

Betrayal Trauma and Divorce Coaching

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My story isn't any more shocking than the next, but the ramifications were life changing. Being married to a sex addict and narcissist is traumatic, exhausting and can make one feel like they are losing a sense of reality. We don't know what is real anymore, and we are having a hard time making plans and thinking about our future, because we are spending so much time processing the past.

I became interested in speaking to women who were 5 years removed or more and asked them what they wish they knew when they were in the middle of the discovery process and how their life would have changed if they had the knowledge they have now. No surprise, everyone had the same answers.

1. They wish there were better resources to find the right help for themselves,
2. They wish they had had the right support for their children (if they were parents)
3. They wish they had someone to guide them through the legal and financial process.

These answers were across the board, with dozens of women surveyed. So, I began to look at the process from the betrayed partners point of view. We often don't know what we want to do when we are just finding out about the betrayal and addiction. We want to try to stay with our partners, for many different reasons, and aren't willing to give up. This was me. The only advice I was given immediately by a lawyer was, get a divorce, and now. I wasn't ready. But as time went on, it became clear to me that we are at a disadvantage legally and financially if we don't consider the possibility that things may come to a divorce, or that in the best-case scenario, we choose to stay married but need a financial security plan.

Based on my experiences, both in the criminal courts and now Supreme Court, I have become passionate about helping women create a plan for their future, become organized with boundaries, red lines, and financial requirements to succeed in any environment or outcome. Many times, these divorces are high conflict because the partner doesn't want to lose control and will deflect and gaslight their own attorneys into dragging out the process.

This is where coaching becomes essential. The lawyer's responsibility is to represent you to the best of their abilities in the court room and to negotiate the legal terms. They

don't have the capacity to be our emotional support. We need to be heard and understood in order to get to the bottom line, to set aside the intense emotions and baggage, to reach an agreement and in a timely manner. When we can really look at what it is we want and separate from the addict behavior, things become clear. Coaching will save tens of thousands of dollars in phone calls and conferences to produce documents, because you will be prepared. We will develop a strategy, create a roadmap and a list of non-negotiables. We will organize your financial statements in a way that is optimized for your attorney to review. Your time is valuable, your emotional health is essential, and the divorce process can threaten both.

If you would like to have a 15-minute consultation to determine if this is the right path for you, please email me at Rachel@rachelafenderson.com. I'd be honored to help you on your journey back to yourself.