

DIVORCE DADDY



DIVORCE COMPASS

DIVORCE-DADDY.COM

WELCOME

I'm glad you're here.

Divorce is war but it's a different battle than you're used to. Rather than spending energy fighting with yourself, it's possible to use that energy to build an amazing life.

The way to win this war is to go inside and connect with your heart.

Your divorce can be a catalyst to a much bigger life.

I'M JEFF

I help men get stronger by confronting their divorce head-on.

I had my entire life ripped away from me by a difficult divorce.
I could have let that beat me.

Instead, I now have the relationship of my dreams, a strong bond with my kids, a tight-knit brotherhood with ambitious men, I'm living my purpose, building a legacy, all while in an amazing city by the beach.

There is a lot of unnecessary suffering that happens through a divorce. Imagine what the world would look like if we could redirect that energy into something positive.

My goal is to help millions of men turn the negative energy from a divorce into a positive force.



ORIENTATION

A divorce is almost purely an intimate, emotional battle which each side wants to 'win'. Our ex, once our closest ally, suddenly becomes our greatest enemy who knows exactly which buttons to push. When she hurt us, we feel compelled to strike back.

As men, we're taught to ignore emotions. In the past, that's served us in moments of clear and present danger. We ignore the fear of getting hurt in the hunt so we can feed the village. We ignore the danger of the burning building to save the children inside. We go over the top of the foxhole to die for an ideology.

Today, most of us don't experience life or death moments. However, we're never taught how to process emotions, nor are we given the proper outlet.

When we face moments of danger, we don't know how to react. We overreact, escape, or hit back. We resist feeling the emotions of the moment because we're afraid of the emotions that might burst out of us.

It wasn't always like this. Most cultures have rituals and practices to promote emotional healing.

Dagara people of Ghana practice rituals involving drumming, dancing, chanting, and storytelling. Mexico has the Temazcal, a sweat lodge. Ancient India practised meditation.

Most societies have psychedelic rituals like ayahuasca, or psilocybin. But they're now illegal in the West.

These practices built not only a spiritual connection, but a sense of connectedness, resulting in emotional release.

Nature has its own version. Animals shake to release the emotions of near death experiences.

Modern Western society doesn't have anything designed to help us with emotions. It's simply not valued. Many people view traditional emotional release as fringe, or woo-woo. Instead we pathologize emotions and put the emotionally overwhelmed onto a never ending conveyor of medication or therapy never truly resolving anything. Many try to bury their emotions permanently.

But that's created a powder keg. We live with an emotional payload primed to explode.

When we go through a divorce, it's probably the biggest challenge we've faced yet but we don't have the emotional maturity to navigate it.

TESTIMONIALS



Jeff's teachings led to a profound shift in my outlook. I went from focusing on what I didn't have to deeply appreciating all the goodness already present in my life.

The idea of balance was a revelation, which helped me understand that negative thoughts were natural and not to be feared, but to be acknowledged and then released. This understanding was liberating, and it released a burden I didn't even know I was carrying.

Today, my life has taken on a new, brighter hue.



Instead of an emotional response to the issues. I process it, understand it, able to jump straight to solving issues with a clear mind. Although, emotion still come in waves. I've learned to channel them constructively, approaching them with logic and acceptance.

