



Attachment-to-Freedom Scale

0 Attached	3 Inching Forward	5 Transitioning	7 Almost There	10 Free
<ul style="list-style-type: none"> What happened to me is terrible and there's no other way to look at it. Everyone agrees that my Ex is an awful person who made me suffer. I constantly discuss my divorce experience with my friends. I often tell my story to people I've just met. I feel angry, frustrated, powerless, hurt and disillusioned. 	<ul style="list-style-type: none"> There might be other ways to look at my story but I have a hard time imagining them. I'm sure most people would agree that I was mistreated. I sometimes share my story with people I don't know well. My divorce experience is a frequent topic of my conversations. I feel sad, hurt, afraid and bitter. 	<ul style="list-style-type: none"> I'm open to the possibility of other ways to view and use my divorce experience. I'm ready to talk to people who don't see me as a victim. I'm getting tired of talking about my divorce experience. I rarely tell the story to people I've just met. I feel equal parts hopeful and sad, excited for the future and scared. 	<ul style="list-style-type: none"> I'm intentionally finding the gifts and lessons of my divorce. I only discuss my story with those who support me in my personal growth. I'm more interested in talking about what I'm creating next. I still sometimes feel sad, angry or afraid, but I often feel powerful, excited and confident. 	<ul style="list-style-type: none"> I am the hero of my own story in which all of my challenges are opportunities to grow. I selectively tell people about what I learned from my divorce experience when it feels relevant to a conversation. I feel peace, freedom and gratitude when I think about my divorce experience

This scale provides you with a tangible way to evaluate if, and to what extent, you're attached to your story. Take a look at it and rank where you think you are now. If you're not sure, keep it out for the next week and pay attention to how you feel, how much and to whom you're talking about your divorce and whether you're feeling predominantly negative, neutral or positive about things. You can use it again when you finish the audiobook to measure your progress.

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