

BeH₂O[®] Divorce Decision Map

If you feel like you're managing everything just to keep things from getting worse, you're likely carrying more than you should. Start here.



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Where You Are → What's Happening → What You Need

FIRST: Capacity & Risk Assessment: (Start Here)

! You may be FLOODED if:

- You feel urgency to respond right now
- You've sent (or almost sent) a message you regret
- You keep replaying conversations in your head
- You can't settle, focus, or sleep
- You feel like you have to "fix this" immediately

👉 If 2 or more are true:

🔥 If this is you, stop - don't make any decisions yet.

➡ Start with: RRT (Regulate first)

"Get out of the spiral before you decide anything."

THEN continue....



Thinking About Divorce

Start here when you're trying to keep things from escalating...

What's happening:

You're trying to keep things calm - overthinking, over-explaining, and managing reactions.

➡ What you need:

Clarity so you don't make reactive decisions

👉 Start with: The Clarity Package

"Make grounded decisions - not fear-based ones."



Starting the Process

Start by getting clear so you don't over-carry or react...

What's happening:

Communication is increasing - and you're walking on eggshells, over-carrying to keep things from escalating.

➡ What you need:

Support to respond clearly in real-time

👉 Start with: The Clarity Package

"Respond clearly - without over-carrying or escalating."



In the Thick of It

When this keeps happening - no matter what you do...

What's happening:

The same issues keep repeating - and you're exhausted from managing it all.

➡ What you need:

Shift the pattern so it stops repeating

👉 Start with: Child-Centered Reset

"This isn't the moment - it's the pattern."



Post-Divorce / Co-Parenting

If you're still carrying everything to keep things working...

What's happening:

You're still holding everything together - and it's all on you.

➡ What you need:

A system so it's not all on you

👉 Start with: Full BeH₂O[®] Program (or Reset)

"Build a system so it's not all on you."



Finalizing Agreements

When you're tired and just want this over...

What's happening:

You just want this over - and feel pressured to agree just to move on.

➡ What you need:

Clarity so you don't make costly decisions just to move on

👉 Start with: The Clarity Package

"Don't trade long-term stability for short-term relief."

New Parenting / Blending

As things get more complex and you're trying to hold it all together...

What's happening:

Everything feels more complex - and you're trying to keep everyone comfortable.

➡ What you need:

Clear boundaries so you're not carrying everyone else

👉 Start with: The Clarity Package or Child-Centered Reset

"Don't carry more just to keep the peace."



You don't have to choose between peace and your voice - you just haven't been shown how to hold both.