



THE COMEBACK METHOD

# The First Five Decisions Every Man Must Make During Divorce

A Practical Playbook to Protect Your Future, Your Children,  
and Yourself

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By Sandi Bannister

## Introduction

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If you're reading this, chances are this isn't where you expected to be.

Divorce can feel like an ambush. One day you're trying to keep everything together, and the next you're overwhelmed by legal documents, emotional landmines, financial uncertainty, and fear about what happens to your children.

You don't have to have all the answers today.

But you do need to make a few important decisions early—because the choices you make now can shape the next chapter of your life.

This isn't about "winning" divorce.

It's about protecting what matters most while moving forward with integrity.

You can be a good man, do the right thing, and still advocate for yourself.

Two things can be true at the same time.

Let's begin.

# Don't Go Through This Alone

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Divorce is one of the most stressful experiences a man can face.

Many men isolate themselves because they don't want to burden others, appear weak, or admit they're struggling.

Isolation leads to poor decisions.

**INSTEAD:**

- Identify two or three trusted people you can lean on.
- Consider working with professionals who can guide you.
- Give yourself permission to ask questions before making major decisions.

Strength isn't pretending you're fine.

Strength is getting support.

**KEY TAKEAWAY**

**Strength is getting support.**

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**ASK YOURSELF**

**Who can I trust to help me think clearly when emotions run high?**

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## Protect Your Relationship With Your Children

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For many men, this is the greatest fear.

You may be worried about losing time with your kids, being misunderstood, or being pushed to the sidelines.

Don't let fear drive your behavior.

### FOCUS ON:

- Being consistently present.
- Avoiding putting children in the middle.
- Speaking respectfully about their other parent.
- Creating stability whenever possible.
- Documenting important parenting involvement when appropriate.

Children don't need perfection.

They need a father who continues to show up.

### KEY TAKEAWAY

**They need a father who continues to show up.**

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### ASK YOURSELF

**What choices today support the relationship I want with my children five years from now?**

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# Slow Down Before Making Emotional Decisions

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Divorce activates grief, anger, guilt, fear, and sometimes panic.

The decisions made during emotional flooding often become the ones men regret later.

**BEFORE REACTING:**

- Pause before responding to inflammatory messages.
- Sleep on major decisions.
- Get advice before signing agreements.
- Resist the urge to "just get it over with" if you don't understand the consequences.

You don't have to match someone else's urgency.

You do need clarity.

**KEY TAKEAWAY**

**You don't have to match someone else's urgency.**

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**ASK YOURSELF**

**Am I making this decision from fear, or from wisdom?**

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## Understand Your Financial Reality

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Avoidance creates anxiety.

Information creates options.

Even if finances weren't your responsibility before, now is the time to understand:

- Income and expenses
- Assets and debts
- Insurance policies
- Retirement accounts
- Credit cards and loans
- Household obligations

Knowledge doesn't mean conflict.

It means preparedness.

Being informed allows you to make fair and thoughtful choices.

### KEY TAKEAWAY

**Being informed allows you to make fair and thoughtful choices.**

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### ASK YOURSELF

**What information do I still need before making financial decisions?**

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## Decide Who You Want to Become

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Divorce is an ending.

But it can also become a turning point.

Eventually, the paperwork will end.

The question becomes:

Who do you want to be on the other side of this?

- The father you want your children to remember.
- The man who handled adversity with integrity.
- The version of yourself who rebuilt rather than remained stuck.
- The person who stepped into the future one decision at a time.

You don't have to figure out the rest of your life today.

You only need to take the next right step.

### KEY TAKEAWAY

**Decide who you want to become on the other side of this.**

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### ASK YOURSELF

**When this chapter is over, what do I hope people say about how I handled it?**

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## Final Thoughts

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You may feel overwhelmed right now.

You may be exhausted from conflict, worried about the future, and wondering whether anyone truly understands what you're carrying.

I want you to know this:

You are not powerless.

You are not defined by this chapter.

You can protect what matters, advocate for yourself, and move forward without losing your values.

Divorce is part of your story.

It doesn't have to be the end of it.

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**“Your comeback begins with the decisions you make today.”**

## What's Next?

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You've read the playbook. When you're ready for steady, confidential support, here's how coaching works.

Weekly one-on-one sessions over Zoom, by appointment—scheduled at times that work for you.

Flexible packages and straightforward pricing. A clear path forward when you're ready.

- 1 Call to talk through what you're facing and what support would help.
- 2 I'll create a specific proposal tailored to your situation—simple packages and clear pricing.
- 3 Schedule your first session when it feels right—no pressure.

CALL TO GET STARTED

**831.588.8237**

[thefirstfivedecisions.com](https://thefirstfivedecisions.com)

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**“One decision at a time. One step at a time. Your comeback starts here.”**

**Sandi Bannister**