

## Anna completed the Wise steps programme

**Anna had been married for 30 years. Her husband had left her and was in a new relationship. Apart from the emotional turmoil, she faced the daunting task of managing the divorce process and building a new future for herself.**

**BEFORE** Anna's first session we asked her to score herself on key aspects of where she was both personally and practically. Topics included overall confidence and stress, control over the divorce process, fear of emotions sabotaging the outcome and clarity of life beyond the divorce. Average score was a worrying 3.5 out of 10.

Anna felt abandoned and powerless. The shock of her husband leaving her was a huge blow to her self confidence and sense of identity, the past seemed invalidated and the future uncertain. She was angry, sad, frightened and frustrated, very much wrapped up in the emotion of her situation and unable to see how she would cope practically or emotionally. Future planning seemed totally untenable as she felt completely overwhelmed by her feelings. Her relationships with her sons, her friends and her relatives were all under strain and she was left to sell the house and to institute the divorce proceedings.

**In the first session** the process we used helped Anna clarify where she was emotionally and practically and allowed us to start focusing on where she actually wanted to be. The resulting acknowledgment of her situation and exploration allowed her to start considering the type of possibilities she would like to have in her life going forward.

**In the second session** we focused on solidifying the outcomes she wanted and routes she could take to achieving them. Anna says: *"My confidence had grown and I already felt more in control. With your help we took this to another level, helping me discover what I really wanted and more importantly letting go of what I didn't want. After leaving you that day, I knew I could take on any challenge thrown at me. Yes, I would have some insecurity about doing things on my own without having someone to lean on, but YES I could do it on my own."*

**In the final session** Anna says: *"By our Third session, I had taken control of my life, decided what I want and am now going for it. I may take the wrong road occasionally but it will be journey of discovery. You have given me insight into myself for which I'm extremely grateful and cannot express in words how much you have contributed to the new me!"*

**In conclusion Anna states:** *"Again Thank you, without your help and support I would still be wallowing in self pity and being insecure about myself. You have shown me how to look at my life and given me new tools in how to deal with it. I'm confident that life will be fun and my future will be full of new experiences and am capable of coping with them on my own. I'm looking forward to the future and looking back have no regrets."*

**AFTER:** Wise steps she felt confident and in control. No longer feeling like a victim of her circumstances but in control of her own destiny and looking forward to it.  
**Her final self assessment score was 10 out of 10 for all categories!**