

**Avatar:**

**Name, age, and face:** Sarah, 38 years old, with a kind and empathetic face, displaying resilience.

**Background and mini life history:** Sarah grew up in a small town, the daughter of a pastor. She followed in her father's footsteps, marrying a man she thought was her soulmate. However, after enduring years of emotional abuse and infidelity, she found the strength to leave the toxic relationship. Now, she's navigating the challenges of divorce, co-parenting, and starting over.

**Day-in-the-life:** Sarah's days are a mix of strength and vulnerability. She balances a regular job with the demands of being a single parent. Her schedule includes caring for her children, attending support group sessions, and making time for self-care activities like journaling, exercise, and spending quality moments with her kids.

**Values:** Sarah believes in resilience, self-love, and the importance of healthy relationships. She despises dishonesty, manipulation, and any form of emotional or physical abuse.

**Outside forces:** Sarah feels influenced by societal expectations, especially as a pastor's daughter. She also seeks guidance from her support group and leans on her close-knit circle of friends for emotional support.

**Kind of people we're talking to:**

**Men or Women:** Middle-aged men and women

**Approximate Age range:** 30-45 age

**Occupation:** Middle class, regular job

**Income level:** Average

**Geographical location:** America

**Painful Current State:**

**What are they afraid of? Sarah is afraid of the unknown future, especially in terms of financial stability and the impact of the divorce on her children.**

**What are they angry about? Who are they angry at? Sarah is angry at her ex-husband for the years of emotional abuse and infidelity. She's also angry at herself for allowing the situation to persist.**

**What are their top daily frustrations?**

**Heartbroken, cheated on, abused**

**Not feeling loved and provided for**

**Grief**

**Sadness**

**Anger**

**Loneliness**

**Separation of a family**

**Losing friends and family**

**Moving places**

**What are they embarrassed about? Sarah feels embarrassed about the breakdown of her marriage and the challenges of co-parenting. She sometimes struggles with feelings of inadequacy.**

**How does dealing with their problems make them feel about themselves? Sarah often feels overwhelmed and questions her own strength and decision-making abilities. She sometimes doubts herself.**

**What do other people in their world think about them as a result of these problems? Sarah's close friends and support group see her as a strong, resilient individual. They admire her courage in leaving a toxic relationship. However, she fears that others may perceive her differently due to the divorce.**

**If they were to describe their problems and frustrations to a friend over dinner, what would they say? Sarah would express her deep emotional turmoil, acknowledging the pain, heartbreak, and challenges she faces. She might talk about the difficulty of co-parenting and finding her own identity outside of the marriage.**

**Desirable Dream State:**

**If they could wave a magic wand at their life and change it immediately into whatever they want, what would it look like and feel like? In her dream state, Sarah envisions a life of peace, self-love, and financial stability. She imagines herself thriving as a single parent, surrounded by a supportive community.**

**Who do they want to impress? Sarah wants to impress herself. She wants to look in the mirror and feel proud of the strong, capable person she has become.**

**How would they feel about themselves if they were living in their dream state? Sarah would feel empowered, confident, and full of self-love. She'd carry herself with grace, knowing she's overcome immense challenges.**

**What do they secretly desire most? Sarah secretly desires to find new love, a healthy and loving relationship that complements her journey of healing.**

**If they were to describe their dreams and desires to a friend over dinner, what would they say? Sarah would talk about her hopes for a peaceful, fulfilling life for herself and her children. She might share her desire to find love again in a healthy, supportive partnership.**

**Solution:**

**What does the avatar need to do to overcome the key roadblock? Sarah needs to prioritize her emotional healing, engage in self-care activities, and seek professional support to process her pain and regain her self-worth. She should also focus on establishing a stable financial foundation.**

**"If Sarah prioritizes her emotional healing and financial stability, then she will be able to move forward toward her dream outcome of a peaceful, fulfilling life for herself and her children."**

**Product:**

**How does the product help the avatar implement the Solution? The product provides Sarah with tailored resources, including guided exercises, expert advice, and a supportive community, to help her navigate the emotional and practical challenges of divorce.**

**How does the product help the reader increase their chances of success? The product equips Sarah with the tools and support she needs to take concrete steps towards emotional healing and financial stability, increasing her chances of a positive outcome.**

**How does the product help the reader get the result faster? The product streamlines the process of healing and rebuilding after divorce, providing Sarah with actionable strategies and a supportive community to expedite her progress.**

**How does the product help the reader get the result with less effort or sacrifice? The product offers Sarah a structured framework and expert guidance, reducing the trial-and-error often associated with navigating post-divorce challenges. This minimizes unnecessary effort and emotional strain.**

