A minimalist line-art illustration of a woman's profile, facing right, rendered in black lines against a solid red background. The lines are thick and fluid, capturing the essential contours of the face, including the forehead, nose, lips, and chin. The background is a vibrant, solid red color.

HOW TO HEAL FROM  
A BREAK-UP

# Dating & Divorce Detox

FREE GUIDE

NATASHA MCCREA

# Dating & Divorce Detox

**I'll never forget the feeling I had when I got divorced.** I felt hopeless, like damaged good and that I'd never find the love I craved. Does this sound familiar? YOU may have also thought...

"I never thought this would happen to us."

"I can't believe this is happening to me."

"I'm done, it's over. No more relationships for me."

"Who's going to want someone who's divorced and has a kid"

"Why can't I just find someone to love me like I need?"

**Well, I'm here to tell you there is life after divorce or a break-up.** Trust me I know.

**Why me and how do I know?** I grew up in a home with two loving parents. We lived in a middle class ghetto adjacent neighborhood. **Ghetto Adjacent!** Well, not really but we were close enough.

When I was 15 years old my world came crashing down. It was a Sunday morning and my amazing boyfriend called and needed to vent about his father who continued to cheat on his mom. He had a little brother, we all thought was his cousin, that his mom took care of on occasion. Now his dad and the girlfriend were pregnant, AGAIN.

I couldn't believe my ears. When we hung up I go in my parent's room where my mother is flipping through the Sunday paper. I began complaining about the soap opera my boyfriend is living in and her response... "Shut the door honey", my mother "confides" in me that my father had cheated and I have twin brothers who are about 10 years younger than me.

**That very moment shaped every one of my relationship for the next 15 years.** At that moment I decided I'd never be blind sided again. I only dated men who were questionable from the jump. I "knew" what I was getting into. For the next 15 years I dated every Tom, Dick and cheater in sight. I became addicted to "Love" , 2 divorces later, counseling and finally marrying the love of my life I think I'm qualified to tell you...

# What you need to know about How a Divorce & Dating Detox can change your life.

**If you want to play an active role in your healing** continue reading and applying the tools you'll discover on the next few pages of this interactive workbook.

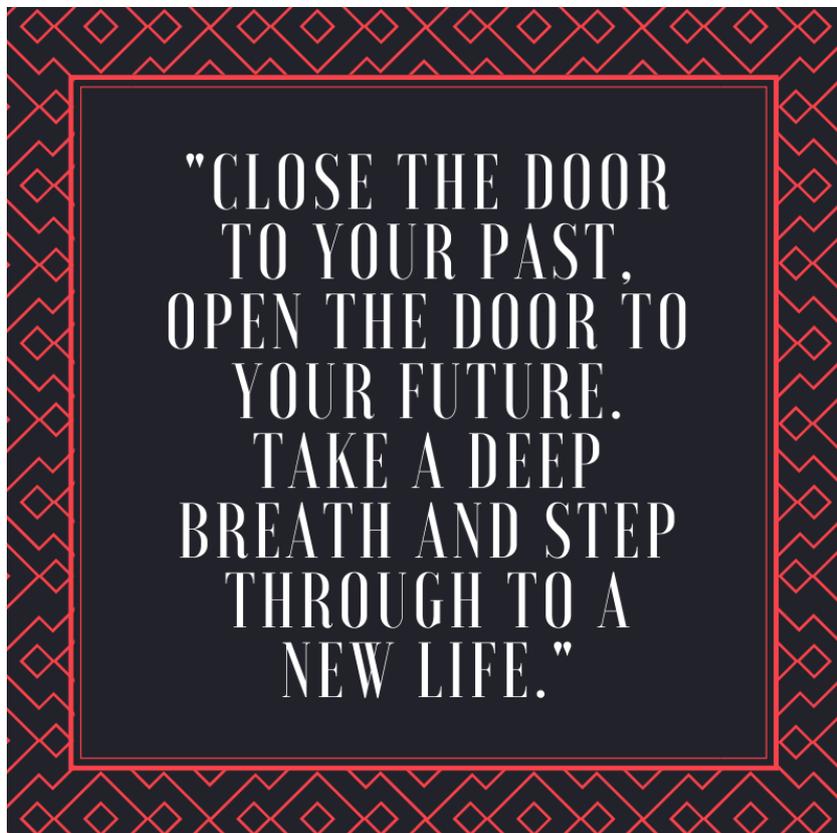
**If you aren't ready** and want to stay in bed, binge watching episodes of "Bridgerton", while continuing to make excuses to shut out the world you can stop reading now. There's no condemnation. Just come back when you're ready.

