

A GUIDED HEALING WORKBOOK

Moving Forward

Healing after a relationship ends — processing the loss, understanding your patterns, rediscovering who you are, and preparing to love again from a stronger place.

HEAL · UNDERSTAND · REBUILD

A WORKBOOK FOR YOU

PREPARED BY

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A companion for your healing · Go gently, at your own pace

PRIVATE

WELCOME

How to use this workbook

The end of a relationship is one of the most painful experiences a person can go through — and you're carrying it right now. This workbook is here to walk beside you: not to rush you past the hurt, but to help you move **through** it, learn from it, and come out the other side more whole, more self-aware, and more ready for the love you deserve.

There is no timeline and no "right" pace

Healing is not a straight line, and it can't be rushed. Some days you'll feel lighter; other days the grief will come back like a wave. That's normal — it's not a sign you're failing or "going backward." Work through these pages slowly, one section at a time. On a hard day, **doing nothing but breathing is enough.**

How this workbook is built

It moves in a deliberate order — the same order healing tends to follow. You don't have to rush ahead, and you can return to any module whenever you need it:

- **First, you feel and grieve** — because what you skip over doesn't disappear, it just waits.
- **Then, you understand** — your wounds, your attachment patterns, and what really happened, with clarity instead of blame.
- **Then, you rediscover yourself** — who you are outside the relationship, and what you truly need.
- **Finally, you rebuild** — toward a healthier, more secure way of loving, with someone new, when you're ready.

A gentle word on the heavy days

Grief from a breakup is real grief, and it can feel overwhelming. If at any point the pain becomes too much to carry, or you find yourself having thoughts of harming yourself, please reach out right away — to your therapist, someone you trust, or a local crisis line (you can find one for almost any country at findahelpline.com). You don't have to carry the heaviest moments alone.

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Where you are right now

Before the work begins, it helps to understand what's actually happening inside you. What you're feeling isn't weakness or overreaction — it's the natural response of a human heart to a real and significant loss.

Heartbreak is genuine grief

When a relationship ends, you don't just lose a person. You lose a shared future you'd imagined, a daily routine, a sense of identity, a confidant, and a version of yourself that existed within that bond. That's an enormous amount to mourn all at once. Your brain and body respond to this loss much as they would to any grief — which is why heartbreak can physically **hurt**, disrupt your sleep and appetite, and make it hard to concentrate. None of that means something is wrong with you. It means you loved, and you lost, and you're human.

Grief doesn't move in tidy stages

You may have heard of "stages of grief" — denial, anger, bargaining, sadness, acceptance. In real life these don't happen in order. You might feel acceptance on Tuesday and be flooded with anger again on Wednesday. You may circle back through the same feelings many times. **This looping is normal and is not a setback.** Each pass through usually carries a little less charge than the one before, even when it doesn't feel that way in the moment.

Why "moving on" doesn't mean "forgetting"

Moving on is often misunderstood as erasing the person or pretending the relationship didn't matter. It's neither. True moving on means the memory loses its power to hurt you; you carry the lessons without carrying the wound; and you become free to love again without the past running the show. You're not trying to delete your history — you're trying to **integrate** it, so it becomes part of your strength rather than your cage.

RIGHT NOW, THE HARDEST PART FOR ME IS...

WHAT I MOST HOPE TO FEEL BY THE TIME I FINISH THIS WORKBOOK...

A gentle check-in

Naming where you are — without judging it — is the first act of healing. There are no wrong answers here. Circle what's true for you today; you can come back and notice how it shifts over the weeks.

RIGHT NOW, MY HEART FEELS ROUGHLY...

0 shattered	2 raw	4 heavy	6 steadier	8 healing	10 free
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What I'm feeling these days (circle any that fit)

Sadness	Anger	Relief	Guilt	Confusion	Loneliness	Rejection	Numbness
Longing	Resentment	Fear of the future	Shame	Hope	Freedom		

Notice if you circled feelings that seem to contradict — like relief **and** grief, or anger **and** longing. That's not confusion; that's honesty. Endings are almost always made of mixed feelings, and all of them are allowed to be here at once.

