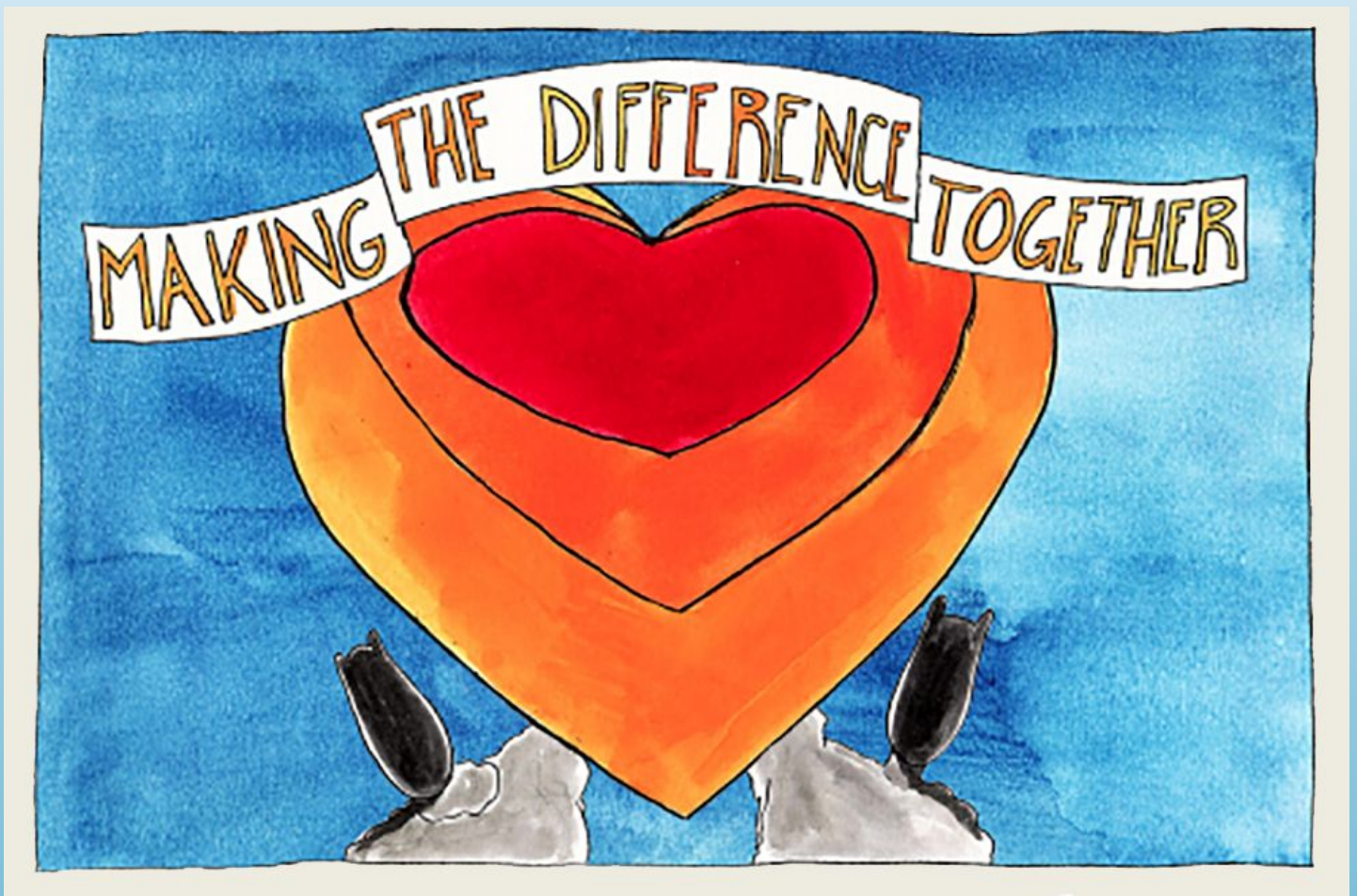


# HOW TO TELL YOUR CHILDREN YOU ARE SEPARATING, DIVORCING AND HEAL FROM BREAKUP



Herve G.WERY



# About the Author



## **Herve G. WERY**

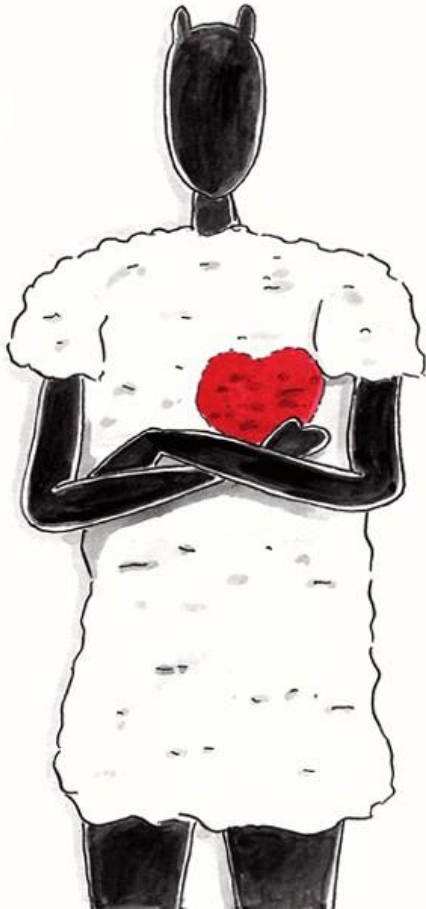
Mindfulness Conversationist, Transformative Coach,  
Author, Artist, Architect, Future Forecaster.

TED talk: <https://youtu.be/KcPKcmPLepg> - Website: <http://herve-gwery.com>

*'And ever has it been known that love knows not its own depth  
until the hour of separation'. Khalil Gibran*

---

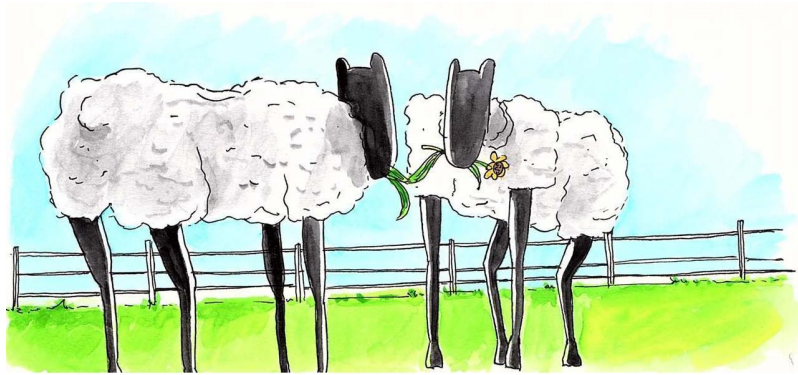
# TABLE OF CONTENTS



<b>Introduction</b>	<b>01</b>
-----	
<b>A Love Story</b>	<b>02</b>
-----	
<b>Managing Emotions</b>	<b>03</b>
-----	
<b>Parenting Together</b> <i>(Without Living Together)</i>	<b>04</b>
-----	
<b>Homework and Free Resources</b>	<b>05</b>
-----	
<b>Free Resources</b>	<b>06</b>
-----	

