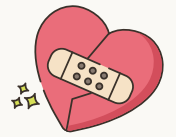
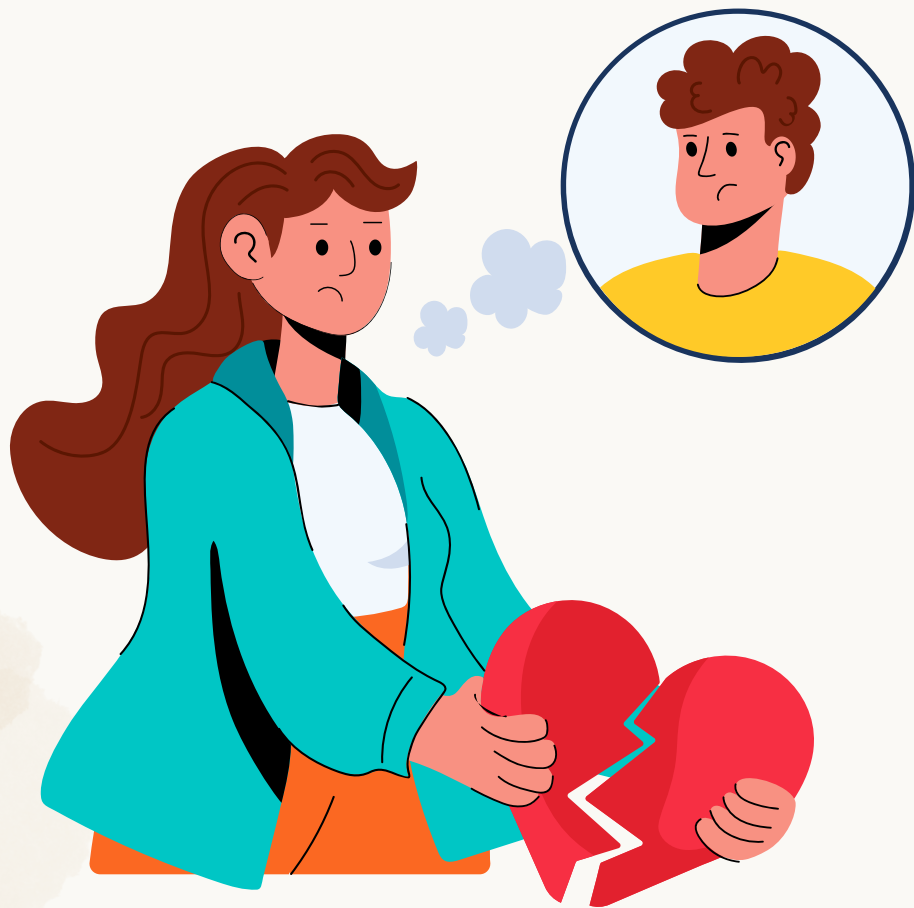


HEALING AFTER A BREAKUP



A SELF-HELP GUIDE



Self Help For Breakup

Breakup is often connected with stress, anxiety, and self doubts. Ask yourself:

- “What did I do wrong that made them leave?”
 - “Were they happier without me?”
 - "Were my needs and values truly being respected?"
 - "What are my personal goals outside of a relationship?"
 - “Should I try one more time to fix things?”
-

If the answer to any of these questions is 'yes', you may be experiencing problems after a breakup and you may find this workbook helpful.

THIS WORKBOOK AIMS TO HELP YOU TO:

- Recognise whether you may be experiencing problems after a breakup.
- Understand what breakup is, what causes it and what keeps it going.
- Find ways to understand, manage or overcome your breakup stress.

1. Do I have this symptoms after a breakup?

If you experience this symptoms after a breakup it is likely that you will recognise many of the feelings, physical symptoms, thoughts and behaviour patterns described below.

Please tick the boxes which regularly apply to you.