One promise to make to yourself before you begin

For the length of this journey, you'll try to treat yourself the way you'd treat a dear friend going through the same thing — with patience instead of criticism, and gentleness instead of "I should be over this by now." You wouldn't rush a grieving friend. Don't rush yourself.

Sign here as a promise to yourself ↑

"You are allowed to grieve what is gone and still believe in what is coming."

01 Letting yourself grieve

The instinct after a breakup is to escape the pain as fast as possible — to stay busy, to numb out, to jump into something new. But pain that's pushed down doesn't leave; it goes underground and resurfaces later, often in the next relationship. The bravest and most direct path is to let yourself feel the loss now, fully and safely, so it can actually move through you.

The principle: feelings are waves, not walls

An emotion, even an overwhelming one, behaves like a wave: it rises, it peaks, and it falls. It cannot stay at maximum intensity forever — the body simply won't sustain it. When grief surges, your only job is to **let the wave move through you without running from it and without drowning in it**. Feel it, breathe, and trust that it will crest and ease. Each time you let a wave pass instead of fighting it, you teach your nervous system that the feeling is survivable.

Riding a wave of grief — what to do in the moment

- 1 **Name it.** "This is grief," or "I'm missing them right now." Naming a feeling begins to settle it.
- 2 **Locate it in your body.** Where do you feel it — chest, throat, stomach? Put a hand there. You're keeping the feeling company, not fixing it.
- 3 **Breathe slowly.** In for a count of 4, out for a count of 6. The long out-breath calms the body's alarm.
- 4 **Let it rise and fall.** Remind yourself: "This is a wave. It will peak and pass. I can be with it." Don't act on the urge to numb or to reach out to your ex — just ride it.
- 5 **Soften toward yourself** when it eases. "That was hard. I got through it." You did.

TEARS, ANGER, AND NUMBNESS ARE ALL VALID

There's no correct way to grieve. Crying is healthy release, not weakness. Anger is often grief with nowhere to go — let it move safely (movement, writing, talking) rather than turning it on yourself or others. And if you feel **numb**, that's the mind protecting you from too much at once; it isn't coldness or a sign you didn't care.

Creating space to heal — the case for distance

One of the most powerful things you can do for your healing is to give yourself real space from your ex — often called "no contact" or limited contact. This isn't about punishment, games, or hatred. It's about giving a wound the conditions it needs to close. Every time you check their messages, revisit old photos, or seek an update, you reopen the wound just as it's starting to knit together.

Why distance works

- It breaks the cycle of **hoping, checking, and crashing** that keeps you emotionally hooked.
- It lets the intensity actually **fade** instead of being constantly re-triggered.
- It gives you back the **mental space** to reconnect with yourself rather than orbiting them.
- It protects you from **mixed signals** that stall your recovery.

My space-and-distance plan

Decide your boundaries now, while you're thinking clearly — so a lonely 2 a.m. moment doesn't decide for you.

MY CONTACT BOUNDARY (E.G. NO MESSAGING, MUTING/UNFOLLOWING, REMOVING TRIGGERS)

WHEN I FEEL THE URGE TO REACH OUT, I WILL INSTEAD... (WHO I'LL TEXT, WHAT I'LL DO)

Before you reach out to them, ask:

"Will contacting them right now help me heal — or just ease this single moment while setting me back?" Almost always, the urge is the wave talking. Ride it for twenty minutes; it will pass, and you'll be glad you waited.

Healing writing prompts

Writing is one of the most effective tools for processing grief — it moves the swirling thoughts out of your head and onto the page, where you can finally see them clearly. Don't worry about grammar or making sense. Just write honestly. Use these prompts over several days; give each one real space.

WHAT I MISS MOST ABOUT THE RELATIONSHIP IS...

WHAT I DO NOT MISS — WHAT WAS HARD, DRAINING, OR WRONG FOR ME...

IF I COULD SAY ONE HONEST THING TO THEM WITH NO CONSEQUENCES, IT WOULD BE...

