

The Divorce Recovery *Reset.*

A practical guide for rebuilding your footing
after the relationship is over.

PRACTITIONER

Jay Krenek, LPC

Counseling for divorce recovery & rebuilding

BASED IN

Denton, TX

Telehealth across Texas

START HERE

What this guide is for.

Divorce doesn't just end a relationship. It rearranges your routines, your identity, your future picture, your social world, and sometimes your sense of reality. You may be relieved, devastated, numb, angry, embarrassed, or strangely functional. None of that means you're doing it wrong.

This guide isn't here to help you perform healing. It's here to help you get your footing — small, practical moves that steady you while the bigger picture sorts itself out.

THE GOAL

The goal is not to feel fine. The goal is to become steady enough to tell the truth about what happened — and choose your next right steps.

HOW TO USE THIS

Read it once at your own pace.

- Skim first. Some pages will land hard. That's information, not failure.
- Use a notebook for the prompts — writing slows you down enough to be honest.
- If a section doesn't apply, skip it. Come back later if you want.
- If there was abuse, coercion, stalking, or threats in your relationship, your safety and connection to local professional support matter more than any self-reflection exercise here.

STEP 1 · STABILIZE

Stabilize the basics first.

When your life has been reorganized, basics aren't basic. They're the floor. You don't need a new morning routine, a new diet, or a new version of yourself. You need to make it through the next seven days without your foundation getting any thinner.

7-DAY STABILIZATION CHECKLIST

The floor you don't drop below.

- ☐ Eat something with protein before noon.
- ☐ Go outside once a day, even briefly.
- ☐ Move your body for 10 minutes — walk, stretch, anything.
- ☐ Keep one sleep anchor: same wake time, or same bedtime routine.
- ☐ Text one safe person instead of isolating completely.
- ☐ Do one small home reset: dishes, laundry, trash, mail, or bed.
- ☐ Don't make major life decisions while flooded.

REFLECT

The basic I'm most likely to neglect is...

The smallest version of care I can actually do this week is...

STEP 2 · DECOUPLE

Stop using your ex as the weather report.

After a divorce, many people keep checking their ex's mood, choices, social media, dating life, or last text — as if those updates determine whether they're okay. That's not a character flaw. It's a nervous system that hasn't caught up to the change yet.

- You may still be emotionally tethered even if the relationship is legally over.
- Checking doesn't create control. It usually reopens the wound.
- Your nervous system needs fewer updates, not more.

BOUNDARY RESET

Name the loop, then loosen it.

The update or checking habit that keeps hooking me is...

What I'm hoping to feel when I check is...

What I usually feel afterward is...

For the next 7 days, I will reduce contact or checking by...

Stop building a courtroom in your head.

High-conflict endings can leave you replaying evidence on a loop, rehearsing arguments, drafting receipts. That's understandable — and it keeps you stuck in trial mode. The work isn't proving the case. It's seeing the pattern clearly enough to walk away from it.

What I need to stop minimizing

Things that actually happened. Patterns I've been calling "not that bad."

What I can own without self-erasing

What I contributed — without taking blame for everything that went wrong.

What was never mine to carry

Their choices, their reactions, their unfinished work. Set it down.

What I may need to grieve, not solve

Things I still don't understand and probably never will. That's allowed.

You can take responsibility without taking all the blame. You can name harm without building your whole future around the trial.

STEP 4 · REBUILD

Rebuild identity after the role ends.

Divorce often takes more than a relationship. It strips away roles — spouse, partner, future-plan holder, in-law, the version of yourself who was always part of a pair. You don't have to reinvent yourself overnight. You just have to start noticing what's actually yours.

REFLECT

Parts of me that got smaller in the relationship were...

Parts of me I want to recover are...

The version of me I do not want to keep performing is...

One small thing that makes me feel like myself is...

One relationship I want to strengthen is...

IDENTITY RESET · SMALL MOVES

- ☐ Try one thing alone, on purpose.
- ☐ Reclaim one room, routine, or ritual.
- ☐ Update one symbol of the old life — when you are ready, not before.
- ☐ Say yes to one safe invitation.
- ☐ Stop explaining your whole story to people who haven't earned it.

STEP 5 · IF APPLICABLE

Co-parenting & contact reality check.

If you share kids, no-contact isn't realistic — but emotional over-contact still costs you. The goal isn't punishment or distance for its own sake. The goal is keeping the parenting channel clean so the rest of your life has room to recover.

- Keep messages brief, factual, and child-focused.
- Don't use the child, the schedule, or finances as a place to process the relationship.
- Use written communication when verbal contact escalates.
- Build a support system outside the co-parenting channel.

REFLECT

The topic most likely to pull me into old conflict is...

A calmer script I can use is...

A boundary I can keep without being cruel is...

A NOTE

For custody, safety, legal, or financial questions, talk with the appropriate professional. This guide is here for your emotional footing, not your case strategy.

WHAT CHANGES

What recovery can actually look like.

Recovery doesn't always feel triumphant. More often it feels quieter — less reactive, less consuming, less loud. These are some of the signs people notice when they're getting their footing back.

- You don't need everyone to understand your side.
- You can feel sad without texting them.
- You can remember the good parts without rewriting the harmful parts.
- You can enjoy something without guilt.
- You can make plans that don't orbit the old relationship.
- You can feel lonely and still not go backward.
- You can tell the story with more honesty and less adrenaline.
- You're interested in your own life again.

REMEMBER

Recovery isn't a straight line. But it does start to have more room, more choice, and less emergency.

WHEN TO GET HELP

Some of this is bigger than self-help.

If most of these feel familiar, what you're working through may be bigger than what reading and journaling can shift. That's not a failure — it's a sign that good support would help you move faster than you can on your own.

- ☐ You can't stop replaying the relationship.
- ☐ You're functioning, but barely feeling anything.
- ☐ Anger, shame, or grief is running your days.
- ☐ Contact with your ex keeps destabilizing you.
- ☐ You're isolating, or making impulsive choices to avoid feeling alone.
- ☐ Co-parenting or communication keeps pulling you into old patterns.
- ☐ You want to rebuild, but you don't know who you are outside the relationship.

WHERE TO GO FROM HERE

You don't have to rebuild alone.

Rogue Haven Counseling offers practical, direct counseling for adults navigating divorce recovery, relationship endings, burnout, and rebuilding life after major relational loss. Available in Denton, TX and by telehealth across Texas.

jaykrenek.com · jaykreneklpc@gmail.com · (469) 420-0561

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