Feelings

- Sadness or depression ☐
- Anger, frustration, resentment ☐
- Guilt or shame ☐
- Anxiety about the future ☐
- Emotional numbness (feeling "nothing") ☐
- Feeling rejected and unworthy ☐



Physical symptoms

- Loss of appetite or overeating ☐
- Trouble sleeping (insomnia) or sleeping too much ☐
- Low energy and constant fatigue ☐
- Weakened immune system (more prone to illness) ☐
- Shortness of breath ☐
- Muscle tension, headaches ☐



Thinking patterns

- Constant overthinking or obsessing about the ex ☐
- Intrusive memories (flashbacks of good or bad moments) ☐
- “What if” and “If only” thoughts ☐
- Self-criticism ("I wasn't good enough") ☐
- Idealizing the ex and the relationship ☐



Behavioural patterns

- Withdrawing from friends and activities ☐
 - Checking the ex's social media repeatedly ☐
 - Trying to contact or stalk the ex ☐
 - Using distractions excessively (e.g., binge-watching, overeating, substance use) ☐
 - Struggling to concentrate at work, college, or daily tasks ☐
-

If you have ticked a number of these boxes you may be experiencing problems after a breakup.

However don't be alarmed, this is very common and there are things you can do to improve your situation. You will find some useful strategies in this workbook.

2. What is breakup?

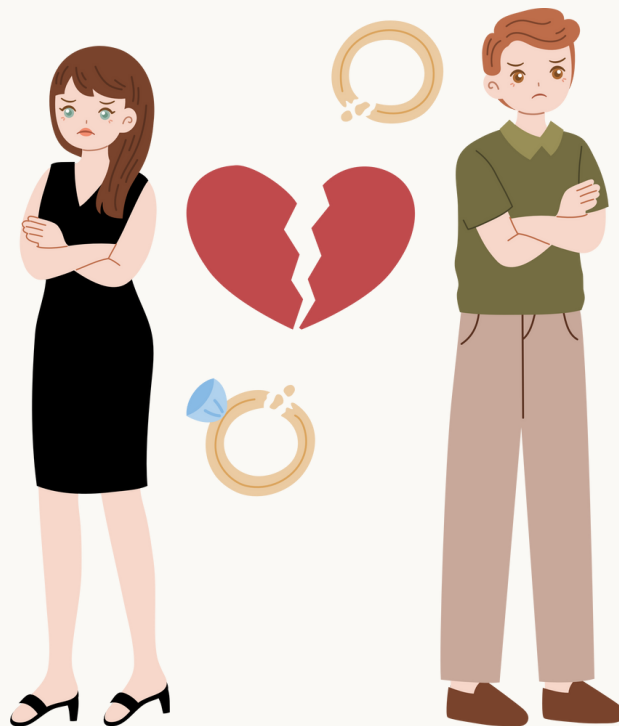
A breakup is the ending of a close romantic relationship between two people.

It can be mutual (both agree), one-sided (only one partner decides), or forced by circumstances (like distance, family pressure, life changes).

A breakup marks a major emotional separation and loss of shared identity, especially if the relationship was intense or long-term

In psychological terms, a breakup can feel similar to grief — it's the loss of a person, shared dreams, routines, and emotional security.

People often go through stages similar to grieving a death: denial, anger, bargaining, depression, and acceptance (Kübler-Ross model).



3. What causes a breakup?

Breakups usually don't happen suddenly.

They are caused by a combination of emotional, behavioral, and external factors over time.

1. **Lack of Communication**

Poor communication leads to misunderstandings, unmet needs, and growing emotional distance.

Problems are not discussed openly, causing resentment to build up.

2. **Trust Issues**

Betrayal, dishonesty, secrecy, or repeated lying can destroy the foundation of trust.

Even small lies, if frequent, can cause major cracks over time.

3. **Growing Apart**

People naturally evolve.

Sometimes partners develop different interests, goals, values, or lifestyles, making it hard to stay connected.

4. **Unresolved Conflicts**

Frequent fights without resolution create emotional exhaustion.

Suppressed anger can also silently poison the relationship.

3. What causes a breakup?

5. Lack of Emotional Support

When one partner feels emotionally neglected or invalidated, they may start feeling lonely within the relationship itself.

6. Incompatibility

Differences in major areas like religion, finances, long-term goals, sexual needs, family expectations, etc., can create tension.

7. Cheating and Infidelity

Emotional or physical infidelity is a major cause of broken trust, leading to breakups.

