

The Golden Rules OF POSITIVE SEPARATION

Even if your separation—or the idea of your separation—feels dark and chaotic right now, let me assure you that it *is* possible to separate (or break up, or divorce) in a positive and forward-looking manner—whether or not your partner is on board.

THE GOLDEN RULES OF POSITIVE SEPARATION

- 1 TRUST YOURSELF!** Only you know what is truly best for you and the new life you are creating.
- 2 STAY IN THE POSITIVE ZONE.** Remind yourself, “I will work through this, and I will be happy again!”
- 3 CREATE A WINNING TEAM** of family, friends, and professionals so you always know who to call when you need support.
- 4 FOCUS ON YOUR OWN STRENGTHS AND TALENTS.** Everything you need to build your new, happy life is already inside of you!

*Get the complete Positive Separation Method™ in Eveline’s book, *Happy Again! The Art of Positive Separation*

- 5 FOCUS ONLY ON WHAT YOU CAN CONTROL**—like your thoughts, emotions, habits, and actions. Remember, you cannot influence your ex-partner's feelings or behaviors, so don't waste energy trying!
- 6 HONOR YOUR COMMITMENTS TO YOURSELF** with regard to your positive, empowered attitude. Always speak and act in integrity.
- 7 DELIVER ON YOUR OWN PROMISES AND COMMITMENTS TO OTHERS.** It makes life much simpler.
- 8 DON'T PLAY THE VICTIM.** It will only block you from making progress.
- 9 TAKE CARE OF YOUR BODY.** Your body is your basic resource. Treat it well, 24/7.
- 10 MANAGE YOUR SEPARATION YOURSELF.** You're the boss, not your ex, family, friends, professionals, or new partner.
- 11 DON'T IGNORE YOUR EMOTIONS.** You have to work through your emotions and separation. Professional help can make this process easier.
- 12 CREATE A POSITIVE ENVIRONMENT** by freshening up your living space, returning your ex's possessions as soon as possible, avoiding negative people and situations, and balancing challenging moments with fun ones.

EVELINE JURRY & THE POSITIVE SEPARATION METHOD™

The Positive Separation Method™ was born in the years following Eveline's own divorce. She knew that she wanted to unravel herself from her old life in a positive way, but there was no handbook for the process, and no one to teach her what she needed to know to do this in a way that conserved energy and propelled her toward a new, happy life.

Over the course of more than three years, Eveline studied the topic of separation. She interviewed the most successful and experienced professionals, happiness gurus, therapists, coaches, and divorced individuals not only in her hometown of Amsterdam (Netherlands) but also across greater Europe and America. From this research, she created a winning combination of tools which ultimately became her trademarked Positive Separation Method, a clear, practical, and empowering approach to navigating separation with a happy future as a goal.



Eveline's full Method can be found in her upcoming book, *Happy Again! The Art of Positive Separation* (coming October 2018)

Learn more about Eveline and the Positive Separation Method™ at www.PositiveSeparation.com.