



# THE WOMAN'S GLOW UP DIVORCE GUIDE

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# This too shall pass.

I know because I've been there. This guide is designed for individuals who fall into one of the following categories:

- Contemplating separation from their spouse
- Have initiated the divorce proceedings
- Are still grappling with the emotional aftermath of a recent divorce

Unfortunately, divorce is considered one of the top five most stressful life events, trailing closely behind experiencing the death of a loved one. It can also contribute to premature aging and other health issues. So, if you've noticed a few extra grey hairs or wrinkles lately, you're not alone.

While navigating through this challenging experience may feel daunting and isolating, know that your trusted divorce life coach is here to provide support every step of the way. This guide aims to offer insights into the divorce process, helping you prepare for the journey ahead and the personal transformation that often accompanies it.

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# STAY WOKE

## Your Emotional & Physiological Process

\*The stages of divorce and grief are not linear and can repeat in the cycle\*

Many divorcees will find that the cycle of the grief process will shorten and may become easier while they are healing. Understanding your emotions helps with allowing yourself to feel what you are experiencing instead of storing the trauma within your body.

### STAGES OF DIVORCE

There are five stages of divorce, and are not a sequenced order:

- Cognitive/Mental Separation- where the intent is set in motion and follows the period of frustration and unhappiness.
- Emotional Divorce- un-bonding of romantic and dependent aspects of the relationship and includes mourning.
- Physical Separation -this is physically separating but does not mean you will be emotionally separated.
- Legal Dissolution - socioeconomic and cultural separation
- Spiritual Un-bonding - strong emotions are absent.

For more in-depth information, please review The 5 Stages of Divorce article [here](#).



## STAGES OF GRIEF

- Denial- you may think the relationship can be fixed or the divorce will not happen.
- Anger- you will feel you were wronged in the relationship and may reach out to start the process of divorce, including contacting a lawyer.
- Bargaining - it postpones the feeling of loss and may have you reconsider the divorce.
- Depression- sadness, and loneliness may be heightened during this point. Having a support system to help you through this state is good.
- Acceptance- the divorce is your new normal, and you can begin not just to survive but thrive after.

## SELF-CARE IS THE ULTIMATE CLAP-BACK

No, I don't mean get your hair and nails done. There's nothing wrong with feeling good about maintenance, but I mean self-care as the process of taking care of yourself with behaviors promoting mental and physical health. This includes but is not limited to, food choices, exercise, sleep, and spiritual evolution.

- Mental self-care is even more critical during the divorce process. Maintaining mental health will help you think more clearly, focus, assess, and make informed decisions.
- Adding members to your mental health team during this time is an added benefit:
- A therapist will focus on the past, present, and future while working with you on more profound issues such as anxiety, depression, or trauma.
- Life coaching can assist you with present and future personal development and goals.

# THE TEA

## The Low Down on the Divorce Court Process



**FILING** “Complaint for Dissolution of Marriage”- People can file for divorce in the state where they reside. Each state is subject to separation requirements. For example, it is a prerequisite not to live together physically for a specific duration in some states.

**SERVING**- Once the complaint is filed, the spouse will have to be notified or served. Proof must be submitted to the court that our spouse has formally been notified. The spouse has a specific time to file a response. This is usually 20-30 days after being served (not the filing date).

**Temporary Hearing**- this is to establish temporary requests like child custody, asset usage, financial access, alimony requests, etc.

**The AGREEMENT**- meaning **MEDIATION, MEDIATION, MEDIATION!** Most judges and lawyers will push mediation. It is less financially taxing than the lawyers battling and judges sitting through a trial. They also don't want to decide how to work it out with your spouse. Please note that emotions are left out of the courtroom. Legal decisions are based on evidence and the case presented, not how you feel about your ex and how they wronged you. Sorry, no one cares in the legal system (speaking from my experience).

FAMILY COURT- if you are asking for primary child custody and child support, this is a separate petition. This may lead to a different judge than the one handling your divorce case. Terms are starting to change as well within the legal system. Instead of “legal custody, you may hear “legal decision making.”

DIVORCE TRIAL- if your divorce results in high conflict and mediation can't be reached, you will have to go to trial. This is not the prettiest of all the processes, and it's the opposing attorney's job to win. Most divorces only have a judge present, no jury.

\*\*\*Finding Lawyer & Lawyer Consultations Fees- Some have consultation fees averaging \$250 if you need a lawyer. Make a list of local lawyers, read reviews, and go with who you feel most connected to.

# DEAD!

## There's no clean cut because of the children...

Most of us divorcees are stuck with co-parenting. If you can get to having a healthy relationship like Adele and live across the street, cool! But for some of us, it's not that easy. Here's the breakdown on co-parenting styles (not your parenting style) \*Side note: most states require mandatory parenting classes during divorce.

