

CHAPTER 14

Walking through divorce | 126
FINDING GRACE, FORGIVENESS, AND
ACCEPTANCE

By Tiffany Thomas, CADC-II, MA, LMFT

THE TOOL

The following exercise will guide you through a process that has been incredibly helpful for me. This process uses self-awareness and intention.

When was the last time you went somewhere outside of your comfort zone? Or spend your day just being outside, by yourself, without your phone or music to distract you? Aside from talking about my feelings to family, friends, or my therapist, being outside has been the biggest teacher and healer as I navigate my divorce.

Why? It has forced me to slow down, get in touch with myself, and learn how I respond when I'm in unfamiliar territory. When I see strangers, do I say hi? Do I avert eye contact? Do I become aware of my loneliness? It brings me back to my existence and simplifies everything.

Take a moment and think about a place you have wanted to go but never made the time or even the environment that surrounds where you live. Find a place outside where you can spend some time: a beach, forest, mountain, trail, park, or lake.

Maybe you start by going for 30 minutes or throw yourself in and plan a hike in unfamiliar territory. No matter how you do it, as long as the intention is there, you can't go wrong. Challenge yourself to leave the headphones at home; no music, no podcasts, no audiobooks. Go alone; bring a journal if you want. Also, tell someone where you are going if you are going somewhere unfamiliar to you.

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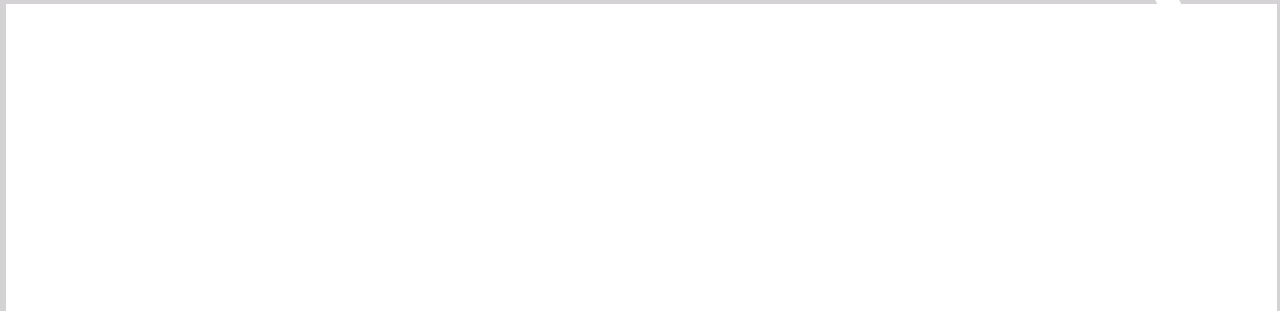
Before you go, ask yourself the following questions:

What are the strongest emotions for you at this time? This is not intended for you to dwell on the feelings but to recognize and accept where you are and know what you need to release to move forward.

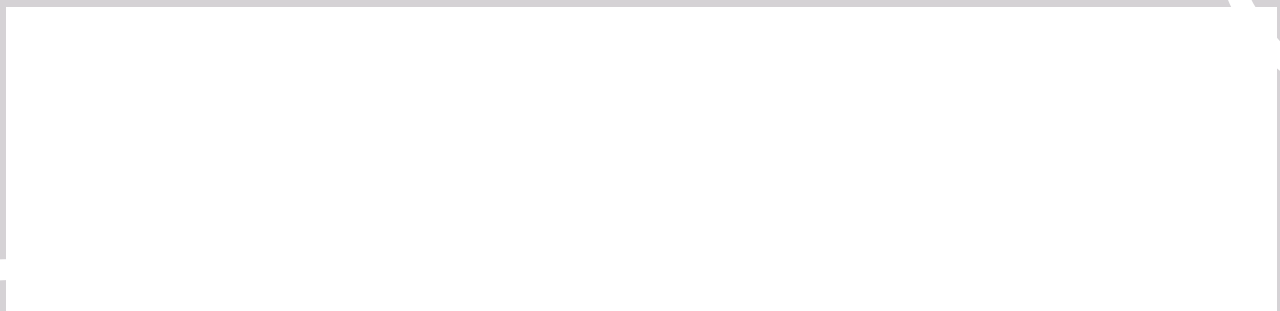
What is my intention for today? This question forces you to pause and self-reflect. While you're outside, you can come back to this if you find your mind starts to wander or you feel anxious.