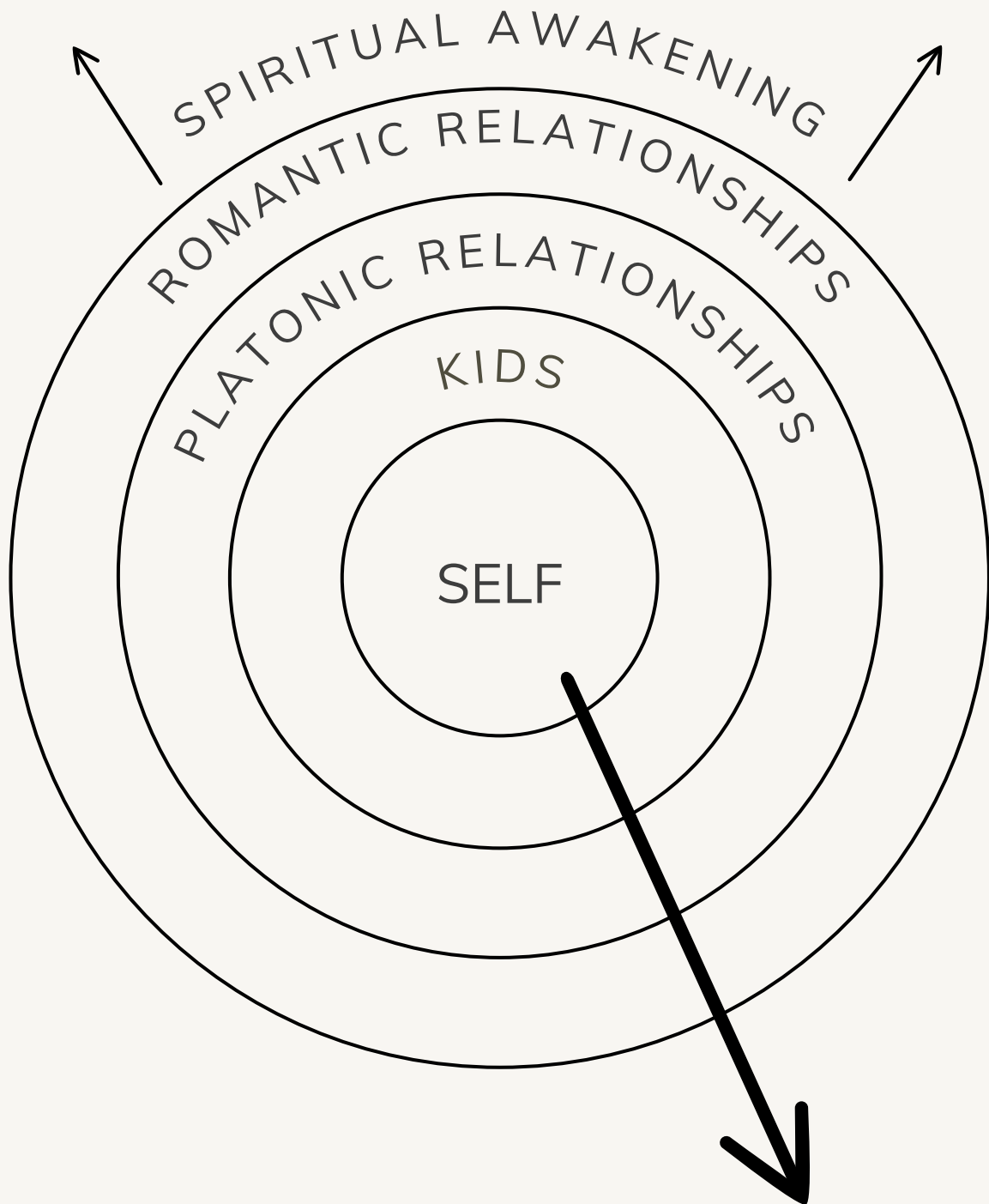
It is not a suppression of an emotion, but an understanding and accepting them, acknowledging that life has its ups and downs, and that's perfectly okay.



Jeff helped me identify that my next move on the money chessboard is neither High nor Low. It's a Move that will get me closer to Victory.

Huge mindshift for me in becoming more at peace with myself. He has helped to open my eyes in recognising that I should not get too high with the highs in life and to recognize the lows as pure opportunities to get back up and build momentum to my goals.

MAP



Wisdom grows as you travel outward. The further you move out the more expansive your life is.

MAP EXPLAINED

***THE TIGHTER YOUR JUDGMENTS,
THE SMALLER YOUR WORLD.
- JULIE DWYER***

The diagram is the path that worked for me. I've seen some people try to do it in a different order and they encountered all sorts of trouble – for example, it can be difficult to balance a romantic relationship when you haven't incorporated your kids yet – so this is the order I recommend.

ME

When we're massively hurt, like a divorce tends to do, we often go into ourselves.

