

The Positive Separation Method™

YOUR PATH TO A HAPPY FUTURE

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 way to your positive future is the Positive Separation Method™. If you follow these steps and implement the actions within each, you will be firmly on the path to an empowered new life.*

You deserve a happy future, and you have the power to create that future, starting right now!

STEP #1 DISCONNECT FROM YOUR OLD LIFE

You cannot move forward if you are always looking backward to what was or what might have been. Today, *right now*, you need to stop living your old life and start living your new one.

- Look honestly at your current circumstances. Understand where you need to create stability for yourself (i.e., in a new living situation, with a new schedule, or stress management) and what tasks you need to accomplish.
- Unplug yourself from your old dreams, goals, habits, patterns, and expectations. They are no longer applicable to your life.
- Create a new, happy vision for your life and future based on what you want out of your life, and who you want to be in it.

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

STEP #2 FOCUS ON WHAT YOU CAN CONTROL

If you try to influence the feelings, thoughts, or behaviors of your ex-partner (or anyone else involved in your separation), you will waste a lot of valuable time and energy, and create unnecessary stress for yourself. Instead, focus on what you can control—like your own thoughts, feelings, behaviors, goals, and commitments.

- Get clear on what you can and cannot control in your separation.
 - Make a plan for dealing with your challenges as they arise.
 - Make positive commitments to yourself which align with your vision for a new, happy future.
 - Set immediate, short-term, and long-term goals to help you make tangible progress toward your future vision.
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STEP #3 RECONNECT TO & EMPOWER YOUR CORE

Sometimes, when we are going through a separation (or any other major period of stress), we forget who we are and what we love about our lives. In Step 3, it's time to get to know yourself again—especially the positive, amazing qualities that make you a vital, happy person!

- Get to know your Positive Inner Drivers (your positive qualities and attributes).
- Make a plan to manage your mindset and work through challenging emotions.
- Create your Winning Team of friends, colleagues, and professionals so that you have a multi-layered support network and never feel alone in your separation.

STEP #4 TAKE LOVING ACTION TO CARE FOR YOURSELF

Taking care of yourself is vital to navigating your separation in a positive, empowered way. The more consistently you can maintain a positive environment, a healthy body, and a relaxed mind, the more energy you will have to complete your daily tasks, reach your goals, and create your happy future.

- Create a positive environment for yourself both physically and emotionally.
- Surround yourself with people who uplift, inspire, and care for you.
- Eliminate or minimize contact with negative people and situations.
- Organize and clean out your belongings.
- Take good care of your body through regular exercise and attention.
- Make time to relax completely on a regular basis.

STEP #5 MOVE FORWARD WITH CONFIDENCE!

Once the physical tasks of your separation are complete, you will be ready to move on into your new life! This step is not only about continuing on the path you created back in Step 1, but expanding your vision to include everything you want out of your happy future!

- Update your plans and goals to support your vision for a happy, joyful future.
- Take time to feel grounded in your new life before inviting a new partner to share it.
- Reinforce your positive mindset and emotions.
- Celebrate your achievements.

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.