

# THE ASSESSMENT



**INVINCIBLE**  
DIVORCEE

“It’s Over” What Now?

# THE ASSESSMENT:

## Where I'm at now

Put pen to paper and write down how you're feeling about each area listed below and rate each one on an intensity scale of 1-10 (1 - no big deal, 10 - most intense). Use the back of the page if more space is needed.

**What are the reasons I'm getting a Divorce – (be thorough)**

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**The Divorce has progressed to this point so far -**

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**What my husband is asking for -**

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**What I'm asking for -**

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**How am I financially -**

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**Who can I count on for support and encouragement -**

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**Emotionally I'm feeling – Rate the intensity of each on a scale of 1-10**

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**Mentally I'm most concerned about - Rate on a scale of 1-10 the intensity of each.**

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**Physically I'm feeling - Rate on a scale of 1-10 the intensity of each.**

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**What are my biggest fears to moving on and why – Rate on a scale of 1-10 the intensity of each.**

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**What things are making me most angry about my husband's behavior – Rate on a scale of 1-10 the intensity of each.**

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**Now Do The 3 Minute Rant** – You've broken down the situation, now lower the mental and emotional intensity of these issues to put things in perspective.

**How to do "The Rant"** – (See Video in Tool Box for more details if needed).

1) Start tapping on Karate Chop Point and "LET LOOSE" verbalizing your feelings on the hot button issues first. LET IT RIP!!! GET IT ALL OUT! GET EMOTIONAL!

A) Keep Ranting while tapping for approximately 10 seconds on each point, then moving to the next point.

B) Focus on verbally letting loose with emotional intensity about what is making you mad, scaring you or concerning you while you continuously tap.

C) Don't stop until you have gotten it all off your chest and feel a sense of relief. Nothing is too small or insignificant to bring up.

*Note: You will get used to changing the points as you practice, "REMEMBER YOU CAN'T DO THIS WRONG - ONLY BETTER!" That also comes with practice.*







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