

Separation Survival Checklist

21 Things Every Man Should Do in the First 90 Days After Separation/Divorce

By Murray Jensen – Thrive Men's Coaching

 **Where Are You Right Now? (Check all that apply — these aren't part of the 21, just context)**

- ☐ I initiated the separation
 - ☐ My partner initiated the separation
 - ☐ I'm hoping we might reconcile
 - ☐ I want to move on and start a new chapter
 - ☐ I feel lost and don't know what to focus on
 - ☐ I'm feeling overwhelmed, angry, or numb
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Clarity & Mindset

1. ☐ Write your story (without blame or shame)
 2. ☐ Name the 3 emotions you feel most often
 3. ☐ Start a daily check-in ritual (walk, journal, meditate)
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Boundaries & Communication

4. ☐ Write a No-Contact or Limited Contact Plan
 5. ☐ Unfollow/block triggering social media accounts
 6. ☐ Use only calm, documented channels for parenting communication
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Legal & Financial

- 7. ☐ Meet with a family law solicitor (even just for advice)
 - 8. ☐ Make a new budget for your solo life
 - 9. ☐ Separate joint accounts or shared financial ties
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Space & Routine

- 10. ☐ Clean and reclaim your personal space (room, car, home)
 - 11. ☐ Start a simple daily routine (morning + evening)
 - 12. ☐ Move your body every day, even a short walk
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Support & Brotherhood

- 13. ☐ Tell one trusted person about your situation
 - 14. ☐ Join a men's circle, group, or online community
 - 15. ☐ Create a 'trigger team' list — who to call when you're spiralling
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Vision & Direction

- 16. ☐ Write down who you want to become in 12 months
 - 17. ☐ Set 3 small goals for the next 30–90 days
 - 18. ☐ Decide: Do I need coaching, therapy, legal help right now?
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Bonus: Self-Check Habits (Optional but Powerful)

- 19. ☐ Reduce or pause alcohol, porn, or dating apps for 30 days
 - 20. ☐ Reflect weekly: What helped me feel grounded this week?
 - 21. ☐ Choose a motto or mantra to anchor you through the chaos
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Ready for a Game Plan Call?

This checklist is your first step — but it's only the beginning.

If you're tired of spinning in circles, feeling lost, or unsure how to rebuild your life after separation...

👉 [**Book a free 30-minute Game Plan Call**](#) with me. I'll help you map your next 3 moves based on where you are now.