## OKAY YOU'RE SERIOUS.

If you're still reading, you made it past the first step. Every yes, every click of a button and sentence you read is drawing you one step closer towards healing and releasing the residue of previous relationships so they don't damage future relationships.

## THE DATING & DIVORCE DETOX - DIPT

- **Discover** self-love basics that'll help renew your soul
- **Identify** where you are in the grief cycle. So, you know what to expect.
- **Plan** where it is you want to be. So, don't lose hope and can...
- **Take** Action Daily (Take Action Checklist) that'll eliminate negative self talk and other self sabotaging behavior



If you are feeling depressed please seek help from a licensed Psychiatrist.  
Depression should not be ignored.

THE DATING & DIVORCE DETOX is a tool to guide you on your path to healing. No matter where you are in the journey you can benefit from using these practical steps. Do not underestimate the simplicity of these lessons. I have found that even with such practical steps many people still find excuses and have a challenge completing these tasks.



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# Discover?

## Self-Love Basics

Self-Love Basics will be your fuel to push you through. So let's get back to basics.

While in your relationship your identity may have been lost. It happens to the best of us. In this lesson identify your amazing traits. Don't think of this as trivial or be fooled into using the "I can't think of anything" excuse. Pause right now and think about it. Take some time to journal if you have to. You will need to revisit this list when you want to have an "I'm not good enough" pity party.

YOU ARE ENOUGH, JUST FOR BEING YOU

**List 5 personal characteristic traits you are proud of.**

**List 4 or more things that bring you joy** (i.e. watching cat videos, buying flowers, spa days, hiking)

# The Characteristics of Love

Self-Love is the most powerful love on the planet. I believe it fuels all other love. It'll lead you out of darkness and towards everything you want in life. It'll lead you to those forgotten dreams and greater confidence. Use the word listed below as a guideline to start loving on yourself a little more every day. Meditate on these words daily. Identify the definition of each of these words and identify ways you can show this in action in your life. Trust me this will go a long way. The first time I did was when I discovered true love.

Patience

Kindness

Honor

Forgiveness

Protection

Trust

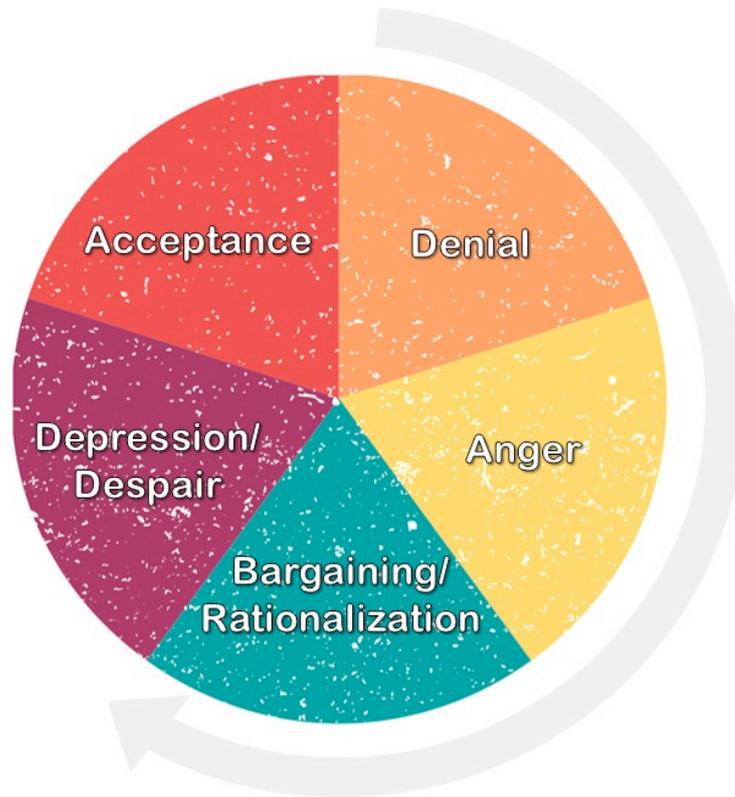
Hope

Perseverance



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# Identify where you are:



Grief Cycle / Photo courtesy of Undepress

**You must know where you are before you can decide where you want to be.**

**Where are you on the grief cycle? What are you feeling today?**

# Plan: Where do you want to be?

THOSE WHO FAIL TO PLAN, PLAN TO FAIL

When you envision where you want to be emotionally you are breathing hope into your current situation. This is not to say you ignore where you are; hence the previous exercise. This exercise will plant seeds of hope into your life.

