

THREE TOOLS FOR WOMEN WALKING THROUGH DIVORCE



BY KATRINA L-A DAVIS



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Welcome to Three Tools for Women Walking Through Divorce.

I am Katrina Davis, a transformational guide, sharing tools with women going through divorce who want life to be easier. Through these they build a stronger emotional foundation and can gain greater confidence, empowerment and joy.

Read disclaimer & waiver before reading or doing anything with this.





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READ DISCLAIMER & WAIVER BEFORE STARTING THIS

Disclaimer - Waiver

Before any changes or using anything from this free product (including links) and anything else from KD's Adventure, KD's Tapping Adventure or Katrina Davis check with your doctor or medical provider to make sure it's safe for you to do.

*I'm **not** a doctor or mental health Provider of any kind.*

Tapping is also called Emotional Freedom Technique (EFT, Tapping) which can be described as a type of energy work. At this time EFT has not been fully researched in western medical, psychological, educational communities and could be considered experimental and the extent of its effectiveness, risks and benefits are not fully known. I provide non-face tapping points and there are some regular tapping points, use face tapping points at your own risk.

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Thank you for reading Disclaimer - Waiver.





THREE TOOLS FOR WOMEN WALKING THROUGH DIVORCE



INTRO

Are you going through a divorce, facing large life changes move, new job, return to school, single parenting?

#	Do these sounds familiar and	would you
1	Feeling angry, upset, overwhelmed (and more) and	like to reduce them
2	Do you wonder who you are and	like to reconnect with yourself and be able to make choices easier
3	Feeling stuck and	want some inspiration

Tools can be a practice, plan, changing our focus, even abstract ideas to get us thinking. Walking through divorce and the life changes that come with it can feel easier with tools. Use tools to improve your life.





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1. Tapping:

- a. Is the foundation tool for KD's Adventure and me (Katrina Davis) and at times it's included with other tools.
- b. Dials down stress, lower and release, anger, fear, anger and upset feelings. When we feel less unpleasant emotions, we can have more inner peace, confidence and joy.
- c. When to Tap is any time, on anything that is bothering you, an uncomfortable feeling (nervous, sad, mad) or nothing at all. Tapping can feel relaxing. Here's a link to a video of [The 3 W's of Tapping](#)





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- d. Tapping can be done discreetly when you feel uncomfortable or want to get some tapping in. When sitting at a table or as a passenger in a car put hands on your lap and tap gently on the karate chop point. The more tapping you do the better you can feel. Look at picture to see how you can tap incognito.

**Karate Chop
(discreet) point**



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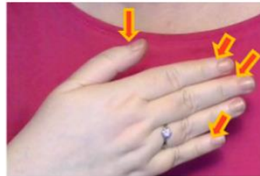
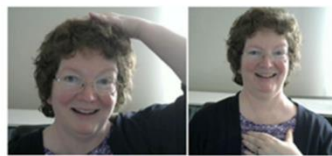
- e. Review the charts to get familiar with points the non-face tapping points

Karate Chop Point



Side of Hand

Round & Non-Face Tapping Points



1. Top Of Head
2. Collar Bone
3. Thumb
4. Index Finger
5. Middle Finger
6. Pinkie Finger

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Finger points, up close



Little finger

Middle

Index finger

Thumb point

- f. Look at the tapping script below on overwhelm and tap as you read it out loud. This is written for you to tap on and to see how easy it is to put a few words into the fill in the blanks and tap on feeling or event.

Tap gently on the karate chop point (side of hand) and say out loud the set-up statements:

- Even though I feel overwhelmed I love and accept myself as I am.
- Even though I feel overwhelmed I love and accept myself as I am.
- Even though I feel overwhelmed I love and accept myself as I am.

