

stop wrecking my home

DISCUSSION GUIDE



dear friends.

Hello, and thank you for reading! What you'll find in the pages to come is a partner piece to my book, *Stop Wrecking My Home* - how to come out of a broken marriage in one piece. If you have not yet read my book, what are you waiting for? Go get yourself a copy! Kidding. Well, kinda. The reflective questions in this guide will make much more sense if you have my book handy.

The questions you'll find for each chapter are meant to bring you to a deeper level of healing. This can be used in a small group discussion or for individual reflection. If you've followed my story for a while, you know I hold nothing back. Now it's your turn. Write out your deepest thoughts, fears, dreams, triggers, and most importantly, desires for the future. My prayers are over this guide and your healing.

xo. *lauren mckinley*



two

IT'S ALL OKAY UNTIL IT'S NOT

In this chapter, I talk about when I started to feel things were off in my marriage. I knew in my gut that something was not right, but never once thought infidelity.

What was your first inclination of betrayal? How did you cope initially?

How did you re-learn to (eventually) trust your gut again?

three

H O M E W R E C K E R S N E E D F A T H E R S

In this chapter, I talk about the importance of fatherhood. I talk about the role fathers play in their daughters' lives and attempt to wrap my mind around how anyone would ever want to break up a marriage.

If you experienced similar betrayal, who did you blame most?

How did you move away from blame and toward accepting the reality that this actually happened?

five

W H E N I N L I M B O

In this chapter, I talk about the time of limbo I faced from when my husband left to when we attempted reconciliation.

It can feel as if each hour of this season is agonizing and long.

What did you discover to help pass the time? Any new hobbies or interests?

Write out the heavy emotions that you felt during this early time?

If time has passed, how have those emotions changed?



J U D G E N O T

In this chapter, I talk about the crazy judgment I felt from total strangers. For me, it felt like people who knew little of our story suddenly had opinions. How did you feel about others judging your situation and new marital status?

You never really know what someone else is going through. Did you feel this truth stronger after your divorce?

seven

A L L Y O U N E E D I S L O V E (N O T)

In this chapter, I talk about how any two dedicated fighters can make their marriage work. I share our attempt at reconciliation and why it failed.

Did you experience a similar season?

If you had an attempt at rebuilding, what worked? What hurt?

In your heart of hearts did you want your marriage to work out or did you feel that it was too far gone? Both are okay.

ten

T H E D W O R D

**In this chapter, I talk about the gut-wrenching pain of divorce.
I talk about the stigma, losses, lawyers and everything in between.
If this was the hand you were dealt, what helped you accept it?**

**Go ahead and itemize the losses that came with your divorce.
With each loss, write out how you plan to grieve it, counter it, and conquer it.**

eleven

S O U L R E P A I R

In this chapter, I talk about how I pieced myself back together.
What helped your healing? How did you fully experience this season?

Where are you in the forgiveness process?
What has helped most in your commitment to forgive?

twelve

S Q U A R E O N E

In this chapter, I talk about starting over and all of the feels follow. Regardless of your age or circumstances, going back to square one is real hard. What did you do to start over and create a new life all your own?

What about your new life are you proud of? What do you want for your future? Spell these dreams out vividly. Be bold. Do not dumb down what is to come.

thirteen

B A N G , B A N G

In this chapter, I talk about those damn triggers that catch us at the worst possible times. What triggers affect you most?

How do you squash them when they come at you hard?

Let's celebrate the triggers that once stopped you in your tracks, but now no longer have that hold. List them and celebrate them!

fourteen

IF YOU HAVE LITTLES

In this chapter, I talk about my brightest of all silver lining. I talk about the reason this union happened.

If you have babies from a broken marriage, I would just like you to focus on them and all of their incredible glory. Gush about your kids.

Write out every detail that makes them freaking amazing.

How do you model love and respect for your babies?

What practical ways do you hold your tongue about your ex in your new co-parent relationship?

fifteen

L I F E G O E S O N

In this chapter, I talk about the beautiful turns life can take. They aren't always the turns you wanted, but starting over can be better than you ever imagined.

Write out a vivid description of what you want your future to look like.

Your new life can be anything you want it to be. What steps will you take to start life #2 as the best version of yourself?

you did it!

I am so proud of the time you took to dig deep and invest in your healing.

Remember that it's all going to be more than just okay.

YOU are going to be more than just okay.

Take deep breathes, be patient with yourself, celebrate your growth,
and claim the life you deserve!!

cheers to your future