Big challenges mean we need time to find our footing. Putting your own oxygen mask on first, refers to the inner sphere in the diagram.

However, too much time spent focused on ourselves is unsatisfying and can lead to self-admiration and narcissistic qualities. It can lead to a lack of empathy for others.

KIDS

Our kids draw us out. They force us from a tight world into a bigger experience. They are our flesh and blood and the closest connection to ourselves.. They need us for survival and taking care of them shows our capacity for love.

FAMILY/PLATONIC RELATIONSHIPS

From kids, we cautiously invite more people into our lives; the friends and family who stood by us as they watched our relationship struggle then die. They form community and a sense of belonging.

ROMANTIC RELATIONSHIPS

Romantic relationships require the heart to be open so you have a deep connection with another soul on a more intimate level.

SPIRITUAL AWAKENING

Here you realize you are not your thoughts or emotions. You have a spiritual awakening when you connect with your heart.

MAP EXPLAINED...

Some people never do the work to overcome the resistance to get from one sphere to the next and so they get stuck. Their world never grows and neither do they.

When we go from one circle to the next, the ego (represented by the line between spheres) resists our growth trying to keep us safe. That resistance comes in the form of thoughts and emotions – they are stories we tell ourselves to keep us safe.

Learning to override those stories develops our wisdom.

The only thing that has made me feel complete was when I had a connection to my heart.

You are not your emotions. You are not your thoughts.

While most people live in their head or in their emotions, there's a third option. Your heart is what's left when you remove emotions and overthinking.

It doesn't mean that you're living without emotions and thoughts. You feel and think, but you recognize they aren't Truth and that there's a deeper experience.

***THE BRAIN MAKES A GREAT SERVANT
BUT A TERRIBLE MASTER
- PUBLIUS SYRUS***

“

***A MEMORY
WITHOUT THE
EMOTIONAL
CHARGE IS
CALLED WISDOM***

”

Dr Joe Dispenza

WHAT TO EXPECT

Most people are asleep. They live in the fog of their emotions.

In a divorce, the fog is so thick you can't see two steps ahead. At this point you have a choice; you can stay where you are, within the tight circle of the known, or you can do the work to escape the fog and head into a bigger world.

'The work' in this case means letting go from emotions and connecting with the heart.

What follows is my experience through that process.

IN THE FIRST FEW WEEKS...

You may start to feel raw as you begin to take responsibility for your emotions, actions and outcomes.

IN THE FIRST MONTH...

You're learning tools, when to use them and the effect they have.

WHAT TO EXPECT

IN 2-3 MONTHS...

You might feel you want to give up. Your ego is trying to keep you safe. You know you shouldn't argue with your ex but still do sometimes. You might feel the need to escape.

IN 2-3 MONTHS...

You will start to catch yourself when someone tries to push your buttons. You'll think "that's pretty neat".

You will start noticing patterns you've been living and stories you've told yourself. You catch yourself before biting the emotional hook.

WHAT TO EXPECT

In 6-12 months...

You notice the difference between someone's baggage and your own. You start to understand your ex's emotions and why she acts in that way. You start to notice that when you let go of stories that other people react differently to you.

In 1-2 years...

You are unphased by other people's reactions. You draw in good experiences, and people. Your outer world is reflected by your inner world.

NEXT STEPS

The following elements are what I took to get through my divorce and build an amazing life.

COACHING

Go deeper.

This work requires a third party perspective to become aware of patterns and to let go of them.

ACCOUNTABILITY

You made a commitment to do the hard work and improve. It's the easiest thing in the world to put today's work off to endless tomorrows. The best way forward is through accountability.

BROTHERHOOD

I'm not going to sugar coat it, this work is hard. You are going to feel vulnerable, embarrassed, exposed, depressed, vulnerable, and silly. You're going to feel like it's too hard and you want to give up.

A brotherhood will push you forward.

If you like what you see here I invite you to join the Divorce Daddy Membership Program where you can gather with like-minded fathers and get more of the support you're needing.

The membership has courses, accountability pods, brotherhood, and coaching that will help you to create an amazing post-divorce life.

[DIVORCE DADDY MEMBERSHIP](#)