



Heal from the hurt

Breakup Recovery Guide

From breakup to glow up



Heal from the hurt

Things to avoid
after a breakup:

Begging for
closure

Watching their
social media

The blame game

Telling EVERYONE
the story

Things to avoid after a breakup



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Begging for closure

I know that you may want closure or a final conversation. But I would caution you against us because you really don't know how your ex may be taking the break up. Some exes can't deal with rejection and it be can become fatal.

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Watching their social media

After a break up sometimes people do petty things just to get your attention don't fall for it. Stay off there social media and focus on yourself.

Things to avoid after a breakup



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The blame game

avoid picking sides or blaming yourself. I'm not talking about not taking responsibility for your actions in the relationship. But please do not put all the blame on yourself. No matter what you made the best decision at the time with the knowledge that you have.

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Telling EVERYONE the story

I am not saying NOT to vent. But be careful who you vent to.. Everyone doesn't have your best interest at heart. Some people just want to be nosy. And this can be counter productive while you are actively healing. When you are ready to talk about your relationship make sure it's someone that you can trust.

Unlearn & Release

This is by far one of the most difficult steps. This will take time & may take therapy. This step will require you to be gentle & patient with yourself.

What you are unlearning is all the negative things that have been said to you. Some of you will have to unlearn negative thoughts that go back to childhood. Some of you will have to take a hard look in the mirror and realize that you have been unkind to yourself. And once you recognize it it's time to make a decision to release it. No more negative thoughts about yourself. It also means standing up for yourself when someone says something negative about you.



SWOT Exercise

Do your personal SWOT analysis. Use the results to recognize your unique skills, strength, and talents. Plan strategies to manage your weaknesses and take advantage of any opportunities!

Strengths

- What do you do well?

Weaknesses

- What could you do better?

Opportunities

- What are the opportunities?

- Which strengths could you turn into opportunities?

Threats

- What obstacles do you have?