WHAT THIS LOSS IS TEACHING ME ABOUT MYSELF...

BEWARE THE HIGHLIGHT REEL

Grief plays you a "highlight reel" of only the best moments, making the relationship seem more perfect than it was. That second prompt — what you do **not** miss — is your antidote. Keep a running list of the real, hard truths; reread it whenever nostalgia tries to rewrite history.

02 Healing the wounds

Some relationships leave more than sadness behind — they leave wounds: broken trust, betrayal, harsh words that still echo, a shaken sense of your own worth. These wounds don't heal just with time; they heal with understanding and care. This module helps you tend to them gently, so they don't quietly shape every relationship that comes after.

Name what actually hurt

Vague pain is hard to heal; named pain can be worked with. Take a clear-eyed look at what specifically wounded you — not to reopen it, but to understand it so it can finally settle.

THE MOMENTS OR EXPERIENCES FROM THIS RELATIONSHIP THAT HURT ME MOST

WHAT THOSE EXPERIENCES MADE ME BELIEVE — ABOUT MYSELF, ABOUT LOVE, ABOUT TRUST

e.g. "I'm too much," "I can't trust anyone," "I'm not worth staying for."

These beliefs are wounds, not facts

When someone hurts us, we often absorb a false belief about ourselves as if it were true — "I'm unlovable," "I'm hard to love," "It was all my fault." Hear this clearly: **those are the scars talking, not the truth about who you are.** A relationship ending is information about fit, timing, and two imperfect people — not a verdict on your worth. Part of healing is gently challenging each of these beliefs and refusing to let someone else's behavior define your value.

Rebuilding trust — starting with yourself

Betrayal or repeated disappointment can leave you feeling unable to trust anyone again. But the deepest trust to rebuild first isn't trust in others — it's trust in **yourself**: trust that you can read situations, honor your own needs, set boundaries, and survive whatever comes. When you trust yourself to protect and care for you, trusting others again stops feeling so dangerous.

WAYS I CAN START TO TRUST MYSELF AGAIN (E.G. HONORING MY GUT, KEEPING SMALL PROMISES TO MYSELF)

Releasing self-blame and resentment

Two heavy weights tend to linger after a painful ending: blame turned inward ("I ruined it / I should have known") and resentment turned outward ("they ruined me"). Both keep you tied to the past. Healing isn't about deciding who was the villain — it's about setting the weight down so you can walk forward.

**WHAT I CAN RELEASE MYSELF FROM
BLAMING MYSELF FOR**

**WHAT I'M READY TO STOP CARRYING
RESENTMENT ABOUT**

Forgiveness is for you, not for them

Forgiveness doesn't mean what happened was okay, and it doesn't require contact or reconciliation. It simply means you're choosing to stop letting the past keep a grip on your peace. You can forgive and still keep your distance. You can forgive and never forget the lesson. Forgiveness is the door you walk through to get your energy back for your own life.

The unsent letter — a powerful release exercise

This is one of the most freeing exercises for closing an emotional chapter, especially when the relationship ended without the conversation you needed. You'll write a letter to your ex that **you will never send**. Because no one will read it, you can be completely, messily honest — every angry, sad, loving, unfinished thing you never got to say.

- 1 Set aside quiet, private time when you won't be interrupted.
- 2 Write to them by name. Pour out everything — the love, the anger, the questions, the goodbye. Hold nothing back.
- 3 Say the things you never got to say: what hurt, what you're grateful for, what you needed, what you're letting go of.
- 4 End with a line of release — for example, "I am letting this go, and I am letting myself move forward."
- 5 When you're done, do **not** send it. Instead, keep it sealed away, or safely tear it up or burn it as a symbol of release. The healing is in the writing, not the sending.

SPACE TO BEGIN YOUR LETTER (CONTINUE ON YOUR OWN PAPER)

WHY NEVER SEND IT

Sending it would pull you back into contact, reaction, and the hope-and-crash cycle. The point isn't to communicate with them — it's to **complete** the conversation inside yourself, so you no longer need them to give you closure. Closure is something you create, not something you wait to receive.