**What makes the product fun? The product incorporates interactive exercises, engaging**

## **Fascinations:**

- 1. The almost magic (science-proven) 3 step pathway to trusting in your own instincts after 3 days**
- 2. The science prove 3 step pathway to emotional control after a tragic divorce in your own pace**
- 3. How to take control of your own emotions using Emily Sanchez science proven, easy to follow self grief to self love guide**
- 4. 2 Techniques top class therapists don't want you to know to fully cope with your negative emotions after a tragic divorce**
- 5. What you MUST do now if you want to regain your sense of self worth and trust in your own instincts again**
- 6. How to instantly regain your sense of self worth and trust in your instincts immediately**
- 7. How to exploit top class therapists strategies to fully cope with negative feelings & emotions after divorce in the next 3 days**
- 8. What you need to know to exploit science proven, top therapist emotional coping techniques to regain your sense of self worth after a tragic divorce**
- 9. How to cut off 40% of your emotional suffering after a tragic divorce (science proven)**
- 10. What you need to know to fully regain trust in your own instincts in the next 3 days**
- 11. The single most effective (science proven) emotional coping techniques that world class therapists don't want you to know**
- 12. What world class therapists don't want you to know about coping with grief, depression and future anxiety after a disastrous divorce**
- 13. The supreme 6 techniques to fully regulate your emotional turmoil in 5 minutes**
- 14. Fully reclaim control over your destiny, cope with the emotional turmoil and regain your sense of self trust in 6 hours**
- 15. The 3 step technique to take full (almost magic) control over your wheel of negative emotions in a as little as 20 minutes**
- 16. The 4 step (science backed) emotional chaos to mental resilience guide to fully cope with your negative emotions after a divorce**

- 17. The 6 step safe guidelines to carefully tell your children you are getting a divorce**
- 18. How to deal with narcissistic co parents or high conflict situation**
- 19. 7 tips to deal with a narcissistic co parent to protect yourself & your children**
- 20. The ultimate 13 Do's of cooperative co parenting to raise your children through divorce**
- 21. 5 donts in co parenting if you want a healthy relationship with your ex spouse & child**
- 22. The DEARMAN communication trick to keep a clear, concise and professional co parent relationship with your ex spouse**
- 23. How to respectfully express your needs & wants to your ex spouse during co parenting issues**
- 24. The 6 signs of heart to effectively communicate with your children during co parenting**
- 25. The 4 simple ways to build ultimate trust with your teenage children & young adults during co parenting conflict with your ex spouse**
- 26. How to exploit science proven cognitive behavioural therapy to ultimately supercharge your sense of self worth and regain your confidence after a tragic divorce**
- 27. Become in control of your on mind, beliefs and thoughts and direct them into a positive change in mood**
- 28. The 2 step technique to create a new narrative to improve your actions positively immediately**
- 29. The single most effective approach to rediscover your own self using the power of the 6 human needs**
- 30. Exploit cognitive behavioural therapy to rediscover your own core beliefs & start loving yourself again after a tragic divorce**
- 31. What you must do now if you want to stop grieving all day long and start living own, free and happy new life**
- 32. How to fulfil your two most important human needs to grow emotionally, spiritually and cope better with your negative emotions after a tragic divorce**
- 33. Discover your drives, yourself and your two most important human needs to cope with negative emotions after a disastrous divorce**
- 34. How to become the director of your inner monolog (science proven technique) to direct your self-talk into positive change & true happiness**

- 35. What you need to know to regain your sense of self worth & create happy new memories with your children after a tragic divorce**
- 36. The coach bobby knight strategy to FULLY eliminate your negative, destructive self-talk in 3 months or less**
- 37. The 4 “work” questions to diminish destructive self talk in less than 2 weeks**
- 38. Explore your own rules to become the master of your own values and emotions instantly**
- 39. Uncover your own spontaneous, emotional rules to find peace with your mind and inner self**
- 40. Discover your “never experience ever” emotions to control your mind & feelings during the grief stage after going through divorce**
- 41. Are you going through a disastrous divorce right now?**
- 42. How to save your children from a toxic co parenting environment and carefully raise them through a divorce**
- 43. How to develop iron clad self-confidence to find ultimate emotional stability through divorce**
- 44. STOP crying alone at night in your bed at 3 a.m. worrying about your past divorce**
- 45. Do you want to stop negative self talk and destructive emotional coping after going through a divorce?**
- 46. Are you worried about raising your children through a toxic divorce with your controlling ex-spouse?**
- 47. Do you want to peacefully co parent with your toxic ex spouse?**
- 48. How to establish a peaceful co parenting environment after going through a disastrous divorce**
- 49. What you need to know to fully cope with grief, depression, anger and low self esteem after going through a tragic divorce (coach bobby knight approach)**
- 50. The coach bobby knight approach to fully eliminate your negative self-talk after a divorce in 15 minutes**
- 51. How to stop feeling weak to your emotional turmoil after a disastrous divorce**
- 52. What you need to know to stop feeling emotionally weak after getting divorced**
- 53. 7 divorce coaching lessons to get through your emotional turmoil, financial struggles and co parenting issues during a tragic divorce**

