WE CHAT DIVORCE PODCAST | A GIFT FOR OUR LISTENERS

The Rewiring Toolkit

From surviving to designing your future — a companion to our conversation with trauma-informed coach Jackie Miller, author of Winning.

The divorce may be final — but if your brain didn't get the memo, you're not broken. Your nervous system adapted to survive. These four tools from the episode will help you interrupt the rumination, unhook from the past, and put your energy where it belongs: your future.

1 BUILD YOUR RESCUE THOUGHT

A rescue thought is a vivid picture of one perfect, ordinary day in your new life — ready to reach for the moment rumination strikes. Sit somewhere quiet and picture it in detail. It can only be about you, never about your ex.

- Where do you wake up? What does the morning feel like — calm, safe, unhurried?
- What does financial security look like in this day? (Bills paid without fear, decisions made with confidence.)
- Who is around you — and who isn't?
- What one small joy anchors the day? Coffee in the sunlight counts.

Rehearse it until it's automatic. Every time you notice the spiral and flip to this thought, you are doing the rep that rewires the pattern.

2 THE THREE HOOKS SELF-CHECK

Jackie names three hooks that keep people tethered to an ex long after the relationship ends. Check any that sound familiar — honesty here saves time, money, and energy later.

- ☐ JUSTICE — "They can't get away with this." I'm spending time, money, or energy trying to make sure they pay.
- ☐ CLOSURE — "I just need to understand why." I keep replaying the past, searching for an explanation.
- ☐ PROVING MYSELF — "I need them (or everyone) to see I was right." I'm still arguing my case, even if only in my head.

Checked one? That hook is where your energy is leaking. Naming it is the first step to unhooking from it.

3 THE WIN METHOD — FOR THE HIJACKED MOMENTS

W

WITNESS the problem.
Step outside of it and name it from arm's length. "They haven't turned over discovery in six months, and I can't stop thinking about it."

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INTERRUPT the spiral.
Breathe. Remember your resources — your team, your coach, the friends who get it. Every problem has a solution.

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INSERT your new script.
Return to the vision you wrote for your life. "My goal is to get to that future." That's your rescue thought doing its job.

4 YOUR DAILY FUTURE-ORIENTATION STACK

Simple, not easy — and backed by real biology. Small actions stack. Check off what you did today:

- ☐ Spent 5 minutes picturing my future in detail
- ☐ Went for a walk outside
- ☐ Journaled — even a few lines
- ☐ Used my rescue thought when I noticed a spiral
- ☐ Reviewed my written values or vision
- ☐ Focused on a known instead of chasing an unknown

Focus on the knowns. The unknowns that matter will become clear.

You cannot build a future on numbers you're afraid to look at. The MDS Financial Portrait™ gives you the structure to organize and verify your finances — so you can negotiate from facts, not fear.

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Clarity is power.