



# Stability & Rebuilding



# CHECKLIST



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### POST-EXIT ADJUSTMENT CHECKLIST

#### SECURE EMOTIONAL & PHYSICAL SAFETY

- ☐ Change locks and secure new environment.
- ☐ Inform trusted neighbours or friends of your situation.
- ☐ Stay connected with support networks and hotlines.
- ☐ Access support from domestic violence services.
- ☐ Change passwords and monitor apps with Location Finder.
- ☐ Keep a diary of events, take screen shots of texts, and call police in an emergency.

#### FINANCIAL INDEPENDENCE & PLANNING

- ☐ Open a separate bank account as a buffer, even if you start small.
- ☐ Review and adjust your budget to align with new circumstances.
- ☐ If fit to work, explore job opportunities or vocational training to enhance skills.
- ☐ If unfit for work at this time, get support from your GP for work exemption certificates.
- ☐ Research domestic violence grants in your area to assist with financial support.
- ☐ Research banks that have a dollar for dollar match for domestic violence victims.
- ☐ Research emergency relief organisations for assistance with essentials like housing and food.

#### LEGAL & CUSTODIAL ARRANGEMENTS

- ☐ Seek legal advice for custody arrangements if applicable.
- ☐ File any necessary restraining orders or protective measures.
- ☐ Document all interactions with your former partner, if needed.

#### WORDS OF ENCOURAGEMENT TO KEEP GOING

**"She stood in the storm, and when the wind did not blow her way, she adjusted her sails." – Elizabeth Edwards**

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### ESSENTIAL STEPS FOR STABILITY

#### ROUTINE ESTABLISHMENT

- ☐ Create a daily schedule to bring structure to your life.
- ☐ Incorporate exercise, healthy eating, and sufficient sleep into routine.
- ☐ Schedule time for physical activity, even if it's a family walk.
- ☐ Dedicate 10-15 minutes daily for personal time to read, journal, or meditate.
- ☐ Celebrate small wins each day to build confidence and positivity.

#### EMOTIONAL RECOVERY

- ☐ Seek Professional Support: by seeing a therapist specialising in trauma recovery.
- ☐ Keep a journal to process emotions and track your progress.
- ☐ Practice mindfulness or grounding techniques to reduce stress.
- ☐ Share positive moments with your children, like crafting or playing games.

#### COMMUNITY AND SOCIAL SUPPORT

- ☐ Utilise local programs for childcare, job training, and financial assistance.
- ☐ Research legal aid or advocacy services if needed for custody or protection.
- ☐ Reconnect with friends or family members who respect your boundaries & provide encouragement.
- ☐ Join parent groups, survivor networks, or faith-based communities for peer support.



#### WORDS OF ENCOURAGEMENT TO KEEP GOING

“Just when the caterpillar thought the world was over, it became a butterfly.” – Proverb

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### HEALTHY BOUNDARIES & COMMUNICATION

#### DEFINE YOUR BOUNDARIES

- ☐ Decide what behaviours and interactions are acceptable for your wellbeing.
- ☐ Practice saying “no” to protect your time, energy, and emotional health.

#### MODEL HEALTHY COMMUNICATION:

- ☐ Establish clear and consistent expectations with your children.
- ☐ Use age-appropriate language to help them understand changes in your family dynamic.
- ☐ Acknowledge their feelings and offer open communication (no judgements).

#### LIMIT CONTACT WITH THE ABUSER

- ☐ If contact is necessary for co-parenting, keep communication brief, factual, & focused on the children.
- ☐ Give yourself time to respond.
- ☐ Utilise apps or third-party mediators to manage communication where possible..

#### PARENTING SUPPORT

- ☐ Connect children with counselors or school resources if they’re struggling emotionally.
- ☐ Encourage them to participate in extracurricular activities to build confidence and social skills.



#### WORDS OF ENCOURAGEMENT TO KEEP GOING

**“The greatest legacy we can leave our children is not money or possessions, but the tools to overcome adversity.” – Anonymous**

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## ABOUT THE LIST

The Stability and Rebuilding Checklist is a valuable resource designed to support women who have taken the courageous step to leave an abusive relationship. This tool is here to help you gain a sense of accomplishment as you work towards recreating stability in your life and the lives of your children. It provides a clear, structured approach to help you make meaningful progress, step by step, as you rebuild your life and embrace a new chapter of empowerment and freedom.

Leaving an abusive relationship can feel overwhelming, but you don't have to face it alone. There is a wealth of support available to you, and at **The Key to Be Free Women's Wellbeing and Empowerment Coaching & Mentoring Service**, we are here to walk alongside you on your journey. Our coaching, courses, and programs are specifically designed to help women rebuild their lives with confidence, clarity, and strength.

If you're ready to take the next step towards regaining your freedom and creating the life you deserve, we're excited to offer you our **Rapid Reconnection Coaching package** as a special introductory offer.

### **Empowerment Essentials – Only 247**

Empower yourself with this introductory package:

- Two Deep-Dive Strategy Sessions (45-minutes each) with a post-trauma growth empowerment coach.
- Your Personalised Reconnection Toolkit - Designed to build your confidence and calm your nervous system immediately with a takeaway workbook.
- A 7-day action plan designed to help you build confidence and clarity, one step at a time.

### **Special price for a limited time!**

Take this step today and begin your path to empowerment and stability. You are not alone—let us support you as you rebuild your life with strength and purpose.

## **BOOK NOW**

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