

Breakup Healing Guide

HOW TO HEAL YOURSELF FROM A BREAKUP?

-Your Guide To Moving Forward-

Introduction

There is a huge attachment element to a relationship. In relationships, people spend a lot of time together, they think together and sometimes even make decisions together. Individuality becomes less of a concern and we look at ourselves as part of a "couple".

This is both good for you and not so good for you, it's good because we learn how to co-exist, we share, we give and receive love and we support each other which is pure human nature.

However, on the other hand, we sometimes lose touch with who we are, we blend in and we forget what we are all about.

This dis-connection from who we truly are can make us even more attached and dependable. Scared to lose our partner because we think to ourselves:

Who Are We If They Left!

Another part of attachment in relationships, is the instant hope that this will last forever, forgetting that we only control 50% of the situation (since we are one part of the couple equation). The other 50% is controlled by our partner and what happens there is completely out of our scope.

So, when relationships end we suffer, and sometimes even lose the motivation or willingness to move forward.

In this workbook, I will teach you how you can re-connect to yourself, regain your confidence and start moving on with your life to a better life situation.

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Here are the 6 most important tools to heal yourself after a breakup:

1- Be okay to acknowledge how you feel and then let yourself feel it.

It's totally okay and normal to feel down after a breakup, I mean we're humans after all! Letting yourself feel and accept the pain will help avoid bottling up certain thoughts and emotions until reaching an explosion point. It keeps us mentally healthy and helps us be more aware of how we're feeling and why we're feeling it.

2- Know that you are not alone.

Have a support system of one or two people that you trust, people who usually have positive energy and positive influence on your life. Sharing your pain with them will help you open up to receive love even when you're hurt. Be honest, don't shy away from being vulnerable and express your feelings fully.

3- Cope with feelings of rejection.

When we go through a breakup, it makes us feel rejected and unwanted. When we feel rejected, we start questioning ourselves and we engage in self-beating inner talk. We create an unrealistic story of what is wrong with us or how it was our fault and then we believe it.

Does it have to be your fault? Of course not! As I said earlier, we are only responsible for 50% of the relationship- if we did something there, then what can we learn from that and how can we improve it; however, the other 50% is completely out of our control.

Change the inner conversation you have with yourself about your breakup.

What would you tell a friend who is going through the same situation?

Tell yourself the exact same thing. And instead of beating yourself up, start asking yourself what you can do now to make yourself feel better and start doing it.

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4- Bring your focus back to yourself.

Re-connect with who you are, and ask yourself what are your values, passions, interests and goals? Have you lost touch with that?

Then Now Is Your Time To Re-Connect To Yourself.

Start a new self-love routine; take care of your physical health by being more mindful of what you eat and how you exercise. Try new things you haven't tried before, go to new places, explore new hobbies.

Learn how to fall in love with yourself again because believe me, there is nothing sexier than a person who is fully comfortable in their own skin.

5- Set goals.

Start planning ahead, write down 2-3 things you want to achieve and then write the steps you want to take in order to achieve them. This will give you a positive distraction and a motivation to move forward and builds your confidence. (put your goals somewhere where you can always see them, so you can stay reminded of them every day)


6- Forgive

Forgiveness is not for the other person as much as it is for yourself. By holding on to sadness, anger and resentment, you are only standing in your own way of becoming and feeling better.

Let go of blame, let go of the inner story you're repeating to yourself and acknowledge this as one of the many situations you will go through in your life. Be at peace with it and release it. This will help you give space for new situations and experiences to come into your life.


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So, now that you know the 6 most important tools to heal yourself. Let me tell you how this works.




1- You will feel pain, and try to distract yourself from it or deny it, because that's how our brain works

You'll do that by keeping yourself busy, overworking yourself, spending time with a lot of people, etc.




2- You will acknowledge your feelings, accept them and allow yourself to feel them fully

Let yourself cry, scream, binge on ice-cream, take a day off from work, etc.




3- You will seek out support and share you pain and feelings with others

Sit with your friends or family and just talk for hours, let everything out, feelings, tears, stories, everything.




4- You will change the self-beating inner story you are telling yourself, and replace it with a self-empowering one

You will start saying, it happened, It's a fact, what can I start doing now to help myself, seek out help, and start asking yourself a different set of questions, what do I want now? what will make me happy again? Etc.




8- You will let go of the story, forgive the other person, forgive yourself and forgive the universe for everything that had happened.

You will write down all the things that you feel you need to forgive yourself for in this situations, and the reasons you need to forgive the other person and then let them go with peace.




7- You will set 2 to 3 goals and start setting an action plan to achieve them

Open a new business, take cooking class, visit 3 countries I haven't seen before, get a new certificate, etc.



6- self-love will start becoming a habit

You will start a new routine, new eating habits, exercise, travel, experiment with new things, go for massage, etc.



5- You will re-connect to yourself, your values, passions and goals.

Write down your values (love, simplicity, honesty, etc.) do what you love, paint, write, hike, spend time outdoors etc.