



Overcoming the
Fear of Divorce

Before, During, and After the Split

MATINA SINGH
YOUR BREAK-UP | DIVORCE COACH

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WELCOME

Hey *Super Woman*,

When your relationship came to an end, what meaning have you given it?

Does it mean that you have a new chance at life or does it mean that life has come to an end? Based on what you choose to believe, you are able to build a life. Let's use these two scenarios for now...

Say, you believe that you have a new chance at life. How would you feel? Happy or sad? My guess is happy because you are seeing the possibilities of the world. In this state of mind, you won't let fear hold you back – you will persevere and focus on rebuilding your life from scratch.

But what if you are choosing to believe that your life has come to an end? See when you adapt to thinking this way, you are feeling stuck in fear. But what is fear?

Fear stands for; False Evidence Appearing REAL! Fear acts as an illusion that doesn't allow you to be who you can be but captures you in all your negative thoughts.

So how do you diminish the fear?

In three simple steps: **Reflect – Reset – Reclaim!**

In the next page, I will explain how but I want you to take a moment to applaud yourself for searching for answers and finding ways to overcome what you are going through.

Let's take a minute before you start. Set a timer of 1 minute on your phone, take a deep breath and with your hand on your heart, your eyes closed think about all the things that you are grateful for. Big or small, current or past!

Once you have done this, let's break through the fear and step into mastering your self image.

Super Woman, you got this!

Matina

Break-Up | Divorce Coach - Guiding you to Master Self Image





01

Reflect

Before you can diminish fear, you need to understand what you are feeling and which fear is holding you back right now. To gain clarity in this, I want you to take a moment to answer the questions below.

When I was in your shoes, my biggest fear was; will the separation scar my children for life? I could not see anything beyond that and was absolutely frozen in that fear.

What did I do to overcome this? I overcame this by answering these questions, now it's your turn! Find out which fear is most prominent in your current life. See, clarity is power, and once you have a clear answer as to which fear is holding you back, you can start to RESET it.

Which fear is holding me back right now?

What am I saying to myself on a regular basis?

Is it true?



02

Reset

You just gained clarity on which fear is holding you back. Now let's reset the fear!

The last question that you answered to gain clarity was "Is it true?" If you answered yes, then I want to challenge you further and ask "What if it wasn't true?"

Let's switch the fear into something that will uplift you and make you see the world in another light?

Remember my biggest fear; my children will be scarred for life...when I asked if it was true, I couldn't say YES because I don't know what the future will bring. Then I realized that I am swimming in fear and don't know where the shore is. Had I chosen to continue to believe this, then I would have drowned! Instead, I choose to shift it into another belief which is: I have the power to create the best life for my children and show them that they are loved. Now, that is a belief that is TRUE and that I can stand behind wholeheartedly.

Let's shift your fear into a belief that you can fully stand behind. Do this for any fear that you have right now!

My current fear:

My new belief:



03

Reclaim

You have now reached the last phase, reclaim! You have reflected on the fear, pushed the reset button by choosing a new belief and now it is time to RECLAIM YOUR LIFE!

How will you respond when life gets uncertain and the 'old' fear comes back? You have to decide what you will do before this happens. Write down 3 things you will do to shift yourself out of the fear and into the belief that empowers you to live a better life.

For me this was;

- Hug my kids longer.
- Ask myself; is it true and what new belief can I take on instead?
- Journal what I am feeling.

When fear is prominent in my life, I will choose to:

1.

2.

3.

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Journal page with horizontal dashed lines for writing.

About Matina

Matina Singh helps women overcome the hardship of break-up / divorce and to step into their own power - Mastering their Self Image.

Her own divorce journey left her scattered, but she was determined to build a better life for herself and her children.

She doesn't only understand the daily hardship of healing from break-up / divorce, raising three kids as a single mom, but also the struggle of finding your voice again. Her resourcefulness helped her listen to her inner voice, learn to value her own desires, and create her own business...All while being a loving mother to three young children.

It took her three years to get back to living a life without doubting and devaluing herself. After becoming a Knowledge Broker, a program of Tony Robbins and Dean Graziosi, she discovered her signature techniques, and it has become her mission to help other women see the true potential that they have deep within them.

"The day I decided to leave the father of my children was the first day that I listened to my inner voice. I was scared, broken and uncertain about the future, yet certain that my relationship didn't align with my values."

Matina shows women that a life based on their own vision will propel them forward in living a happy life in which they have mastered their self image!

Are you ready to turn your life around, too?

Book your FREE 'Reclaim Your Life' focus call today at: www.matinasingh.com/schedule

Matina

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