Where do you want to be? What does it look like?

## Examples:

- I have more days of joy than sorrow.
- My home is my sanctuary and brings me peace
- Every week is full of activities that bring me joy
- I'm so excited I started the business I've always wanted.
- I Love myself more than I ever have before.
- I have 4 successful dates a month.

**Journal: Dream a little. Where do you want to be? What does it look like?**

# Take Action!!

Below is a list of daily and weekly activities that you can do to help you with The Dating Detox.

## Daily Action

- Journal
- Read a few pages of a book on a subject that interests you
- Stop watching the news
- Read your 5 amazing characteristics, daily, and add to that list
- Stay Connected

## Weekly Action

- Evaluate where you are on the grief cycle
- Choose one new activity or event to attend that brings you joy
- Schedule a therapy session
- Communicate your needs with your coach so she can help
- Reconnect with friends, make new ones if you have to (a co-worker or neighbor)

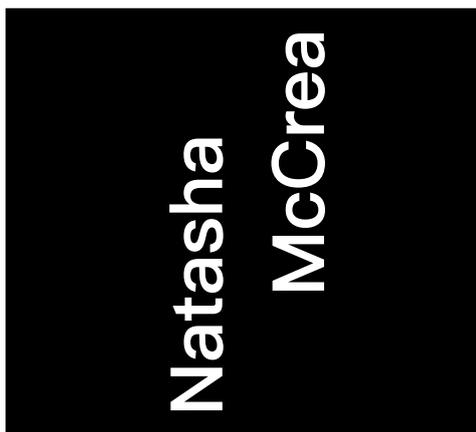
## Next Steps

- [Watch the one-woman show Evolution of a Love Addict](#)**
- Connect with others who are making themselves a priority.
- Give yourself grace. You are not alone.

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THE DATING & DIVORCE DETOX FREE GUIDE will heighten your awareness to authentic love and give you the tools to actively participate in your healing.

**Print this page for a reminder.**



## A Love Note from the Author

Congratulations on completing THE DATING & DIVORCE DETOX FREE GUIDE. This is just the beginning. I pray you got exactly what you need to heal and start your love journey. Once you make the decision to heal and take ownership of your world you will notice everything begin to change.

I've been there, in the aftermath of a relationship that sucks the life out of you leaving you in pain. So, I understand how you feel. I felt the same way and I have found that once I decided to intentionally love myself through my healing, life started to actually feel good again.

I want you to remember divorce or bad break-up is something that happened in your life. It does not define who you are. You deserve to have everything you ever wanted and being intentional will be the first step to designing the life you want.

How can you be more intentional with your love life? Schedule a consult with us to determine what is holding you back and how you can get out of the rut and start making yourself the priority. I consider myself the “crack the whip spread the love” kind of coach. If you're ready to step into your greatness and start living a life that feels good then let's talk.

*Natasha McCrea*

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**Natasha McCrea** is the founder of Love CEO Institute and specializes in guiding ambitious woman how to stay true to their authentic goals, tap into genuine confidence and unleash their feminine power so they can call in more love and make loving life a lifestyle. **Schedule a consult**, so we can help you discover your next steps to living the life you love.

# BONUS:

## Dating - opening up to Love

When you are ready to start dating again use the tips below to start that journey.

### Get Out the House

- Join a few meet-up groups
- Have 4 social gatherings/activities (virtual works) scheduled on your books at all times
- Learn dating tips that build confidence
- Eliminate negative thoughts about dating and relationships
- Let people know you're dating
- Volunteer

### Maintain a Positive Attitude

- Turn any negative thoughts about dating and relationships into positive affirmations
  - Prepare your life and your home to be available for a relationship
  - Be sure you are working in your life's purpose. Why? "Purpose is cute!"
  - Write your perfect date/day with your significant other and use a lot of detail
- 

THE DATING DETOX FREE GUIDE is a tool to heighten your awareness and give you the tools to actively participate in your healing. If you like this try the 21-day Dating Detox formula

**Print this page for a reminder**



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