**It Can TAKE Less Than a SECOND to FALL IN LOVE.**

**It Can TAKE the SAME TIME to Cause  
DRAMATIC CONSEQUENCES to a Child's Mind.**



### **Emotions Are Energy in Motion**

*It takes a lot of energy to create emotional bonds. It takes even more energy to break these bonds and heal from a separation. To ease the process, it is essential to shift focus from emotional pain to the welfare of the children and the new family nucleus.*

### **Before Being a Father, I'm a Parent...**

The role of fathers is changing and it is time to understand that we are not here to take mother's role. I see myself as a parent first and a partner in the education sphere. As a divorced dad, I focus, with my daughter's mother, on our child's growth and wellbeing.

Our vision is our child's future, not our personal life and past differences. We remind ourselves that we have to nurture our loved one. Nothing grows and thrives with negative and painful energy.

So, before, during and after separation, our job is to put aside any differences and keep parenting together.

*"As fathers, we need to be involved in our children's lives not just when it's convenient or easy, and not just when they're doing well – but when it's difficult and thankless, and they're struggling. That is when they need us most."* Barack Obama

## You Are Not Alone. In Some Ways, We Are All with You, Saying:

**“You might feel very emotional right now, but it’s OK. We are here with you. We hear you and we understand. Some of us have been through this too.”**



I would like to start by thanking you. Thank you for finding the courage to protect your children while you’re going through your separation.

I know just how hard and overwhelming it can be. I had to go through it too. That’s why I’d like to help you to make it as easy as possible.

My name is Herve G-Wery. I was born and raised in France and moved to the UK to join my British wife and our future child in 2007.

Sadly, in 2011, when our daughter was 4 years old, we decided to divorce.

Despite the fact that they were tough times for both of us, we continued to share the common ground of parenting. Before going our separate ways, we decided to do everything possible to help our daughter.

## You Might Not Be a Loving Couple Anymore, but You Are Still Loving Parents Forever!

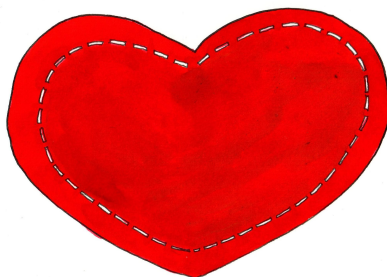


I believe you have made the right decision in choosing to help your children to grow up in the best conditions possible, without compromising on what you need to do in such a situation.

As I do not know you, and I don't know what kind of situation or relationship you are in, **I can only tell you that with the book you'll create in this course, you will have one of the best tools available to reassure your children and provide some healing**, by helping them to understand what is going on.

**This kind of work is crucial and can produce amazing results** if you follow the steps that are laid out in this short course.

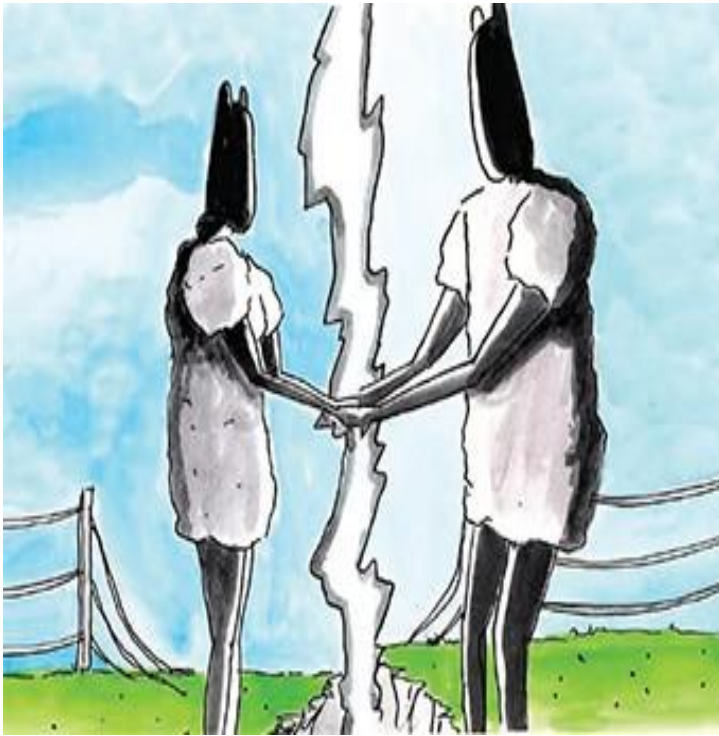
WE LOVE YOU!



no matter what!

**“As parents, the love for your children will always be there, no matter what.”**

# Behind the Scenes: Why a Book Is the Perfect Healing Tool



## Mum and Dad Decide to Separate

I still clearly remember the day when my ex-wife and I presented the book to our daughter. It was quite emotional. We all sat on the sofa, our child between us, and I started to tell her her story.

## I was struggling to read and to keep my sadness hidden.

- In the first chapter, she discovered how her mum and her dad met, fell in love and got married.
- The second chapter showed her arrival and the lovely time we had, all together.

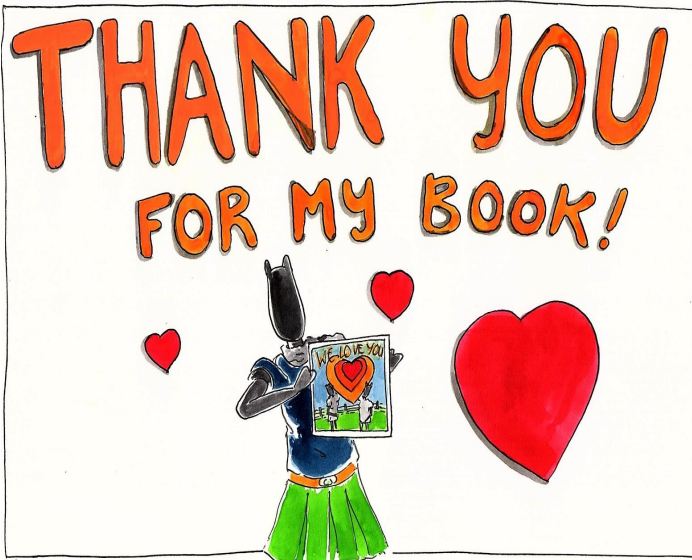
In 2011, my wife and I began a divorce proceedings when our daughter was just 4 years old.

