

Truth versus Fiction Exercise

A divorce Truth is “what is” versus the exaggerated stories that we tell ourselves - also known as the internal mind chatter that keeps us stuck in the pain.

Think of your greatest fears, worries and concerns right now. List them on the left-hand side of the page. On the right-hand side determine if this is a truth or simply rubbish.

It would look something like this:

- I am getting a divorce and my life is ending
- I am all alone

- Truth: My marriage is ending BUT my life is not...I have many more years in me!
- Truth: I feel lonely, but I am not all alone. I have the support from my family and friends

*Notice the difference you feel dumping the burdens onto paper. You do not need to carry them around anymore. This is why a journal is so liberating. Go ahead starting dumping ALL your fears on paper and let a journal be the keeper of your sorrow.