Belief	Reframed Positive Perspective
E.g. "My life is ruined."	"My divorce offers an opportunity for personal growth and new beginnings."

Once you have completed the table, reflect on the positive perspectives you have identified. How do these reframed thoughts influence your emotions and actions? Consider how embracing these perspectives can contribute to your wellbeing.

Now refer back to the three bullets at the top: stoicism for cognitive reframing.

By accepting your situation (or working to accept your situation) and consciously shaping your perspective, you can create a more positive and fulfilling post-divorce life for yourself and your children.