These were difficult times for both of us, but we made the decision to do everything in our power to help our daughter before going our separate ways, and continued to share the common ground of parenting.

After searching for many days to find something to help us, in my frustration at the lack of information available, I took the decision to design **a book to tell our daughter: her story, our story – a love story.**

**“Creating memories not remembrances ...”**

## A Loyal, Eternal Friend



- The third chapter illustrated that as life went on, Mum and Dad realised that there were some differences between them and so decided to go their own ways – **but no matter what happened between us all – “we love you!”** (we love her).

- The fourth chapter talked about the future: “You will have two houses and two bedrooms, you will go to school with Mum or Dad, doing all the usual routines, and you will still have friends and fun.”

- And most importantly of all: **“No matter what, we love you!”**

**As hard as this sounds, always tell the truth to your child.**

As I turned the last page, tears were running down my face and I had to wipe them away quickly before she could see them.

After a short silence, our child looked at us and said with a smile:

**“Thank you for my book!”**

**It was amazing. Priceless.**



Watch my [TEDtalk](#), listen to the full story here:

<https://youtu.be/KcPKcmPLepg>

*Discover how I'll become an astronaut thanks to my daughter's genius idea.*

**“Always tell your child the truth, as difficult as this may sound.”**



## As I Turned the Last Page, Tears Were Running Down My Face...



Today, our daughter cherishes her book and keeps it in a very precious place.

She was present throughout the adventure of creating this new version of her book; she gave me precious insights.

Our daughter is my inspiration and I would very much like you to be inspired by your children too.

The day after giving our daughter her book, we had some friends coming to visit us with their kids.

The very first thing our daughter did was to grab the book, show it to both children and say: “Look, look how much my parents love me!” That was beautiful. We were all moved.

**It was such a pure moment and provided some extra healing for all of us.**

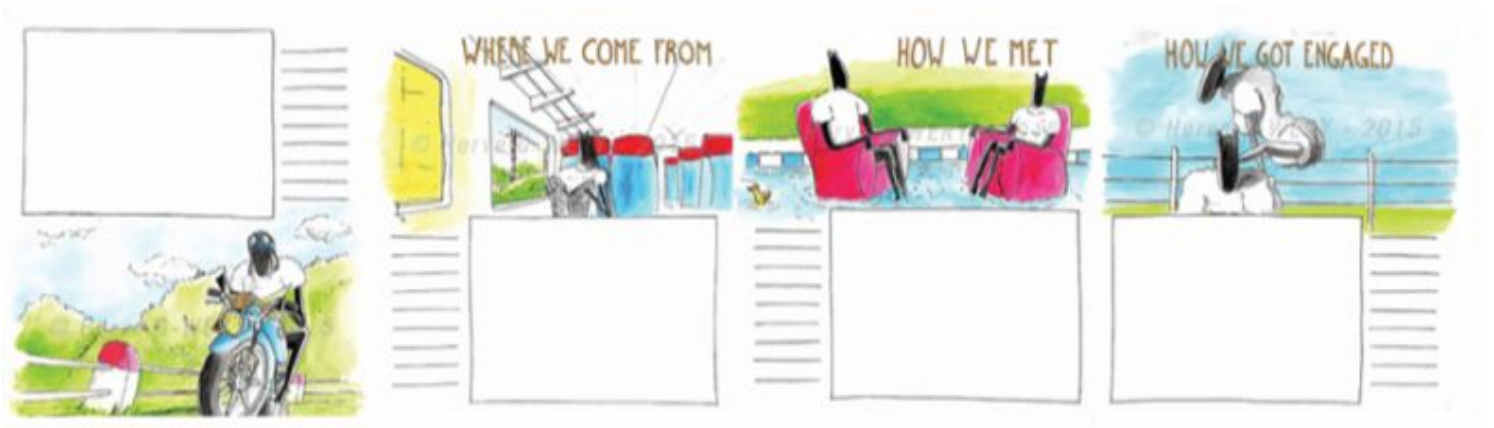
**As I turned the last page, tears were running down my face and I had to wipe them away quickly before she could see them.**

Yes, I know. I’ve been there. I wish, at that time, I’d had all of this new information and the new tools I have today.

But I managed. I got through it. I ‘survived’, and every day I do my best to improve this new relationship with my ex-wife.

**“There is no friend as loyal as a book” - Ernest Hemingway**

# Your Story, Your Children's Story, a Love Story



## Parenting Together: Taking Responsibility

The concept behind this book is that everyone can participate in the healing process. Its structure enables you to complete it and to tell the unique story of your family.

**You will become the author, the narrator and one of the main characters.**

The key message is:

Being parents together without living together: build that awareness and focus on it.

Be grateful: you are taking control of your destiny with love. *"I wish you all the best of luck for your next step in life."*

Remember, with this book you are not going through this alone. Your awareness and your courage will make a great difference to your child's future, to yourself and your ex-partner.

**"Being parents together without living together: build awareness and focus on it."**

# Staying Focused on Achieving Challenging Outcomes



*'And ever has it been known that love knows not its own depth until the hour of separation'.  
Khalil Gibran*

I know separation can be overwhelming, which is why I recommend that you train yourself, by constantly repeating all the actions given in this guide, which are designed to support you! Make sure it becomes part of your routine. Discipline is your ally. Remember that it took us all multiple attempts before we learned to walk, and the same is true for learning to write.

**Help your child to get through the situation and pass on important core values.**

When two adults decide to partner for life, all of their kids are born from a love story. That is something you cannot undo.