- 54. What you need to know to fully cope with your negative emotions after a tragic divorce**
- 55. Stop worrying about divorce legalities and start focusing on your own mental wellbeing!**
- 56. The only proven 5 steps to feel better immediately during your emotional turmoil in one week**
- 57. What you need to know about negative emotions while going through a tragic divorce**
- 58. What you must do now if you want to stop crying out your eyes at night over that broken marriage**
- 59. The single most effective 5 step technique to feel better immediately (science proven) during your emotional turmoil face of a divorce**
- 60. How to instantly stop divorce grieving and start regaining control over your own life**
- 61. Here is how you can get support while dealing with your negative emotions during a divorce**
- 62. The only cognitive behavioural therapy technique to learn making decisions on your own again after going through a divorce**
- 63. How to create deeply valuable emotional memories with your kids after going through a disastrous divorce**
- 64. What you need to know to fully heal your grief, loneliness and self doubt after going through a heart breaking divorce**
- 65. Stop blaming yourself for not keeping your broken down marriage in tact. Instead start focusing on rebuilding your self imagine, confidence and decision making in 5 simple steps!**
- 66. Never doubt your own decisions again after going through a massive heartbreak**
- 67. Feeling scattered inside and don't know how to pick up the pieces after a divorce?**
- 68. How to establish a healthy co parenting environment for your children**
- 69. What you absolutely MUST avoid if you want to establish a healthy co parenting environment after going through divorce**
- 70. The single most effective co parenting advice to establish a healthy environment for your children**

71. Do you want to create positive and memorable memories with your kids after a divorce?
72. How to start valuing yourself again & create a new, fulfilling and exciting life for your children and yourself!
73. What you need to do if you want your kids to be happy after a disastrous divorce mess
74. Do you want to wake up in the morning feeling hopeful, energetic and excited about your own future after a divorce?
75. The single most effective 5 steps to wake up feeling excited about your own future again after going through a grievous divorce
76. "Uncover the Hidden Path to Self-Trust: The Secret You Never Knew Existed."
77. "The Untold Blueprint for Emotion Mastery: Navigate at Your Own Pace."
78. "Rediscover Emotional Harmony with Emily Sanchez's Self-Love Companion: Like an Old Friend."
79. "Delve into the Enigmatic Techniques for Conquering Divorce Emotions."
80. "Journey Towards Rediscovering Self-Worth and Instinctual Trust: A Familiar But Refreshing Route."
81. "Experience an Instant Boost in Self-Worth and Trust: The Missing Piece to Your Puzzle."
82. "Decode the Mystery of Swiftly Conquering Divorce Emotions with Expert Insights."
83. "Craft Your Own Path to Rebuilding Self-Worth Post-Divorce: Familiar Tools, New Beginnings."
84. "Slice Away 40% of Emotional Suffering After Divorce: Your Road to Liberation."
85. "Unlock the Well-Kept Secret to Trusting Yourself Again in Just 3 Days."
86. "Inside the Minds of Elite Therapists: Secrets for Conquering Divorce Emotions."
87. "The Art of Dealing with Divorce: Expert Advice Meets Everyday Life."
88. "Explore the 6 Hidden Techniques to Calm Your Emotions in Minutes."
89. "Reclaim Control, Embrace Your Emotions, and Thrive in Just 6 Hours: Familiar Steps, Remarkable Transformation."
90. "Master Your Emotions in Just 20 Minutes with a Simple 3-Step Technique."

91. "From Chaos to Resilience: Unveiling the 4-Step Journey to Emotional Strength."
92. "Telling Your Children About Divorce: Navigating a Familiar Yet Unique Terrain."
93. "Navigating a High-Conflict Co-Parent: Uncover the Art of Balance."
94. "The Co-Parenting Code: 7 Trusted Tips to Shield Yourself and Your Children."
95. "Embark on a Healing Odyssey: Your Personalized Roadmap to Inner Transformation."
96. "From Broken to Empowered: Rewriting Your Narrative Post-Divorce."
97. "Empowerment Unveiled: The Journey to Overcoming Divorce's Greatest Challenges."
98. "Strength from Within: Your Guide to Rebuilding After Divorce."
99. "Find Confidence and Connection Post-Divorce: The Journey Begins Here."
100. Empower Your Children for a Brighter Tomorrow: The Path You Can Navigate Together."

**DIC below:**

## DIC SECOND DRAFT:

### Coach Bobby Knight's-post-divorce emotional recovery approach

- Are you ready to make your kid's eyes sparkle with admiration as you say:

*"We are going to the zoo today!"*

You step foot into the zoo gates, and your nostrils are pleased by the sweet smell of caramel popcorn mingled with the fresh, earthy hay from the giraffes.

Your children gaze at you, their eyes filled with excitement, admiring the confident, bright smile of a parent who has just created an unforgettable memory.

But you may wonder, "How can I get there?" If you're in search of a quick fix, I regret to inform you, **there is none!**

This scientifically-backed approach requires genuine dedication to alter your situation *once and for all*

It's called the "Coach Bobby Knight" technique and will first completely diminish your negative self-talk in 4 months or less...

(Using just your phone and your own voice!)

Secondly, increasing your overall well-being not for a few minutes like after watching some motivational video, but for the rest of your life.

So, if you are ready to take your kids by hand through the zoo and see their faces light up with joy at the penguins feeding...

Uncover the Coach Bobby Knight trick to relieve your mind from negative self-talk in 4 months

P.S.: If you're truly committed to change, this trick can work wonders from the very first try!