03 Your attachment style

We each carry a blueprint for how we connect, trust, and protect ourselves in close relationships. It's called your **attachment style**, and it forms early in life, mostly outside your awareness. Understanding yours is one of the most clarifying things you can do — suddenly your reactions, your fears, and the dynamics of your past relationship start to make sense. And once you can see the pattern, you can begin to change it.

The four attachment styles

Most people lean toward one main style, sometimes with shades of another, and it can shift across relationships. As you read, notice which feels most like you.

Style	How it tends to show up in relationships
Secure	Comfortable with closeness and with space. Trusts fairly easily, communicates needs directly, handles conflict without panic or shutdown. Doesn't fear abandonment or feel smothered.
Anxious (preoccupied)	Craves closeness and reassurance; fears abandonment. Can feel "too much," over-gives, reads danger into small distance, struggles to feel secure even when loved. Protests when feeling disconnected.
Avoidant (dismissing)	Values independence highly; closeness can feel threatening. Tends to withdraw under stress, downplay needs, keep a partner at arm's length, and feel "crowded" when things get intense.
Disorganized (fearful-avoidant)	Wants closeness and fears it — a push-pull of "come here / go away." Often rooted in earlier wounds; can swing between anxious and avoidant, craving love yet bracing for hurt.

No style is "bad" — and none is permanent

Your attachment style is not a flaw or a life sentence. It was a smart adaptation to your early environment. And the most hopeful truth in this whole field: attachment styles can **change**. Through awareness, healthier relationships, and the kind of work in this book, people move toward security all the time. This is called **earned secure attachment** — and you can build it.

Which style is mine? A self-reflection

Read each set and check the statements that ring true. The cluster with the most checks points to your leaning. Be honest — this is just for you.

Anxious leanings

- ☐ I often worried they'd leave me or stop loving me.
- ☐ I needed a lot of reassurance to feel secure.
- ☐ I felt anxious when they pulled away even a little.
- ☐ I tended to put their needs far above my own.

Avoidant leanings

- ☐ I felt crowded or trapped when things got very close.
- ☐ I withdrew or shut down during conflict.
- ☐ I prized my independence and disliked relying on a partner.
- ☐ I found it hard to fully open up or show need.

Secure leanings

- ☐ I could be close and still feel like myself.
- ☐ I could say what I needed without panic or guilt.
- ☐ Conflict was uncomfortable but not threatening.
- ☐ I generally trusted and felt trustworthy.

THE STYLE THAT FEELS MOST LIKE ME IS... AND HERE'S HOW I SEE IT IN MY PAST RELATIONSHIP:

How attachment shaped your relationship

Many painful relationship dynamics are really two attachment styles colliding. The classic example is the **anxious–avoidant trap**: one partner seeks closeness when stressed while the other needs space — so the more one pursues, the more the other withdraws, and both end up feeling unloved. Seeing your dynamic this way replaces "who was the bad one?" with "what pattern were we both caught in?" — which is far more useful and far kinder.

THE DYNAMIC THAT KEPT REPEATING BETWEEN US WAS...

e.g. "I chased reassurance, they pulled back, I chased harder."

MY PART IN THAT DYNAMIC (WHAT I DID WHEN I FELT SCARED OR HURT)

Growing toward security

Whatever your style, you can move toward secure attachment by practicing the skills it's built on:

- **If you lean anxious:** learn to self-soothe, to tolerate space without assuming abandonment, and to value your own needs as much as your partner's.
- **If you lean avoidant:** practice staying present in closeness, naming your needs out loud, and leaning in during conflict instead of withdrawing.
- **For everyone:** communicate directly, choose partners who can meet you, and let yourself be known. Security grows in safe connection.

ONE SECURE-ATTACHMENT SKILL I WANT TO PRACTICE GOING FORWARD

04 Understanding the patterns

There's a difference between dwelling on the past and learning from it. Dwelling keeps you stuck; learning sets you free. In this module you'll look back at your relationship — and your relationships before it — with the calm eye of an observer, to find the patterns and lessons that will protect and guide you next time.