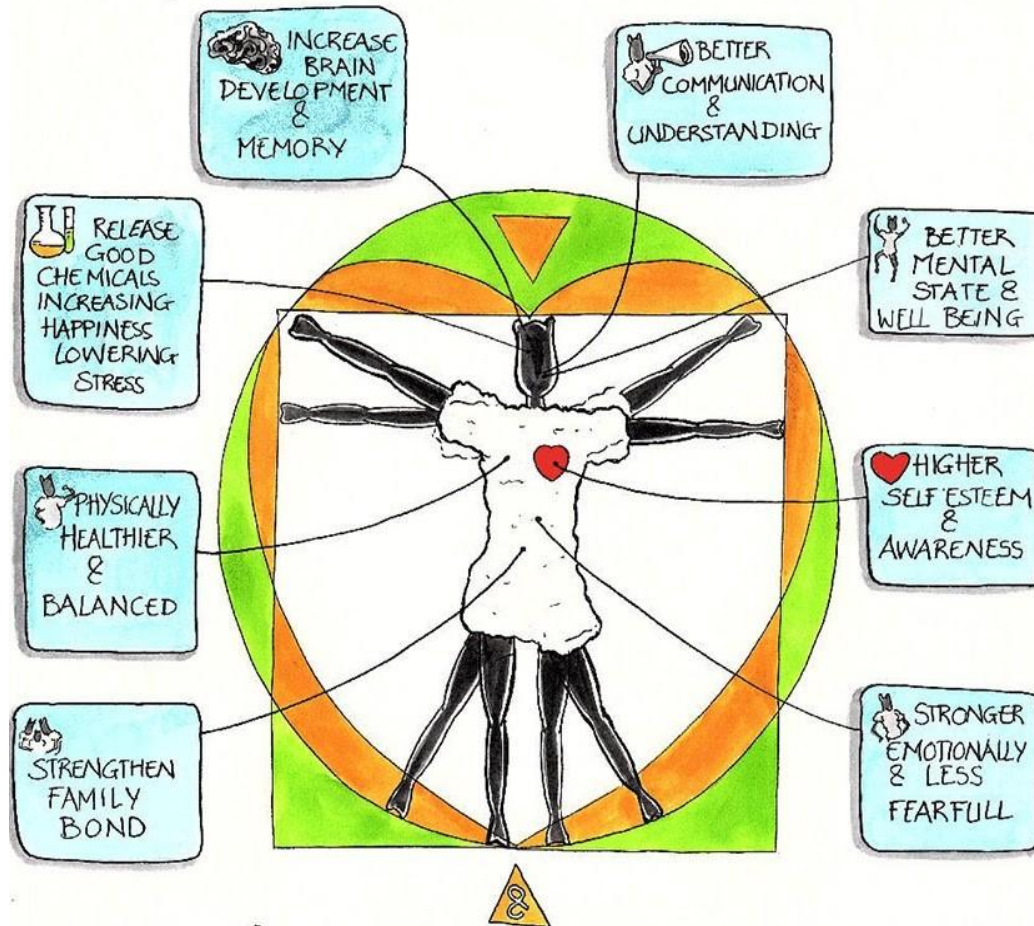
And whether they are naturally conceived or whether they are adopted, in the vast majority of cases, children are welcomed into families with love.

Despite your differences and despite your anger, frustrations, sadness, etc., as parents, the love for your children will always be there, no matter what.

**“As parents, the love for your children will always be there, no matter what.”**

# Managing Everyone's Emotions

## KEY FACTS WHAT UNCONDITIONAL LOVE & AFFECTION BRINGS TO YOUR KIDS



&  
IT'S GOOD FOR PARENTS TOO

**Dealing with painful emotions is essential for healing.**

Painful emotions are a bit like a warning signal from your car's dashboard. They indicate that you have to take action.

So, when you are submerged, move your body and do some physical activities to disconnect the vicious circle of internal turmoil.

**“Take responsibility, empower yourself.”**

# Shifting Your Emotions



The more intense the sensation is, the more active you have to be. Tidying, cleaning and walking are among the most simple activities that can help a lot. Put blame aside and take responsibility for the quality of this new relationship.

## **It is a different story for each one of us.**

When you travel, whatever the mode of transport you use, do you expect each journey to be the same? Of course not!

One day it could be bright and sunny, or you could experience a flat tyre, or meet a new friend... In every situation, we have shared, common knowledge as well as differing experiences.

**“Put blame aside and take responsibility for the quality of this new relationship.”**

# You Can Do It! Yes You Can. Believe It!



The first person to convince of that is **yourself**.

The first step is to identify what kind of emotion you are dealing with and accept it. Then take action and see what you can learn from it.

**When you are stuck for long in one cycle (passive or active) your mind will shift from one to the other.**

For example, if you have been feeling depressed for too long, your brain can shift suddenly into anger and rage... and then it will go back to your passive mood as soon as you are fed up with this state.

To avoid this vicious circle, you have to move physically.

**Important Fact:** *We are not our emotions!*

You are neither depression, rage, nor frustration, etc. You feel it. You feel these emotions. And just as if you get too close to a flame, you feel the heat and remove your hand from it.

This means you can take action to change your feelings. You can heal these negative sensations and replace them by creating positive ones.

**Important fact: You are not your emotions!**

## As Hard as It Sounds, Always Tell the Truth to Your Child



As hard as this may sound, always tell the truth to your child.

This is of great value.

In almost every case, children secretly wish that their parents will get back together again. Hiding the reality won't protect them.

**Love is a key ingredient for kids' development, structuring their mental stability and reinforcing their feelings of safety and security. As such, it is primordial to maintain a healthy, loving parent relationship with your children.**

And if they cannot write, ask them to draw their questions or feelings.

In the case of a baby, tell them what is going on in the form of a story centered around him or her. Tell as much as the child can understand, and with proper words (no 'goo goo gaa gaa' baby talk).

Tell them how you are organising things around them, in the present moment and for the future.

**“You might not be a loving couple anymore, BUT you are loving parents forever!”**

## The Truth, Only the Truth But the Truth, with Love



Make sure you make your children aware that there will still be good times and hard times also.

**Note: Therapists are unanimous about the importance of telling the truth about your divorce (or separation).**

You do not have to enter into details and you certainly do not need to explain adult/financial matters, etc.

Keep it very simple on the emotional level. Make it reassuring.

Make sure you take time to answer all the questions your children have.

**“Make sure you answer all the questions your children have.”**



# Your Children DO NOT Belong to You (Part I)



As hard as it sounds, your kids do not belong to you. Think of it a minute; would you say you belong to your parents?

They might be yours – insofar as they relate to you, and you are responsible for them – but as human beings, they only belong to themselves. Just like any adult does.

I know this can be hard to hear and accept.

**Believe me, it took me a while before I understood and accepted it.**

Honestly, even today, I still focus on these wise words once read, in order to be a better parent.

**“The essence of being a parent is to love and care for your offspring with unconditional love.”**

## Your Children DO NOT Belong to You (Part II)



In your heart, you know that the essence of being a parent is to love and care for your offspring with unconditional love and to support them all the way until the end of your days.

As soon as you decided to follow this course, you were ready to move onto the next step and help your children, to teach them a valuable lesson for their future life.

