



reclaim *Your Power*

**5 STEPS TO TAKE BACK
CONTROL AFTER A BREAKUP**



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BREAKUP COACH

I created this checklist because I know firsthand how overwhelming a separation can feel.

This step-by-step guide will help you navigate your separation emotionally and practically — without feeling lost.

You will find clarity and regain your emotional balance.

About Me



A few years ago, I stood at a crossroads — scared, overwhelmed, and thousands of miles away from everything familiar.

As an expat mom facing a painful breakup, I worried about my children's future, my visa, my finances, and whether I was strong enough to start over.

It felt like my whole world was falling apart.

But step by step, I rebuilt my life — not by pretending to be fearless, but by finding courage in the small moments.

Today, I help other expat moms who are facing the same crossroads, reminding them that they are stronger than they know.

You don't have to walk this path alone — I'm here, and together, we'll find your new beginning.

OVERVIEW - 5 STEPS

1. Reflect on Your Emotions
2. Prioritize Self-Care
3. Set Boundaries with Your Ex
4. Take Control of Your Financial Future
5. Create a Vision for Your Future



GENERAL INFORMATION

Please keep in mind: Healing takes time.

This checklist offers both actionable steps and self-reflection during your separation or divorce. However, healing is a personal process, and results may vary for each individual. There is no guarantee of specific outcomes or a set timeline for emotional recovery. If you are experiencing severe distress, please consider seeking professional support from a therapist or counselor.



Prioritize Self-Care

- ✓ **Schedule daily “me-time”** — Dedicate at least 20-30 minutes each day to yourself for relaxation or a hobby.
- ✓ **Practice physical self-care** — Engage in activities like exercise, yoga, or simply taking walks to release stress and boost energy.
- ✓ **Nourish your body** — Focus on healthy eating and drinking enough water to support both your physical and mental health.
- ✓ **Rest and recharge** — Ensure you are getting enough sleep to help your mind and body heal.
- ✓ **Do what feels good for you** — Whether it's journaling, meditating, or spending time outdoors, find activities that help you feel grounded.

REFLECTION

What small change can you make today to improve your physical well-being?

What type of physical activity do you enjoy that could help you relieve stress?



Set Boundaries with Your Ex

- ✓ **Define your boundaries** — Decide what level of contact, if any, is necessary for your emotional well-being.
- ✓ **Limit unnecessary interactions** — Set clear boundaries regarding communication (e.g., no texting or phone calls unless it's urgent).
- ✓ **Clarify shared responsibilities** — Determine how to handle shared obligations (children, finances, etc.) with minimal emotional impact.
- ✓ **Be firm but respectful** — Communicate your boundaries calmly and assertively, without feeling guilty.
- ✓ **Respect your own needs** — It's okay to prioritize your mental and emotional space, even if it feels uncomfortable at first.

REFLECTION

What triggers negative interactions between you and your ex?

What communication boundaries would help you feel more in control?



Take Control of Your Financial Future

- ✓ **Assess your financial situation** — Review your income, expenses, and debts to understand your current financial state.
- ✓ **Create a budget** — Set a realistic budget to manage your finances after the breakup, focusing on necessities and savings.
- ✓ **Set small financial goals** — Aim for achievable short-term goals like paying off a specific debt or building an emergency fund.
- ✓ **Empower yourself with knowledge** — Educate yourself about personal finance to make informed decisions for your financial security. Seek financial advice if needed.

REFLECTION

What resources do you need to improve your financial situation?

What immediate financial changes can help you feel more secure?



Visualize & Build Your Future

- ✓ **Visualize your future** — Take time to imagine your life in 6 months or 1 year. What do you want your life to look like? Write it down — Document your vision.
- ✓ **Set clear goals** — Identify specific, achievable goals that align with the life you want to create.
- ✓ **Focus on personal growth** — Think about the person you want to become and the strengths you want to develop.
- ✓ **Embrace possibility** — Believe that positive change is possible and that you have the power to shape your future.

REFLECTION

What personal strengths do you want to develop, and how can you work on them?

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What steps can you take today to begin creating your future?

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NEXT STEPS

You've made it through the first steps of healing.



When you're ready to move forward, visit my homepage and explore more resources made for expat moms rebuilding after breakup.

Discover Your Next Step 

And if you'd like support to come straight to you, sign up for my newsletter — you'll automatically get updates, tools, and inspiration without having to search for them.

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