The honest relationship timeline

Map the arc of the relationship from beginning to end. The goal isn't to relive it but to see it whole — including the early signs that are easy to overlook when you're falling for someone.

The beginning — what drew me in	
What was genuinely good	
First signs something was off	
What I overlooked or excused	
How and why it ended	

LOOK FOR PATTERNS ACROSS RELATIONSHIPS, NOT JUST THIS ONE

The most valuable insights come from noticing what repeats. Do you tend to be drawn to the same **type**? Ignore the same warning signs? Lose yourself the same way each time? Play the same role (the fixer, the pursuer, the over-giver)? Patterns that repeat are usually pointing at something in **us** to heal — and that's good news, because what's in us is what we have the power to change.

Reading the flags — what to notice next time

Hindsight is a teacher. Looking back, you can often see signs you missed and strengths you'd want again. Naming both trains your eye for the future.

RED FLAGS I'LL HONOR NEXT TIME

Warning signs I now know not to excuse.

GREEN FLAGS I WANT NEXT TIME

Healthy qualities I now know to look for.

Taking your share — without taking all of it

Healthy reflection means owning your part with honesty, but **only** your part. It was never 100% your fault, and it was never 100% theirs. Two people shape a relationship. Looking at your contribution isn't self-blame — it's self-empowerment, because your part is the only part you can grow from.

WHAT I'D GENUINELY DO DIFFERENTLY NEXT TIME (MY GROWTH, NOT MY GUILT)

Stop the "what if" loop

The mind loves to replay endings — "what if I'd said this," "what if I'd tried harder." This rumination feels like problem-solving but is really the wound circling itself. When you catch the loop, name it ("I'm replaying again"), and gently turn toward one concrete thing in your present: a task, a walk, a breath. The lesson is worth keeping; the endless replay is not.

THE THREE MOST IMPORTANT LESSONS I'M TAKING FROM THIS RELATIONSHIP

05 Rediscovering yourself

In a long or intense relationship, it's easy to slowly lose pieces of yourself — your interests, your friendships, your goals, even your sense of who you are. One of the quiet gifts hidden inside a breakup is the chance to find those pieces again, and to rebuild a life that is fully, unmistakably **yours**. This module is about coming home to yourself.

Who am I, on my own?

For a while, your identity may have been fused with "us." Now you get to rediscover the "me." Be curious, not pressured — you're meeting yourself again.

THINGS I LOVED, WANTED, OR DID THAT FADED DURING THE RELATIONSHIP

PARTS OF MYSELF I WANT TO RECLAIM OR REAWAKEN

FRIENDSHIPS OR CONNECTIONS I WANT TO INVEST IN AGAIN

Build a life so full that a partner adds to it — rather than completes it

The healthiest place to date from is a life you already love. When your sense of meaning, joy, and worth comes from many sources — work, friendships, passions, growth, purpose — a partner becomes a wonderful **addition** rather than the foundation holding you up. This protects you from settling out of loneliness and lets you choose from a place of fullness instead of need.

Rebuilding, one small brick at a time

You don't reinvent a life overnight. You rebuild it through small, deliberate actions that remind you who you are and that you can stand on your own. Pick a few to begin — start tiny.

Reconnect with joy

An old hobby, a new class, music, nature, creativity — something that's just for you.

Reconnect with people

A friend to reach out to, a community to join, a meal to share.

Reconnect with growth

A goal, a skill, a place to go, something you've always wanted to try.

What do I actually value?

Your values are your inner compass — for your life and for your next relationship. Circle the ones that feel most core to you.

Honesty

Loyalty

Growth

Adventure

Stability

Family

Independence

Creativity

Kindness

Ambition

Faith / spirituality

Playfulness

Calm

Deep connection

Freedom

MY TOP VALUES — AND ONE WAY I CAN HONOR EACH IN MY LIFE RIGHT NOW

06 Knowing your needs & emotions

You can't ask for what you can't name, and you can't choose a relationship that fits you until you understand what you actually need to feel loved, safe, and yourself. This module builds two essential skills: reading your own emotions clearly, and knowing — and honoring — your real needs.