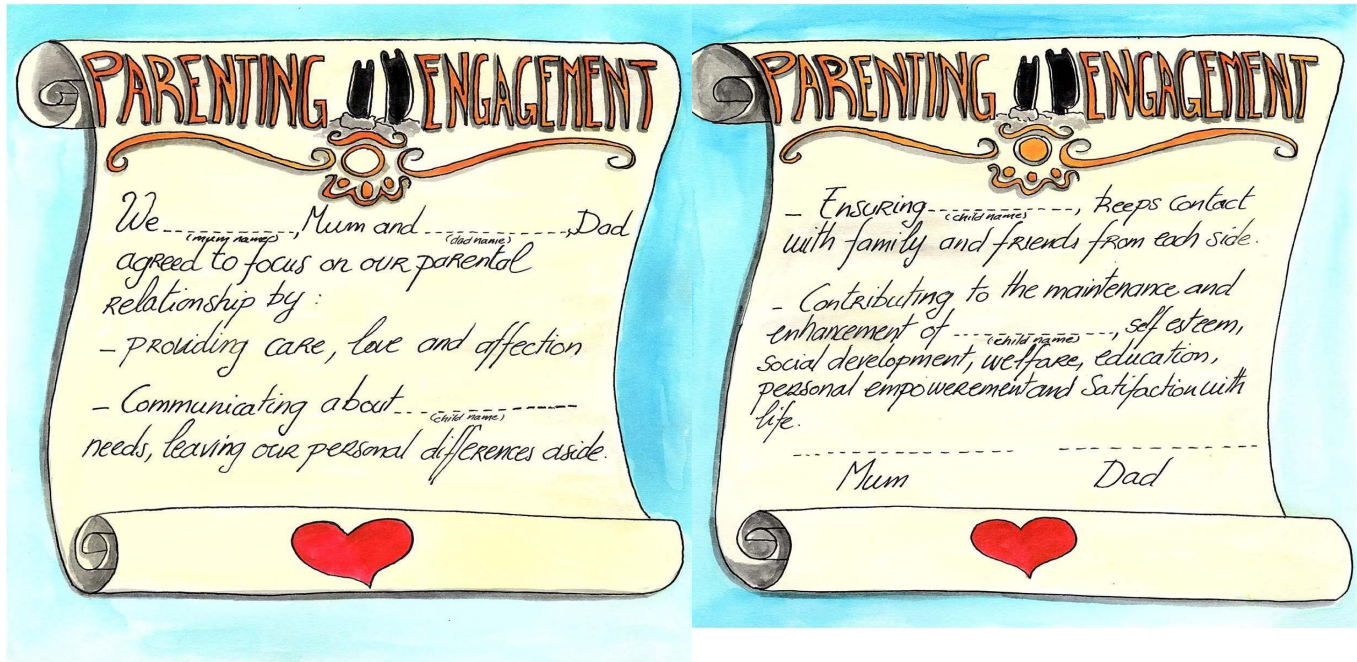
One of the most valuable of these lessons is that they do not have to follow in your footsteps as far as separation is concerned.

Your kids will be able to feel your love and share that love throughout their lives.

Note: Whatever you do, you will never succeed in revoking or destroying your spouse's love for your joint child. Do you want to 'suffer' every single minute of your life recalling what triggers this pain? The only way to move on is: **LET GO!**

**“In your heart, you know that the essence of being a parent is to love and care for your offspring with unconditional love.”**

# Engaging Your Parental Responsibility: Working Through Pain



Pain is our opportunity to grow, like muscles after a physical effort.

This will take time. How long depends on how you feel and what happens in your life.

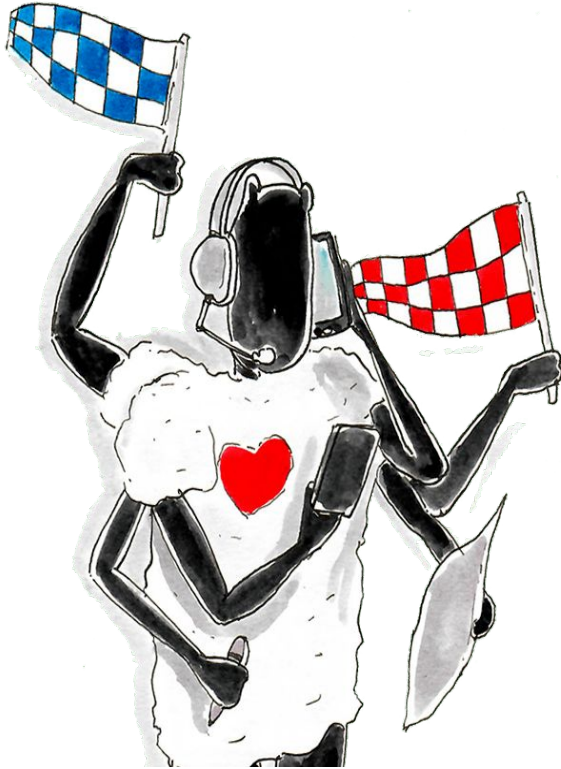
## Choose to make time your ally: become a builder.

Focus on the positive aspects of your life, and move forward one step at a time.

Find a neutral person outside the family circle, whether a professional or otherwise – someone non-judgemental about the situation and someone who can support and guide you to the next level.

**“Focus on the positive aspects of your life, and move forward one step at a time.”**

# Parenting Plan: Structuring the Future



As responsible parents, [a parenting plan](#) is quite essential.

This contract exists in two parts: one for the adults and one for the children.

**Be kind. Be thankful for yourself, your child and your ex-partner. Be grateful.**

Firstly, address the more “technical” part between you and your ex-partner, and then focus on the one between you and each of your children.

Write down what you want for your children and for their future. A neutral, professional mediator can help with this.

**Shift your focus to the child’s best interest. Put your child first.**

These are the best tools to ensure open communication between you and your ex.

Note: Engage your parental responsibility, and seal the love between you and your children with your personalised book. Engaging with a many of their senses as possible (sight, hearing and touch) will reinforce the feeling of love between you and anchor it forever. It also offers an opportunity for full parental engagement and presence.

Make sure you are in the moment with your children, away from the distractions of television, computers and other technology.

The parenting plan is not a legal document per se. It is an agreement between parents. Depending on your country, you can find quite a lot of information online. *Here is one example from the UK: ([Link Parenting Plan UK](#)) Use it as a template and adapt it. Feel free to add anything you find useful or important.*

**“Shift your focus to the child’s best interest. Put your child first.”**

# How to Be Parents Together Without Living Together



The main purpose of the 'We Love You' book is to help your children to cope with your divorce and their separation from one or the other parent at a given time.