8. Loss of Attraction

Emotional, intellectual, or physical attraction can fade over time if not nurtured.

Boredom or lack of effort to keep the relationship exciting also leads to emotional distance.

4. How can I reduce my problems after breakup?

Overcoming a breakup is a process — it doesn't happen overnight, but with the right mindset and actions, you can heal and grow stronger.

Here's a complete guide:

1. Allow Yourself to Feel

- Accept your emotions — sadness, anger, confusion, even relief.
- Don't suppress or deny how you feel; emotional release is part of healing.
- Cry if you need to — it's normal and healthy.

2. Cut Off Unnecessary Contact

- Give yourself emotional space to heal.
- Unfollow, mute, or block if seeing their updates keeps reopening wounds.
- Avoid checking their status or talking “as friends” too soon.

3. Take Care of Your Body

- Eat healthy, get enough sleep, and exercise (even a 20-minute walk helps).
- Avoid using alcohol, smoking, or junk food to escape pain.
- Your physical health deeply affects your emotional recovery.

4. How can I reduce my problems after breakup?

4. Control Your Thoughts

Watch out for negative thinking loops like:

- “I wasn’t good enough”
- “They were the only one for me”

Challenge these with rational thoughts:

- “We weren’t right for each other in the long run”
- “I deserve mutual love and respect”

5. Stay Busy and Reconnect with Life

Get involved in:

- Hobbies or new skills
- Spending time with family and friends
- Volunteering or helping others
- Fill the void with positive energy and self-growth

6. Avoid Rebound Relationships

- Jumping into a new relationship quickly often delays healing.
- Give yourself time to understand your emotional needs and rebuild self-worth.

7. Journal Your Thoughts

Writing helps clear emotional fog and track progress.

Try prompts like:

- “What did I learn from this relationship?”
- “What kind of partner do I want next time?”
- “What do I love about myself?”

14-Day Breakup Healing Activities

Day 1 Goodbye Day

Write a goodbye letter to your ex (but don't send it).
Pour your heart out and let the emotions flow freely

Day 2 Clean Slate Day

Deep clean your room, phone, and social media.
Remove old memories to create fresh emotional and mental space.

Day 3 Nature Connection Day

Take a 30-minute walk in a park or any natural place.
Let nature soothe your mind and body.

Day 4 Wisdom Day

Reflect on the lessons you learned from the relationship. Write them down to turn pain into personal growth.

Day 5 Love Circle Day

Spend time with someone who truly loves and cares for you — a family member or a close friend.

14-Day Breakup Healing Activities

Day 6 Gratitude Growth Day

Start your gratitude journal by writing three things you are thankful for. Shift your focus to positivity.

Day 7 Upliftment Day

Watch a happy, feel-good movie or read an inspiring book to boost your mood and energy.

Day 8 Dream Builder Day

Sit and write down your goals for the next six months. Focus on personal dreams and ambitions.

Day 9 New Horizons Day

Try a new hobby, skill, or activity. Create fresh excitement and show yourself you can enjoy life again.

Day 10 Digital Freedom Day

Take a 24-hour break from social media. Give yourself a peaceful mind free from comparison and temptation.

14-Day Breakup Healing Activities

Day 11 Self-Love Celebration Day

Pamper yourself. Treat yourself to something nice to reinforce self-worth and self-care.

Day 12 Reality Check Day

Write a list of why the relationship didn't work. Be honest to break any leftover emotional illusions.

Day 13 Peace Within Day

Practice 10 minutes of meditation or deep breathing to calm your mind and find inner peace.

Day 14 Reflection and Pride Day

Reflect on your 14-day journey. Notice how far you've come and be proud of your healing.

Conclusion

Healing from a breakup isn't about forgetting someone — it's about remembering who you are. These 14 days are not just a journey of letting go, but a powerful return to yourself. With every tear shed and every step taken, you've begun to rediscover your strength, your peace, and your worth.

Let this be the start of a new chapter — one where you choose yourself, cherish your growth, and walk forward with hope in your heart.

"Some endings are just disguised beginnings — trust the break, for it leads you back to your wholeness."❤️