REBUILDING TRUST IN YOURSELF

A listener guide to reflection, support, and financial clarity

You do not have to decide your entire future today. Use these prompts to notice what resonated, name what you need, and identify one manageable next step. Skip anything that feels overwhelming.

1 NOTICE WHAT RESONATED

In this episode, Dr. Nadine discusses trauma bonds, coercive control, and why she challenges the codependency label when applied to abuse survivors. Karen and Catherine explore how understanding your finances can support your decisions.

Which parts of the conversation felt familiar?

- ☐ Questioning my own judgment
- ☐ Feeling attached to someone who has hurt me
- ☐ Feeling dependent on my partner for money or reassurance
- ☐ Feeling unsettled when life becomes calm
- ☐ Wanting support without pressure to decide

These are reflection prompts, not a test or diagnosis.

2 MAKE ROOM FOR YOUR OWN VOICE

- What experience or concern would I like someone to hear without judgment?
- What do I need more of right now: rest, connection, information, or professional support?

3 IDENTIFY SUPPORT

- One trusted person or qualified professional I could speak with:
- One question I would like to ask:

You are allowed to seek information before you have all the answers.

4 YOUR NEXT STEP TOWARD FINANCIAL CLARITY

Understanding your finances does not require committing to divorce. Start by identifying what you know and what you would like help understanding.

5 CHOOSE ONE MANAGEABLE ACTION

Mark each topic: I understand it / I need clarity / I need access.

Financial topic	I understand it	I need clarity	I need access
Household income	☐	☐	☐
Monthly expenses	☐	☐	☐
Bank and investment accounts	☐	☐	☐
Retirement accounts	☐	☐	☐
Debts and financial obligations	☐	☐	☐
Property or business interests, if applicable	☐	☐	☐

6 CHOOSE ONE MANAGEABLE ACTION

☐ Write down a question about my finances

☐ Ask a qualified financial professional what information would help

☐ Talk with a therapist or support professional

☐ Explore Dr. Nadine's educational resources

☐ Give myself time to reflect

MY NEXT STEP: THE SUPPORT I NEED TO TAKE IT:

If you are concerned about a partner's reaction, discuss safe next steps with a qualified domestic violence advocate before taking action.

Continue Learning: Explore the resources discussed in the episode: Dr. Nadine's assessments drnae.com/assessments/

My Divorce Solution's MDS Financial Portrait™ is a verified financial planning tool, supported by expert analysis, that helps you understand your finances and evaluate options with your attorney or mediator.

Educational reflection only; not a diagnostic assessment or individualized therapeutic, legal, or financial advice.