It is designed to comfort them, even if it is a tough period. This book is a symbol of your love and dedication to your children. Any time they feel the need to, they can refer to this important book, which is all their own.

The book should help you to prepare the new family for the next big step.

Like a tree, a family establishes memories in the ground, and these strong, shared roots not only support the bonds between family members but also nourish the growth of magnificently open connections and branches, reaching upwards into your family's future.

When you make your book, you are effectively anchoring your story and helping to design your new family life.

## **Be grateful you are taking control of your destiny with love.**

It is designed to help you to get through your separation and, as much as possible, to ease and heal your painful feelings and your wounded mind, by converting your pain to love: the love for your children.

**“Be grateful you are taking control of your destiny with love.”**

# You Can Shift Love for Your Ex-Partner into the Love for Your Children.



You are fully capable of moving your relationship as co-parents to the next level.

Everyone can participate in the healing process.

The book's structure enables you to complete it and to tell the family story.

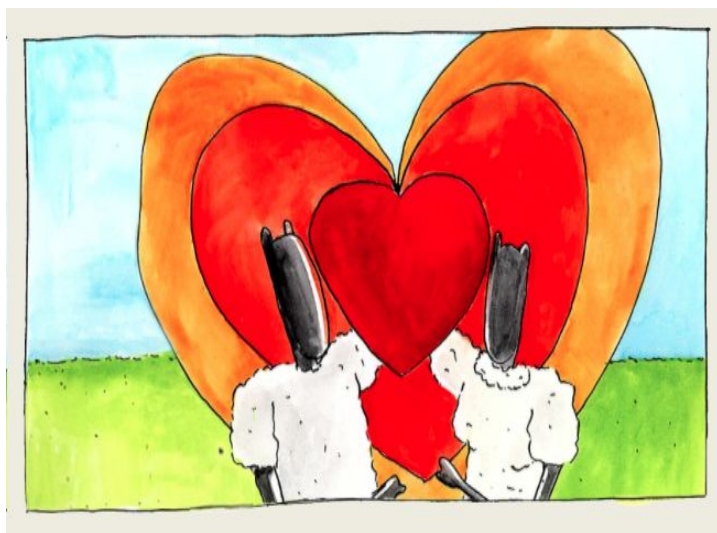
**You will become the author, the narrator and one of the main characters.**

**Note:** *Be aware and notice how commonly in English we employ the word 'love': when we express love for someone or love for a certain food, objects or pets. We also 'love' a partner, our child, a relative or a singer. 'Love' is full of nuances, and yet we mostly use just one word.*

- You could symbolically take a couple of A4 sheets of paper. Write 'Wedding Contract' (*you could do this with a copy of the real one if you have one*) and then rip it up/burn it together.
- Print a copy of our ['Parental Engagement'](#) and complete it together. Do as many copies as you need for yourself and your children.
- Be PROUD of what you've accomplished so far.

**"It Takes Lots Of Courage To Do What You Are Doing:  
Be PROUD of Your Accomplishment..."**

# Homework and Resources - Part I



Do you really want to feel better? I'm sure the answer is 'yes'. What do you do if you are stuck in the mud? You move. You gently rock in your boots until you are able to free your feet.

The same applies here. You will gently move step by step towards your goal. After all, you did not learn to walk in one day.

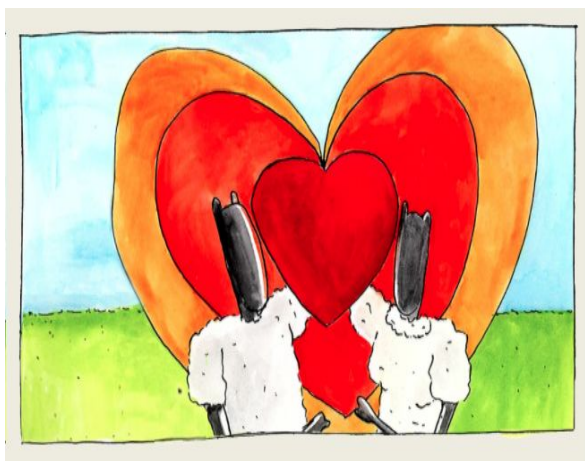
## Identify:

- Make a list of all your painful feelings, and then for each one, write the positive opposite.
- Any time you feel down, remember your list and observe yourself.
  - Remember the scene and look at it like someone watching a film.
  - Say the list to yourself. For example, "I feel frustrated now. I decide to change this feeling into gratitude". So keep repeating: "Every day, in every way, I'm grateful for..." and build it like an incantation.

## Tackle the issue:

- Stay focused.
  - Remember what kind of outcome you are looking for, such as feeling better or helping your child... keep repeating it over and over like an incantation.
  - Make sure it is like a song you love, and keep singing it in your head for at least 21 days. (This is the minimum time scale needed to ensure that your new neural connections will become permanent).

## Homework and Resources - Part II



- Meditate.
- In your mind, visualise the desired outcome, e.g., what it is, exactly, that you want. Prepare yourself mentally, like an athlete seeing their own future victory.
- Make sure you cultivate 'certainty'; leave no chance for failure.
- 

*Remember, doubting is out of the question if you want to achieve a positive emotional outcome.*

### Exercise :

- Move your body.
- One of the best ways to ease active negative emotions is to practice physical activity. Studies show that this helps to increase the levels of dopamine in the body, which plays a major role in reward-motivated behaviour. In my case, I bought a punch bag to get rid of my anger.

Use this to change negative feelings into positive ones, by repeating over and over: "Every day and in every way I'm feeling better and better". I'm sure you can find your own activity – walking, running, boxing at the gym, swimming, rowing, or whatever physical activities feel best for you.

- Write down everything that bothers you.
- Get rid of the intensity of painful emotions. Do not read it back. Discipline yourself not to repeat the story over and over. If you do so, you are focusing your brain on the event. How can you find solutions when your brain is only hearing the issues? Express yourself, and move on with actions.

