



FREE GUIDED REFLECTION

THE SELF-TRUST RESET

5 Questions to Help You Hear Your
Own Voice Again After Divorce

BY JOANNA ELIZABETH GREEN

YOU'VE MADE IT THROUGH. BUT SOMETHING STILL FEELS DIFFERENT.

The divorce may be final. You've handled decisions you never expected to make. You've adjusted to changes you didn't ask for. You've figured out how to keep moving even on days when you weren't sure how.

From the outside, you may even look like you're doing well. But inside? You may still second-guess yourself. You may ask other people what they think before trusting what **you** think.

You may know what you're supposed to do next without having any idea what you actually **want** next. Or maybe you've caught yourself thinking: I don't feel like myself anymore.

If so, there isn't something else you need to "get over." There may simply be a relationship that needs your attention now: the relationship you have with **yourself**.

Divorce can change more than your circumstances. It can disrupt the way you see yourself, the roles you've occupied, the future you imagined, and sometimes even your confidence in your own judgment.

The five questions in this guide are designed to help you turn down the noise around you long enough to hear your own voice again.

Don't rush them. You don't need perfect answers.

You simply need to begin listening.

Joanna Elizabeth

REFLECTION #1

What do I know that I keep asking other people to confirm?



Think about a decision, feeling, preference, boundary, or desire you've repeatedly discussed with other people. Maybe you already know what you want—but you're waiting for someone else to tell you that you're allowed to want it. Write it here:

01 What I keep asking others about:

02 What I think I already know:

03 If no one else could give me an opinion about this, what would I choose?

THE RESET



Before asking someone else what you should do, ask yourself first.

Write down your answer.

Then, if you still want another perspective, seek it.

The goal isn't to stop receiving wise counsel.

It's to stop making your own voice the last one you consult.

REFLECTION #2

What do I want now?—not what did I think my life would look like.

Divorce can leave you grieving more than a relationship. You may also be grieving a future. Plans. Traditions. Expectations. A version of yourself. A picture of what this stage of your life was supposed to look like. But rebuilding isn't only about replacing what was lost. It's also an opportunity to ask a question you may not have asked yourself in a very long time: **What do I want now?**

Not five years ago. Not when you were married. Not what your former spouse wanted. Not what your family thinks makes sense. Not what looks impressive. **Now.**

You don't have to turn any of these answers into a five-year plan. For now, you're simply getting reacquainted with yourself.

I want more...

I want less...

REFLECTION #2 CONTINUED

I miss...

I'm curious about...

Something I'd like to experience—even if no one else understands why—is...

REFLECTION #3

Where am I still second-guessing myself?



Self-doubt after divorce doesn't always look dramatic. Sometimes it sounds like: Maybe I'm overreacting. Maybe I shouldn't do that. What if I make another bad decision? What will everyone think? Maybe I should ask someone first.

Choose one area of your life where you've been second-guessing yourself.

01 The situation:

02 What I'm afraid might happen if I trust myself:

REFLECTION #3 CONTINUED

Self-trust isn't rebuilt by making one enormous, fearless decision. It's rebuilt through repeated experiences of hearing yourself, choosing intentionally, and discovering that you can handle what comes next.

03

What my fear says:

04

What I believe my wiser voice is saying:

05

What is one small decision I can make for myself here:

REFLECTION #4

Who am I when I'm not defining myself by what happened?

Divorce can become an enormous dividing line: Before. After.

But what happened to you is not the entirety of who you are. Take divorce out of the sentence for a moment. Who is the woman sitting here now?

Write several words or phrases that describe who you are beyond your relationship status.

I AM...

I AM...

I AM...

I AM...

I AM...

I AM...

I AM...

Something I've survived that showed my strength is...

Something about myself I want to rediscover is...

REFLECTION #4 CONTINUED

Something new about myself I'd like to explore is...

Something in my life that no longer serves me is...

What is something I appreciate about the woman I am today?

WHO ARE YOU BECOMING?

You aren't required to return to the woman
you were before your divorce.
You get to discover who you are becoming.

There can be a lot of pressure after divorce to “get back to yourself.” But what if going backward isn't the goal?

You've lived. You've learned. You've changed.

Some parts of yourself may be waiting to be rediscovered.

Others may be emerging for the first time.

REFLECTION #5

What would trusting myself look like this week?



Not someday. Not after you've figured everything out. Not when you finally feel 100% confident. This week. Self-trust grows through action. Choose one small way you can practice trusting yourself over the next seven days.

01 This week I will...

02 I'm choosing this because...

03 When I do it, I want to remember...

YOUR SELF-TRUST ACTION PLAN



SELF-TRUST GROWS THROUGH EVIDENCE.

Every time you listen to yourself, honor a boundary, make an intentional choice, follow through on something important to you, or allow yourself to want what you want, you're creating new evidence: **I can trust myself.**

Your self-trust action doesn't have to be dramatic. It might mean:

- Making a decision without polling everyone first
- Saying no without over-explaining
- Trying something you've been curious about
- Spending time doing something you genuinely enjoy
- Honoring a preference instead of automatically accommodating someone else
- Following through on something you promised yourself
- Changing your mind because something no longer feels right for you

Small acts of self-trust count.

THE FRAMEWORK

RECONNECT REBUILD RECLAIM



You don't have to figure out the rest of your life today. Start here.

01 RECONNECT

Hear yourself again.

Reconnect with your needs, values, preferences, desires, and inner voice.

02 REBUILD

Practice trusting what you hear.

Make intentional choices that give you new evidence that your judgment, preferences, and voice matter.

03 RECLAIM

Create what's next.

Use that growing self-trust to make decisions about the life, relationships, experiences, and future you genuinely want.



THIS ISN'T JUST ABOUT MOVING ON.

You made it through something you never expected to experience. You've already done a tremendous amount of rebuilding.

But rebuilding your circumstances and rebuilding your relationship with yourself aren't always the same thing.

You don't need to have your entire future figured out. You can begin by listening. By noticing what you want. By making one decision. By honoring one preference. By keeping one promise to yourself.

And then doing it again.

Because self-trust isn't something you have to wait to feel. It's something you can begin rebuilding through the way you relate to yourself every day.

You have an opportunity now to do more than simply move on.

You can reconnect with the woman who will decide what comes next.

And this time, her voice gets to matter.

Joanna Elizabeth



READY TO RECONNECT WITH YOURSELF?

If this guide helped you recognize that you've made it through your divorce but still don't quite feel like yourself, you don't have to figure out what's next alone.

I'm Joanna Elizabeth, a Certified Life Coach who helps women after divorce reconnect with themselves, rebuild self-trust, and confidently create a life that feels authentically their own.

If you're ready to explore what rebuilding could look like with personalized support, I invite you to learn more about working with me.

[EXPLORE WORKING WITH ME](#)

NOT READY FOR COACHING?

Stay connected through The Strong Woman's Return, where I share reflections and conversations for women reconnecting with themselves and creating what's next.

[READ THE STRONG
WOMAN'S RETURN](#)

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