

Building Your Support System

A Support-System Worksheet for Fathers/Men Navigating Divorce

The first holiday after separation or divorce can hit differently.

The traditions may have changed. Your children may not be with you. The house may feel quieter. And emotions you thought you had under control can suddenly come back to the surface.

You don't need to pretend you're okay.

And you don't have to navigate this season alone.

This worksheet is designed to help you intentionally build a support system before you need it most.

1. Check In With Yourself First

Before reaching outward, take a moment to notice what's happening within you.

What am I feeling as this holiday approaches?

What am I most worried about experiencing during the holiday?

When I'm struggling emotionally, what do I normally do?

Do I isolate? Distract myself? Work more? Scroll? Drink? Shut down? Reach out?

What would supporting myself differently look like this time?

2. Identify Your Three People

You don't necessarily need a huge circle.

Start with three people.

PERSON #1 - The Person I Can Call

This is someone you can reach out to when the emotions get heavy.

Name: _____

Why do I trust this person?

What could I say when I need them?

*"Hey, I'm having a rough day. Do you have a few minutes to talk?"
Or write your own:*

PERSON #2 - The Person I Can Be Around

Sometimes you don't need advice. You just need to not be alone.

Name: _____

Something we could do together:

When can I reach out and make plans?

***Don't wait until the holiday arrives.
Reach out now.***

PERSON #3 - The Person I Can Be Completely Honest With

Who can you talk to without having to say: "I'm good." Who can hear the truth?

Name: _____

What have I been holding inside that I haven't told anyone?

What would it feel like to finally say it out loud?

3. Build Your Support Map

Your support system doesn't have to come from one person.

Different people can support different parts of you.

Someone I can talk to

Someone I can spend time with

Another father/man who understands

Family member I trust

Coach, therapist, mentor, or professional support

Community, men's group, spiritual community, or organization

4. Make a Plan for the Hard Moments

Don't wait until you're overwhelmed to decide what you're going to do.

Imagine it's the holiday.

The house is quiet.

Your children aren't there.

You're scrolling through social media and seeing families together.

And suddenly it hits you.

What's my plan?

Instead of isolating, I will:

The first person I will contact is:

A place I can go instead of staying home alone is:

Something healthy that helps me regulate and reconnect with myself is:

5. Create Connection Instead of Waiting for It

Ask yourself:

Who am I waiting to reach out to me?

Now flip the question.

Who can I reach out to?

Connection doesn't always begin with someone checking on you.

Sometimes healing begins when you make the call.

My commitment:

Before this holiday, I will reach out to:

1.

2.

3.

And I will make at least one concrete plan with:

Date / Plan:

6. One Final Reflection

Divorce may have changed the structure of your family.

***It may have changed your traditions.
It may even have changed how you currently see yourself.
But it doesn't mean you have to disappear into isolation.***

Ask yourself:

Who do I want to be during this next chapter of my life?

What kind of support will that version of me need?

What is one thing I can do today to begin becoming that man?

You Don't Have to Figure This Out Alone

If you're going through separation or divorce and you're realizing this is about more than simply getting through the holidays - maybe somewhere along the way you've lost your sense of who you are - this is the work I help fathers navigate. I help men reconnect with themselves, rebuild their identity, and intentionally create what comes next.

If navigating this chapter by yourself feels overwhelming, reach out to me.

We can have a conversation about where you are, where you want to go, and whether working together is the right next step.

You don't need to have your whole life figured out today.

Just don't abandon yourself while you're figuring it out.

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