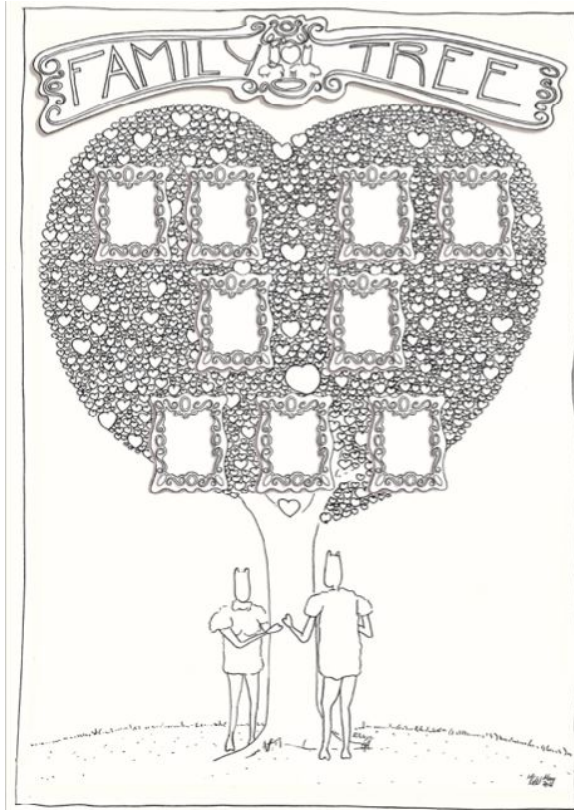
**\*Note:** *If you walk, you can increase the potential of your kinetic memory by tapping both index fingers on all other fingers while deeply inhaling and exhaling four times during your walk.*



# Free Resources - Part III

You Will Find More Amazing Free Resources by Clicking the Link Below.  
Totally Free, No Email Requests - No Data Collection.

## [WEBSITE](#)



### Black and White Family Tree

Ready to be completed and coloured.  
Strengthen your child's sense of belonging and love with this family tree.  
*Colouring Benefit:*  
*Keeps you focused and present. Relaxes your brain. Offers relief from stress and Anxiety. Brings joy and harmony.*

[WEBLINK](#)



### 'All We Need Is Love'

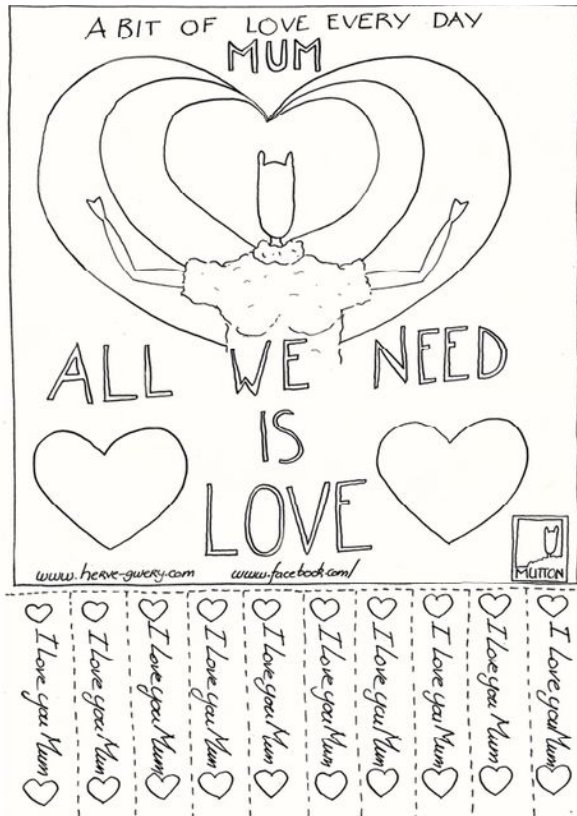
'All We Need Is Love' when a bond is broken in an intimate relationship (or any other relationship actually). It is time to restore and feel love to heal. (coloured version)

[WEBLINK](#)

# Free Resources - Part IV

You Will Find More Amazing Free Resources by Clicking the Link Below.  
Totally Free, No Email Requests - No Data Collection.

## WEBSITE



**'Every Day' Love Message for Mum**

'Every Day' love message for all parents and loved ones.

Ready to be coloured.

A peaceful and meaningful message.

*Colouring Benefit:*

*Keeps you focused and present. Relaxes your brain.*

*Offers relief from stress and Anxiety. Brings joy and harmony.*

## WEBLINK



**'Every Day' Love Message for Dad**

'Every Day' love message for all parents and loved ones.

Ready to be coloured.

A peaceful and meaningful message.

*Colouring Benefit:*

*Keeps you focused and present. Relaxes your brain.*

*Offers relief from stress and Anxiety. Brings joy and harmony.*

## WEBLINK

# Free Resources - Part V

You Will Find More Amazing Free Resources by Clicking the Link Below.  
Totally Free, No Email Requests - No Data Collection.

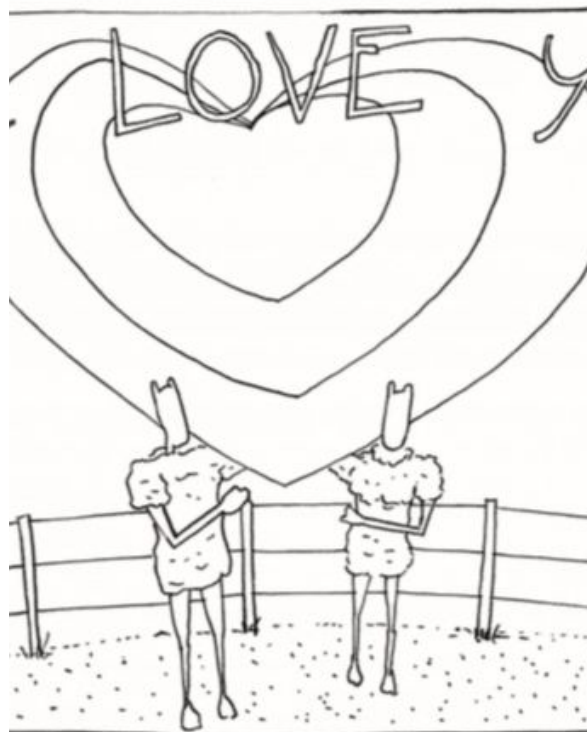
## [WEBSITE](#)



### Free Hugs Coupons

Today, we know the importance and the benefit of hugging. As soon as a baby is born, we lay the new one on the mum or dad's chest. It is powerful.

