

## TRACK 1 / SEPARATION SURVIVAL GUIDE

# Your First 72 Hours Checklist

You do not have to settle the future of your marriage tonight. Handle the next necessary thing.

**TONIGHT: GET THROUGH THE NEXT FEW HOURS**

- ☐ Pause the emotional messages. Put the draft in a notebook. You can revisit it when you can read it without adding another paragraph.
- ☐ Separate what happened from what you fear. Write one sentence for each. Do not treat a prediction as a fact.
- ☐ List what needs attention tonight: children, work, meals, and existing household arrangements. Pick the next necessary action.
- ☐ Call one steady person. Ask for company or a check-in, not an argument about who is right.

**TOMORROW: GIVE THE DAY A SHAPE**

- ☐ Write down your work hours, meals, bedtime, and one manageable task. Follow a small plan even when your mood changes.
- ☐ Keep necessary communication specific: who, what, and when. Leave the relationship argument out of the logistics.
- ☐ Put unanswered questions on one list. Gather documents you already have lawful access to for a professional consultation.

**BY HOUR 72: SET UP NEXT WEEK**

- ☐ Identify the practical question you cannot answer alone and arrange the appropriate professional consultation.
- ☐ Choose a regular time to check in with your steady person. Put it on the calendar.
- ☐ Choose one responsibility you will handle reliably this week. Make it small enough to keep.



# THE 90-DAY PROTOCOL

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# Put it on paper

**What actually needs my attention today?**

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**What can wait until I have better information?**

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**The person I will call and when:**

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**My next necessary action and when I will do it:**

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## GO DEEPER

Companion to Separation Survival Guide by Dexter Montgomery.

**Explore the book on Amazon**

Educational guidance. Use qualified professional advice for your individual circumstances.