Becoming fluent in your feelings

Many of us learned to label only the big, obvious emotions — happy, sad, angry. But underneath those are subtler feelings that hold the real information. "Angry" might actually be hurt, or fear, or feeling unseen. The more precisely you can name what you feel, the more control and clarity you gain.

When a strong feeling hits, ask yourself:

- **What am I feeling?** Name it as specifically as you can.
- **Where is it in my body?** Feelings live physically before we have words.
- **What is it telling me?** Every emotion is a messenger about a need.
- **What do I need right now?** Comfort, space, rest, to be heard, to act?

Your emotional needs in a relationship

We all have core emotional needs in love. When they go unmet, we feel chronically unhappy even if we can't say why. Knowing yours lets you communicate them — and choose a partner able to meet them. Which of these matter most to you?

To feel safe

To feel desired

Quality time & attention

Words of affirmation

Physical affection

To be truly understood

Reliability & consistency

Independence respected

Emotional openness

Shared growth

To feel appreciated

Honest communication

MY TOP EMOTIONAL NEEDS (THE ONES I CAN'T BE HAPPY WITHOUT)

WHICH OF THESE WENT UNMET IN MY LAST RELATIONSHIP — AND HOW I'LL COMMUNICATE THEM NEXT TIME

Boundaries — protecting your needs with love

A boundary is not a wall to keep people out; it's a line that tells others how to treat you well. People who struggle with boundaries often end up resentful, drained, or lost in relationships. Learning to set them — clearly and without guilt — is one of the most important relationship skills there is.

A simple way to express a boundary

Name the behavior, state how it affects you, and say what you need — calmly and kindly:

"When _____ happens, I feel _____. What I need is _____."

A BOUNDARY I STRUGGLED TO HOLD BEFORE — AND HOW I'LL WORD IT NEXT TIME

My non-negotiables vs. my preferences

Knowing the difference protects you from both settling and being needlessly picky. **Non-negotiables** are deal-breakers tied to your core needs and values (respect, honesty, safety, fidelity). **Preferences** are nice-to-haves you can be flexible about.

MY NON-NEGOTIABLES

MY FLEXIBLE PREFERENCES

You teach people how to treat you

When you know your needs and hold your boundaries with calm consistency, you naturally filter for partners who can meet and respect them — and you filter out those who can't. This single shift changes the entire quality of who stays in your life.

07 Loving again, wisely

Healing isn't only about recovering from the last relationship — it's about preparing for a better next one. With everything you've learned about yourself, your patterns, and your needs, you can now love from a wiser, steadier, more secure place. This final module helps you define what you're building toward and recognize when you're truly ready.

What does a healthy relationship actually look like?

If past relationships taught you to accept less than you deserve, it helps to have a clear picture of healthy love. These are the markers to look for — and to offer in return.

Safety. You can be fully yourself without fear of ridicule or punishment.

Equality. Effort, care, and power are shared, not lopsided.

Respect. Your boundaries, opinions, and individuality are honored.

Independence. Two whole people choosing each other, not completing each other.

Honest communication. Hard things can be said and heard without it ending the relationship.

Repair. Conflict happens, and you find your way back to each other afterward.

Trust. You feel secure without surveillance or constant doubt.

Growth. You become more yourself, not less, by being together.

My vision for the love I'm building toward

HOW I WANT TO FEEL IN MY NEXT RELATIONSHIP

THE KIND OF PARTNER I WANT TO BE NEXT TIME

Healthy communication for next time

Most relationships don't fail from lack of love — they fail from how the two people handle conflict and connection. A few habits make an enormous difference:

- **Speak from "I," not "you."** "I felt hurt when..." opens a conversation; "You always..." starts a fight.
- **Address the issue, not the person's character.** Tackle the problem side by side, not each other.
- **Take a pause when flooded.** If emotions boil over, agree to step away and return — don't say things you can't unsay.
- **Listen to understand,** not just to reply. Make your partner feel heard before you make your point.
- **Repair after rupture.** Coming back to reconnect after conflict matters more than never fighting.

