



FAMILY SEPARATION PROGRAM

12-Session Self-Applied Digital Participant Workbook PRE-PURCHASE PROGRAM OUTLINE

A professionally structured educational and personal-development program supporting adjustment to separation, healthier coping, communication, self-awareness and positive forward planning.

ONLINE PURCHASE - WIX DIGITAL PRODUCT

Complete 12-session self-applied digital participant workbook

AUD \$39.95

One-time purchase | Digital PDF | Individual participant licence

This pre-purchase outline gives prospective participants a clear overview of the Family Separation Program, its 12-session learning pathway, workbook inclusions and Wix purchase information while protecting the complete paid participant exercises, worksheets and response templates.



Program Overview

The Family Separation Program is a structured 12-session self-applied digital participant workbook designed to support individuals experiencing the personal, emotional and practical effects of family separation. The program provides a guided framework for examining how separation can affect emotions, thinking, relationships, routines and a person's sense of identity.

Participants are supported to identify areas in which they may feel stuck, examine personal responses and coping patterns, strengthen communication, consider the impact of parenting conflict and reduced family contact, and develop practical strategies for moving forward.

The later sessions focus on letting go, understanding the separation cycle, examining thinking patterns, responding to emotional and mental pain, consolidating learning and developing an individual exit and forward plan.

Program Purpose

The purpose of the workbook is to provide a structured educational and reflective process through which participants can increase awareness of the effects of family separation, develop healthier coping strategies, strengthen respectful communication and create practical steps for continued personal adjustment and positive change.

12-Session Program Framework

Session 1 - Identifying the Problem

Identify the main concerns associated with family separation, clarify the areas creating difficulty and begin considering practical strategies and possible solutions.

Session 2 - Understanding Family Separation

Explore what family separation means and consider the emotional, relational and practical changes that can accompany separation.

Session 3 - Responses and Coping

Examine personal responses to separation and identify coping patterns, supports and strategies that may assist with adjustment.

Session 4 - Three-Session Review

Review the first three sessions and reflect on learning, personal insights, progress and areas requiring further attention.

Session 5 - Parenting Conflict and Communication

Explore respectful, child-centred communication, reduce children's exposure to adult disputes and consider healthier ways of managing parenting-related conflict.

Session 6 - Coping With Loss and Reduced Contact

Explore experiences of loss, changed family roles and reduced contact, and identify constructive ways of coping with these changes.



12-Session Program Framework - Continued

Session 7 - Steps Toward Moving Forward

Identify practical steps that can support adjustment, personal stability and continued movement toward a healthier future.

Session 8 - Letting Go and the Separation Cycle

Explore the letting-go process and develop awareness of recurring emotional or behavioural patterns associated with separation.

Session 9 - Understanding Your Thinking

Reflect on current thinking, identify unhelpful thought patterns and consider healthier ways of interpreting and responding to separation-related situations.

Session 10 - Emotional and Mental Pain

Explore emotional and mental pain associated with separation and consider constructive coping, support and self-care strategies.

Session 11 - Consolidation

Bring together the learning, strategies and personal insights developed throughout Sessions 1-10 and identify the approaches that are most useful moving forward.

Session 12 - Exit Planning and Moving Forward

Develop an individual exit and forward plan, including a 30-day plan, ongoing support, regular personal reflection, monthly goal review and continued self-discovery.

What Participants Receive After Purchase

The complete Family Separation digital participant workbook expands the 12-session framework into a guided self-applied program. The purchased workbook includes:

- Twelve structured participant sessions
- Guided education and personal reflection activities
- Activities examining separation, responses and coping patterns
- Child-centred communication and parenting-conflict reflection
- Activities addressing loss, reduced contact and moving forward
- Letting-go and thinking-pattern exercises
- Emotional coping, consolidation and self-care reflection
- Exit planning, a 30-day forward plan and ongoing goal-review prompts

Pre-purchase protection: Detailed participant exercises, worksheets, response templates and complete session activities are supplied only within the purchased workbook.

Who Is This Workbook For?

This self-applied workbook is intended for adults seeking a structured educational and personal-development resource to better understand and respond to the effects of family separation.

- Individuals adjusting to separation and significant changes in family life
- Participants wanting to understand emotional responses and coping patterns
- Parents seeking to strengthen respectful, child-centred communication
- Individuals coping with loss, changed family roles or reduced contact
- Participants wanting to examine thinking patterns and emotional pain
- Individuals seeking a structured process for letting go, consolidation and forward planning

Workbook Information

Product	Family Separation Program - 12-Session Self-Applied Digital Participant Workbook
Format	Digital PDF participant workbook
Program Length	12 sessions
Participation	Self-applied / independent
Primary Focus	Adjustment, coping, communication, reflection and forward planning
Delivery	Digital product via Wix
Licence	Individual participant use
Price	AUD \$39.95

Wix Product Listing

Suggested Wix Product Name

Family Separation Program - 12-Session Self-Applied Digital Participant Workbook

Short Wix Product Description

A professionally structured 12-session self-applied digital participant workbook supporting adjustment to family separation through guided education, personal reflection, healthier coping, child-centred communication, emotional awareness, consolidation and practical forward planning.

Suggested Wix Product Category

Digital Workbooks | Personal Development & Wellbeing Programs



Wix Purchase Options

Option 1 - Purchase Digital Workbook

AUD \$39.95 - One-Time Purchase

Purchase the complete 12-session Family Separation digital participant workbook for individual participant use.

PURCHASE DIGITAL WORKBOOK - AUD \$39.95

Option 2 - Buy Now

Use a direct Wix Buy Now option for customers who are ready to proceed immediately to checkout. After successful payment, the customer receives digital access according to the Wix store delivery settings.

BUY NOW - DIGITAL WORKBOOK

Suggested Wix Checkout Note

Digital Product - Please Read Before Purchasing

This is a digital PDF product. No physical workbook will be posted. Please ensure the email address entered at checkout is correct and securely save your workbook after purchase.

Individual Participant Licence

Purchase provides a licence for one individual participant to use the workbook for personal educational and self-development purposes. The workbook must not be copied, shared, distributed, uploaded, resold, republished or supplied to another person or organisation without prior written permission from Divine Living Solutions.

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