Karate Chop Point



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Then tap gently on points below and say out loud the reminder phrase:



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Round & Non-Face Tapping Points

Top of head



Collar bone



Top of the head – This overwhelmed feeling I wish I could let it go

Collar bone – This overwhelmed feeling I wish I could let it go

Thumb - This overwhelmed feeling I wish I could let it go

Index finger – This overwhelmed feeling I wish I could let it go

Middle finger – This overwhelmed feeling I wish I could let it go

Little finger – This overwhelmed feeling

Continue tapping gently on points and saying out loud reminder phrase:

This overwhelmed feeling I choose to let it go



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Take a couple of deep breaths, drink some water if you have some available. If you want overwhelm to be lower repeat rounds of tapping. Put in your own words that fit the situation.

- g. When you want to tap on something that is bugging you, first come up with a name of event or the feeling, put it into the blanks and tap on the points and read the script out loud while tapping. See chart

KD'S ADVENTURE SIMPLIFIED TAPPING

1. Decide on feeling or event name that's bugging you & put it in the ____ (fill in blank)
2. While tapping on side of hand (Karate Chop) say out loud 3 X: Even though I ____ (fill in the blank with feeling or event name from step 1) I love & accept myself as I am
3. Tap gently on round points 3-5 times each (see below) & repeat 1st phrase out loud on each point. Then tap round points gently & repeat 2nd phrase out loud on each point:
 - 1st phrase: This ____ (fill in blank feeling or event name)
 - 2nd phrase: This ____ (fill in blank feeling or event name) I choose to let it go
4. Take 2 deep breaths, repeat if needed

Karate Chop Point



Side of Hand

Round & Non-Face Tapping Points



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If you are learning tapping for the first time keep what you say simple and with time, you'll get used to it. Then you can put in more about what's bugging you.

It great to make a list of things to tap on to release from your divorce. Tap on one daily until all tapped on and released.

Tapping List for Divorce ~ What's bugging me about it? Add other things that come up and tap on those too.	Completed

Tapping List for Divorce ~ What's bugging me about it?	Completed





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Tapping List for Divorce ~ What's bugging me about it?	Completed

Tapping was created by Gary Craig. He had learned a more expensive and complicated technique and he wanted to produce a technique anyone could use. He did and he gifted it to the world.

Gary Craig's Basic Recipe has you rate the emotion or issue at the beginning and end of each round. Tapping rounds continue until your number is a 2 or below. This lets you know if the feeling is going down.





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Gary Craig's basic tapping recipe is shown with chart. All you need to do is rate feeling or event, plug into blanks an event name or feeling and tap the points reading the statements and reminder phrases below out loud. Here's a short [tapping to dial down stress](#) on KD's Tapping Adventure on YouTube.

KD'S ADVENTURE TAPPING CHART KDSADVENTURE.COM

1. Decide on feeling or event name that's bugging you & put it in the ____ (fill in the blank)
2. Rate feeling/event Between 0 – 10. Zero is nothing & ten is the worst it has ever been
3. While tapping gently on side of hand (Karate Chop) say out loud 3 times: Even though I have this ____ (fill in the blank with feeling or event name from step 1) I love & accept myself as I am
4. Tap gently on round points 3-5 times each (see below) & repeat saying out loud: This ____ (fill in the blank with feeling or event name from step 1)
5. Now take 2 deep breaths, drink some water & check in on number if above 2 tap another round starting on top of head saying this remaining ____ number

Karate Chop Point



Side of Hand

Round & Non-Face Tapping Points



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Print out a small basic recipe chart and/or a simplified tapping chart and have it available for you to tap with anytime. Put a chart in your wallet, purse or passenger side of car to tap with when another person is driving. I tap as a passenger in a car often.

KD's ADVENTURE SIMPLIFIED TAPPING

1. Decide on feeling or event name that's bugging you & put it in the ____ (fill in blank)
2. While tapping on side of hand (Karate Chop) say out loud 3 X: Even though I ____ (fill in the blank with feeling or event name from step 1) I love & accept myself as I am
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Karate Chop Point



Side of Hand

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KD's ADVENTURE TAPPING CHART KDSADVENTURE.COM

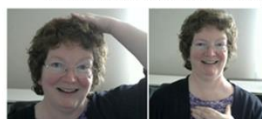
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Karate Chop Point



Side of Hand

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2. Values

Values starts with this interesting question “who am I? “. When we know who we are, we can make decisions easier and feel more comfortable in our choices and lives. Knowing our values lets us better understand who we are.

