

The Checklist to Save Your Life (and your sanity)

Welcome to Day 1
The Decision

There are only a few days in the course of our lives when a decision that we make has rolling consequences. This is one of those days.

Right now, you are not sure what is happening or even if you have made the right decision. You wonder how you are going to move on today let alone tomorrow and the next day.

You are angry, hurt, sad, mad, frustrated, perplexed, and OVERWHELMED.

You are also determined because you have picked yourself up and made the decision to hire that attorney though you are not even sure what all that entails (don't worry, I can help you navigate that path).

I HEAR YOU AND I SEE YOU.

The path you have chosen is one that will take many twists and turns. There will be many dips along the way. You want to make sure that you have a plan in place and people who you can trust. All that may seem like a lot but you will make it through and I am here to help you along the way.

So, this is your Happy New Year, Happy Birthday, Happy Day 1.

It may not be happy now but that day will come. When it does, promise yourself you will give yourself the best post-trauma party that the Universe has seen in a long time. In fact, I give you permission to start dreaming about that moment right now because it will add some positive energy to what may be some really tough times ahead.

Before you dive into the nitty-gritty details of this process, these 6 TRUTHS may help save your sanity:



Truth #1 - GUILT AND SHAME ARE IN THE CAR NOW

You are going to experience guilt and shame.
I cannot tell you how much or to what degree but you will feel it. Figure out how you are going to channel it so it doesn't destroy you or cause you to make irrational choices.

Truth #2 - YOUR FEELINGS ARE RIGHT!

There are right and wrong ways to handle the **LOGISTICS** of divorce.
There are NOT right or wrong ways to **FEEL** about the logistics.
When it sucks, it sucks.
There is nothing wrong with sitting with that and allowing it to move past you at your pace.

Truth #3 - IT WILL FEEL LIKE PUNISHMENT FOR YOU

The process may sometimes feel like you are being punished by the Court, your attorney, your soon-to-be ex, the other party's attorney, your friends, your family, strangers on the street, and society at large.
That is natural.
The family court system is archaic and inconsistently applied from jurisdiction to jurisdiction.
All you can do is make YOUR mental health (and that of your children if you have them) the #1 priority as you go through this.

Truth #4 - HELL YES, IT IS PERSONAL!

Don't let anyone tell you this is not personal.
It is ALL personal.
Everyone in this process has an agenda (some on your side, some against your side) and they are going to collide in your dealings and at your hearings.
Keep your personal wants and needs (and that of the children) always at the forefront.

Truth #5 - YOU WILL GO CRAZY OVER THE KIDS (JUST GET READY).

If there are kids involved (hell, if there are PETS involved), you need to get it straight now: the Courts are going to try to foster a relationship with both parents even if it means putting the kids (temporarily) in harm's way.

It is not fair but you will have to endure this until you have the case settled.

YOU MAY CONTEMPLATE MANY THINGS. DO NOT GIVE INTO THE IMPULSE TO ACT ON THEM.

Unless there are documented reasons why a child should not spend time with the other parent, the Court is going to try and give the other parent access even if it is just a few hours of visitation each week.

THIS IS NOT YOUR ATTORNEY'S FAULT.

Getting mad at your attorney is fine but not productive to your case. Remember, you are paying them. They work for you and should listen to your concerns while working within the confines of the law.

This is a tough pill to swallow especially if neglect and abuse are alleged but not yet a fact to the Court.

Truth #6 - YOU ARE GOING TO BURN OUT (PICK YOUR BATTLES)

You are going to do a lot of emotional labor.
You will have to decide where to shed your tears,
when you can get angry,
when you need to shut your mouth,
and when you need to just walk away.

Day 1 truths are hard to swallow.

The reality is even the most amicable of separations/divorces can devolve very quickly and you need to put support systems in place to help you navigate through it all.

Your attorney will deal with certain logistics but who can you turn to to help with YOUR PERSONAL SANITY?

Me. I am Dr. Sacheen Mobley and I run the Goddess-On-Call service.

Having been through two divorces (one nice and one very nasty), I have learned some valuable lessons about how to keep your sanity (and your household) running while trying to figure out what's next.

This is where I can help YOU. At some point, you are going to exhaust your friends, attorneys, and family members. They will need a break and you will still need help. With the Goddess-On-Call service, I can help you:

- Channel your frustrations at what is happening into useful energy/action.
- Develop strategies for solving mundane, day-to-day, problems your attorney is not responsible for.
- Focus on the details that really matter when it seems ALL the details are really important.

*I do not give medical, legal, or financial advice. I will instruct you to seek out the appropriate professionals if I believe I cannot, in good faith, help you.

There is never going to be a better RIGHT TIME to make your mental health a priority like the start of this process and, chances are, you have not put yourself first in quite a while.

Ready To Get The Help You Deserve?

You have 2 options:

1. On-Call sessions: 30 minutes, \$99.00 (USD), booked within 2 hours after contact.
 - a. Every session is booked here:
<https://starsalignedinfosession.as.me/GoCDivorceSessions>
 - b. Sessions are available between 10AM - 6PM (EST) Monday - Friday.

2. Retainer/Package: 6 sessions/30 minutes each (all sessions to be used within 30 days from the contract date). \$500
 - a. Contact support@sacheenmobley.com to set up the retainer.
 - b. All retainer clients will work under a contract. I understand issues happen and I will work with you to do what is fair and helpful whenever I can but we will have a contract guiding our time together.

Not sure which is the best fit? Here is a link for a quick chat so we can get you the best support you possible through your divorce

<https://starsalignedinfosession.as.me/GoCLetschat>