### CO-PARENTING RELATIONSHIP STYLES

- Cheers! Your ex-bae is now your Perfect Pal! You two are conflict-free and respect each other's parenting style. This is the healthiest for your children, but unfortunately, it is rare.
- Yay! You and your ex are Cooperative Colleagues. You aren't friends but can work together for the sake of your children. Conflicts can be resolved through agreements, and keeping a healthy relationship is essential for the children to have access to both parents.

- Someone needs to be fired, and it's probably your attitude or his. If you can't get along, argue in front of the children, and can't compromise, then you two are considered Angry Associates. This type of co-parenting causes the children to suffer and continues the trauma cycle.
- If your ex is your enemy, you two are Fiery Foes. These parents will make children intentionally or unintentionally choose one parent over the other. Anytime your children are witnessing conflict, their ACES (Adverse Childhood Experiences Study) scores go up, and brain development changes. Yes, trauma changes your child's brain development and increases the risk of health issues for your children later in life.
- When both parents are unable and/or unwilling to communicate, they are Dissolved Duos. This relationship can cause one parent to be left with ALL the responsibilities while the other parent is non-existent. Children need access to both parents, so this type of relationship is detrimental to them.

\*\*What to do if you're Angry Associates, Fiery Foes, or Dissolved Duos? PARALLEL PARENTING is a strategy of divorced/separated parents who are unable to cooperate to raise their children. You disengage with your ex and limit contact in a respectful manner. Everything is separate, from holidays to school meetings, and it's all business. Neither parent should have a say on how the other parents (if the well-being of the children isn't in jeopardy).

Tips: Keep communicating strictly about the children. Do not engage in conversations about past relationships or attacking parenting styles; keep emotions out of it. This is all about parenting and communicating about the children so the other person is aware and has access to children.

## CO-PARENTING PLANS

Co-parenting plans are used when both parents want contact with the children. If you are working with a mediator, they will help you construct a co-parenting plan. If you are not in need of mediation, you will still need to

create a co-parenting plan for court. Things to consider when creating a co-parenting plan:

- Emotional and physical safety of the children
- Visitation schedule/living arrangements
- Healthcare (insurance including copayments)
- Education
- Division of summer vacation and breaks
- Division of major Holidays
- Religious growth
- Childcare
- Communication preferences (there are apps to help with communication, photos, etc., to keep in one place, which may be valuable for any needed/unforeseen future court dates)

# FLEX

## Learn and be financially independent

Your divorce is going to disrupt your finances! That is inevitable. From assets that include homes and retirement accounts to life insurance policies, everything may be up for grabs. Fidelity offers a decent [video](#) explaining what happens during the divorce process. Plus, there is an additional printable financial checklist [here](#).

\*\* This topic is too large to cover in a mini guide and has many moving factors. My professional tip is to meet with a financial advisor to go over your possible new financial plan to set you up for success now and your future self. We want to live our new life to the fullest and pass down assets, not debt, to our children. Most advisors provide financial planning free of charge.





# GLOW UP!

## There's life after divorce.

You may have been counting down for the divorce to be final. But after that, then what? You may even be surprised that you are still in the grief cycle. It's okay to celebrate and feel sad. You had a dream of what your future was going to be, and now that has changed. But the beauty in that is that you get to create a new dream. One that puts your happiness, health, and well-being in the forefront without distractions. This is your time to start fresh, to own your mistakes, to learn from it all, and to become the best new version of yourself.

I know exactly where you are because I was there. I was glad to be out of a toxic situation and in charge of my own destiny, yet I still felt a void. I wasn't glowing. I desperately wanted to glow again. To feel at peace. To handle whatever life threw at me because I just went through what felt like the worst!

It's time to reclaim your power. It's time to start thriving.



# Need more support?

I extend my deepest sympathy during this journey of ending one chapter to begin anew. Remember to take it one day at a time. Healing will be an ongoing process, and the tools and insights shared here are just the beginning of your transformative journey.

Please note that I do not receive compensation for any resources listed in this document.

Don't hesitate to contact me at [franklylife@outlook.com](mailto:franklylife@outlook.com) with any inquiries about joining the Zenith Divorce Program.

## In the Zenith Divorce Program:

- You will release any shame you carry about being a divorcee and dissolving your family.
- You'll connect to a deeper understanding of your thought process and how that connects to your daily emotions.
- You'll feel motivated to pour into your self-care and learn various techniques.
- You'll learn how to manifest the future you desire so you can thrive (and your ex may hate you for it, but we don't care).

With gratitude,

*Latisha Franklin*

LIFE COACH