There are many ways to do this, one that I’ve ran across many times is looking at a list of values (search on line, there are many out there) and pick values that fit yourself and write them below

Narrow this down to the top ten. Keep in mind words can be similar and one can represent another; caring and kind are similar. When doing your top 10



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list put them in order, what is your number 1 value and 2nd value and so on. This can assist when there are more than one values involved.

My Top Ten Values List

Number	Top 10 Values
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

Honoring Values Story: Laney was struggling with a choice about moving to a new state or not. She just finished going through a divorce and wants a fresh start. She was offered a great job in a different state. It's a higher paying job with a reputable company. Her kids aren't happy about the move although they miss living with the ease of two incomes. Financial security is one of Laney's top ten values.





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Laney decides to do the move in late summer before the next school year starts. The kids have time with their friends and she can pack up the house over the summer.

At times there can be two or more top ten values involved in a decision. When this happens, you can look at top 10 values list and see what number each value is and choose the one closest to the top to honor or find a way to honor some or all values involved.

Tapping on difficult choice can release some of the uncomfortable feelings and this can let us see our values clearer and decisions can be made easier with a clearer mind.

Tapping on the karate chop point and say these two times:

Even though I need to make this difficult choice I
love and accept myself

Continue to tap on the karate chop point and say
this one time:

Even though I need to make this choice, I know
my values and can decide what's the best fit for
me

Tap on each point & say this out loud

This difficult choice

Karate Chop Point



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Round & Non-Face Tapping Points

Top of head

Collar bone



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Tap on all round points and alternate saying
reminder phrases out loud:

This difficult choice

I know my values & can decide

Tap on each point and say out loud

Round & Non-Face Tapping Points

Top of head

Collar bone



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I know my values and I can easily decide

Take a few deep breaths and check in and if you want or need to do another round repeat it until you feel better. You can change the words and tap the way it best works for you.

When feeling better tap on the round points for more bliss, peace, joy &/or calm. Start tapping on top of the head and say out loud the reminder phrase then take a breath and move to the next point and repeat, until you've done this on all points:

Feeling greater_____ (fill in the blank peace, calm, bliss, joy)
flowing into my body





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Bonus Tapping Script

When we love and accept ourselves it makes life better. Take a few moments and tap on this. Tap on each round point take a deep breath in and out and say phrase:

Greater love & acceptance for myself is flowing in and filling all the empty spaces.

Round & Non-Face Tapping Points

Top of head



Collar bone



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3. Visualization

If you are walking through divorce and are facing large life changes take the time to explore - what do you want your life to look like after you've transitioned through divorce.

- Where do you live
- How do you feel
- What fun adventures have you done
- What are you doing for income
- Have you learned new skills

Free write about this and create a visualization of it. When we spend time in the place where we want to be it can feel inspiring, empowering and create more inner peace and joy.

Where do you live?





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How do you feel?

What are you doing for income?



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Have you learned new skills?

What fun adventures have you done?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

1	
2	
3	
4	
5	





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Put your visualization together here.

Read or see yourself full of bliss in this new chapter in your life often.

Make visualization even stronger by adding tapping lightly on the karate chop point or holding the point very gently

Karate Chop
(discreet) point



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Bonus Tool - See Little Joys

Life is full of changes, disappointments and negatives but when we focus on the joys it makes life sparkle more.

Each day be open to joys, they can be birds singing, a beautiful flower, kids playing happily, laughing with friends. When we start to notice the joys that touch us, the disappointments and negative events fade back and we notice the joys more.

Be on the lookout for joys small to large and be open to seeing more in our day. [Here's a video on seeing little joys.](#)

Thank you for your interest in: Three Tools for Women Walking Through Divorce. If you'd like to learn more about Katrina Davis and what she does visit kdsadventure.com.

