



- Get Filled Up:** Spend time daily reading your Bible and/or a Christian devotional like Jesus Calling. Watch how God meets you in your pain in such a beautiful way!
- Get a Journal:** Write out your feelings and laments. The only way to begin to heal is to allow yourself time to feel.
- Get Counseling:** Therapy is essential to help process all the hurt. I highly recommend a Christian counselor if possible.
- Get Support:** Join a support group at your church and/or find an accountability partner that will listen when you need to share.
- Get Praying:** Ask God for wisdom, guidance, love, and comfort. Sometimes I would just mutter the words, "God, Help me today!"
- Get Educated:** Learn your rights. I had a consultation lawyer that helped me, so I had knowledge during my mediation appts. Whatever route you take, educate yourself.
- Get Financially Equipped:** It is important to have a solid handle on your financial situation. You may need to get help but do your best to keep your assets safe.
- Get Tested:** Please see your doctor and get bloodwork done, especially if there was any infidelity.
- Get Comfortable Accepting Help:** Allow others to offer support like meals, gift cards, babysitting your kids, cleaning your house, or whatever would help you.
- Get Self-Care:** Take time for you in the middle of the grief (recharge at the beach, talk with a friend, exercise...)
- Get Rooted:** Grow your roots deeper in your faith by reading Christian books like *Depth*, *Growing Through Divorce*, or *Boundaries*.
- Don't forget to Give Yourself Lots of Grace:** Divorce is very challenging, so remember to give yourself lots of grace as you walk through the grief!

I wish I had a list like this when I walked through my divorce. Hope this helps and encourages you. I am praying for you, my sweet sister in Christ. Love, Jodi