### [WEBLINK](#)



### 'We Love You' Infant Version

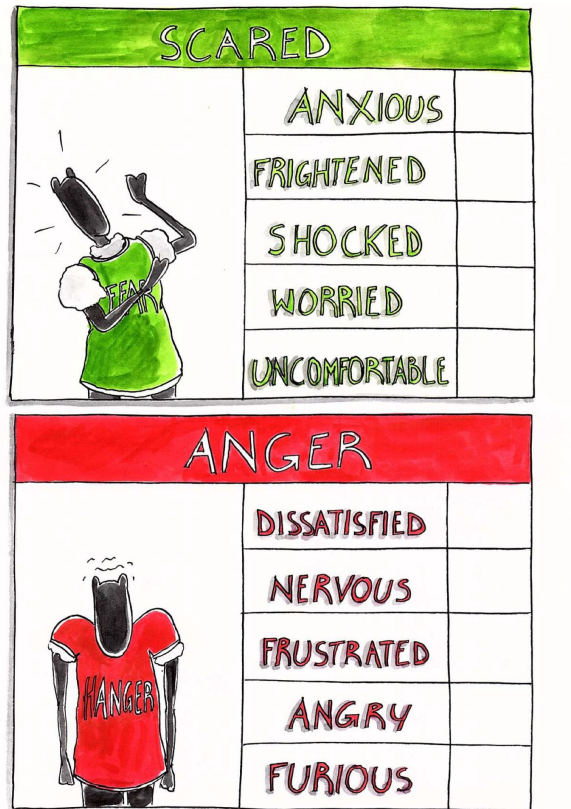
If your child is up to four years old, you can use this black and white, fully illustrated free version. Colouring it yourself will engage the healing process. The love that existed at the time your child was born is still there. You have to cherish it.

### [WEBLINK](#)

# Free Resources - Part VI

You Will Find More Amazing Free Resources by Clicking the Link Below.  
Totally Free, No Email Requests - No Data Collection.

## WEBSITE

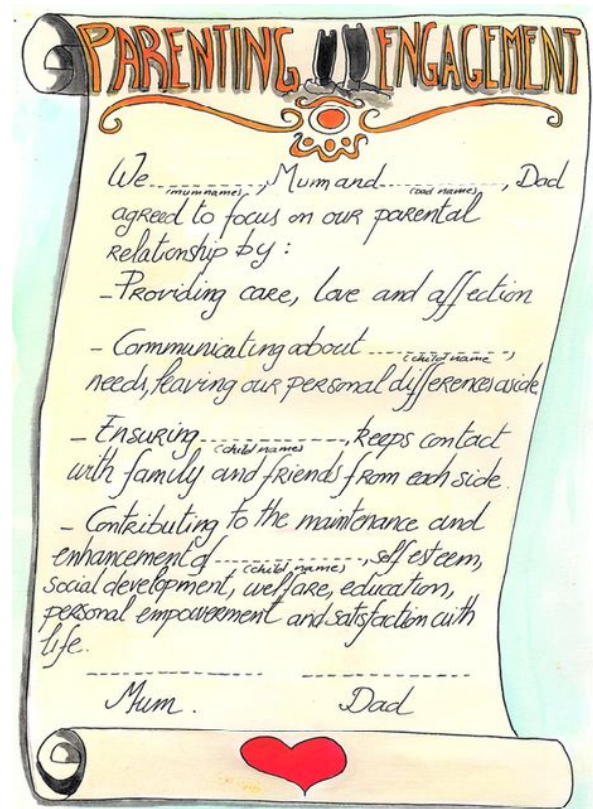


### Emotion Barometer

A very good way to monitor and check your loved one's emotional state.

They can indicate on a post-it note their feeling level from 0 to 10, with 0 being the lowest and 10 being the highest intensity.

### WEBLINK



### Parental Engagement

#### A must do!

An essential contract between parents and loved ones.

It is a Declaration of Commitment, which both carers can sign to declare their mutual determination to be fully engaged parents.

### WEBLINK

# Free Resources - Part VII

You Will Find More Amazing Free Resources by Clicking the Link Below.  
Totally Free, No Email Requests - No Data Collection.

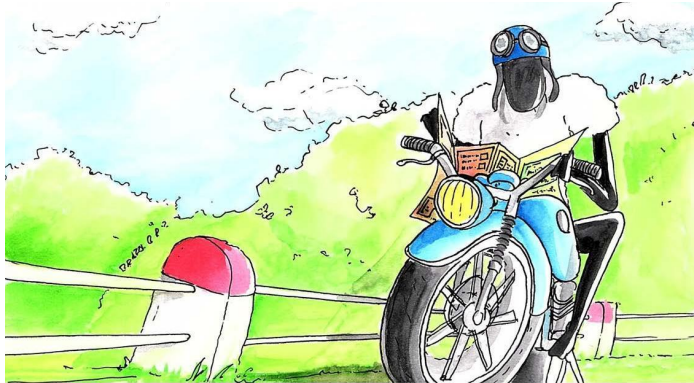
## WEBSITE



### **How to Deal with Grief after Divorce When You Are Missing Your Kids**

Create more positive memories. Transform sadness into joy. Suffering comes from lack. Refill that void with loving memories. And let sadness out. Love it and console it.

## VIDEO



### **How Divorce's Downward Spiral Broke Me Emotionally**

I express something that brings back hard emotions. Since I moved on, I do not want to experience these painful memories again . I reflect on what it means to be outcast from one's own family.

## VIDEO



### **How to Create a Memorable Christmas When You Are Not with Your Children**

When you cannot spend Christmas with your loved ones, create beautiful memories with a reverse advent calendar, time capsule. Collect everyday thoughts and little items until Christmas day.

## VIDEO

## Free Resources - Part VIII

You Will Find More Amazing Free Resources by Clicking the Link Below.  
Totally Free, No Email Requests - No Data Collection.

### [WEBSITE](#)



### How to Create Your 'We Love You' Book by Yourself

#### [VIDEO](#)

It is easy. Think about creating a photo album that will showcase 'Love' memories around your loved ones.

Buy an A4 notebook with a minimum of 44 pages, preferably landscape. (if Less, combine two or more)

Follow the 'chapters' sequences as shown in the 'We Love You' Book video.

I know it might take some time and bring on emotional moments. Take that time. Pause. Go for a walk. Let sadness out and come back to it.

Choose key pictures. Glue them in and add little comments. Sign the Parental Engagement and write some encouraging 'Words of Love' for your children's future. Et voilà! Create Love Memories....

**Warning:** *I'm fully aware it is quite a commitment. Believe me, I have done it. I've been there. I've experienced what you are going through. It is not only a question of budget; it is time consuming and can be emotionally draining. Nevertheless, I recommend to do one book per child. It will become a precious object that will be 'hard' to share.*

**And if you prefer to buy the ready-made book, fully illustrated (designed for up to three children), you can order it here:**



### ['We Love You' No Matter What - AMAZON](#)

# Disclaimer



*This ebook/course does not establish a life coach/therapist relationship between the reader and Herve G.WERY.*

*This book is for educational purposes and is not a substitute for professional, therapeutic or medical advice. Serious relationship matters and emotional challenges are best resolved with a competent solicitor/lawyer, therapist in psychotherapy.*



© all original illustrations Herve G-WERY 2015 - 2021