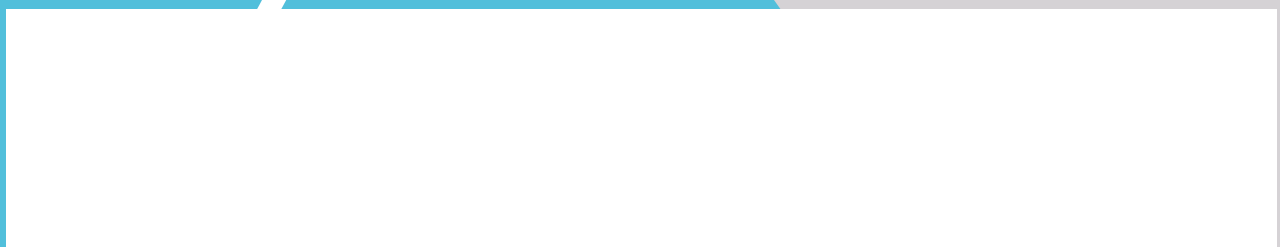
Where am I feeling lost? The answer to this is not as important as making room to be in the unknown. Allow space to not have all the answers in your life right now.



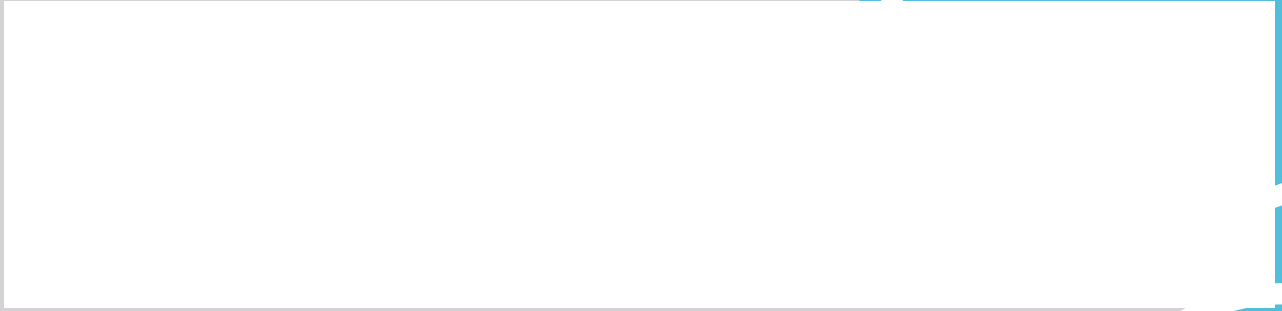
How do I feel anchored? This question should prompt you to connect with something that grounds you. It might be a memory, person, symbol, spiritual connection, or goal.



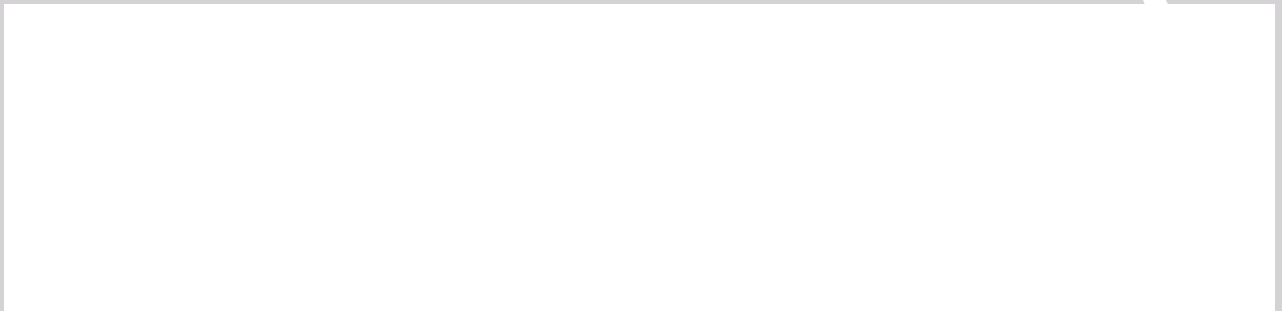
What do I wish were different right now? Maybe it's all the things you wish were different (e.g., how you're feeling, your work circumstances, your relationship status, other people's behavior), or maybe it's imagining all the possibilities and opportunities that are available to you now.



What am I open to receiving during this experience? Asking this question alone opens you up. You don't need a practical answer to this. Just ask and watch how your awareness expands.

A large, empty white rectangular box intended for the user to write their response to the question above. It is positioned on a light gray background.

Come back to this tool when you are feeling overwhelmed, detached, or sad. Let it guide you back to your truth.

A second large, empty white rectangular box for writing, identical in size and style to the first one. It is also positioned on a light gray background.