Am I ready? An honest readiness check

There's no rush, and readiness isn't a date on the calendar — it's a state of being. Check the ones that feel true. The more that are true, the more solid your foundation. If many aren't yet, that's simply an invitation to keep healing a little longer — which is its own kind of self-respect.

- ☐ I can think about my ex without being pulled under by pain.
- ☐ I've stopped hoping to get back together or waiting for them.
- ☐ I understand what went wrong and my part in it.
- ☐ I feel like a whole person on my own, with a life I value.
- ☐ I know my needs, values, and boundaries.
- ☐ I want a partner to **share** my life, not to rescue me from loneliness.
- ☐ I'm open to trust again, even knowing love carries risk.

Ready doesn't mean fully healed

You don't need to be a "finished," perfectly healed person to love again — none of us ever is. You just need to be steady enough that you're choosing a partner from wholeness rather than from a hole. Keep growing as you go; the right relationship grows you further.

Your moving-forward plan

Growth is easy to lose when life gets lonely or a familiar pattern comes knocking. This page helps you protect what you've built — so the insights from this workbook become the way you actually live and love, not just things you once wrote down.

Know your old patterns' warning signs

When we're lonely, stressed, or freshly attracted to someone, old habits resurface — overlooking red flags, abandoning boundaries, losing ourselves, chasing the unavailable. Knowing your personal signs turns them into an early alarm.

SIGNS I'M SLIPPING INTO AN OLD PATTERN (E.G. IGNORING MY GUT, OVER-GIVING, SILENCING MY NEEDS)

WHEN I NOTICE THOSE SIGNS, I WILL...

e.g. revisit my non-negotiables, talk to a trusted friend, slow down, re-read this workbook.

My commitments to myself, going forward

- ☐ I will honor my boundaries even when it's uncomfortable.
- ☐ I will listen to my gut and not explain away red flags.
- ☐ I will keep building a life I love, with or without a partner.
- ☐ I will choose partners who are **available** — emotionally and otherwise.
- ☐ I will treat myself with the kindness I'd give someone I love.

MY OWN COMMITMENT TO ADD

"You didn't lose yourself in that ending. You found the way back — and that's a strength no one can take from you."

TOOLS

Healing journal

A few minutes of reflection most days keeps you connected to your own progress. Over time, these entries become proof of how far you've come — especially valuable on the days it feels like you're not moving at all.

Day	Heart 0–10	One thing that helped & one thing I'm grateful for today
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		

THIS WEEK, I NOTICED I'M GROWING IN...

SOMETHING KIND I WANT TO REMEMBER ABOUT MYSELF

Track the trend, not the single day

Healing shows up in the trend over weeks, not in any one day's score. A hard day inside a rising trend is just a hard day — not a return to the start. Look back across your entries now and then, and let yourself see the line slowly lifting.

Quick-reference card

Photograph this page or keep it close. It's for the hard moments — the lonely nights, the urge to reach out, the waves that knock you down.

When a wave of grief hits

- **Remember:** this is a wave. It will rise, peak, and pass. Ride it — don't run from it or drown in it.
- **Breathe:** in for 4, out for 6. Put a hand where you feel it.
- **Name it:** "This is grief. It's painful, and it's temporary."
- **Don't act on the urge** to text them or check on them. Wait twenty minutes — it will pass.
- **Reach out** to a friend instead, or do one small kind thing for yourself.

When you miss them and want to reach out

Ask yourself honestly: "Will this help me heal — or just ease this one moment and set me back?"

Reread your list of what you do **not** miss. Remember: the highlight reel is lying to you. Distance is how the wound closes.

Truths to hold on the hard days

- This relationship ending is not a verdict on my worth.
- The pain is real, but it is not permanent.
- I am becoming someone who loves more wisely.
- I deserve a love that feels safe, mutual, and free.
- I can be alone without being lonely — I am rebuilding a life I love.

If the pain ever becomes too heavy to carry, reach out to someone you trust, your therapist, or a local crisis line. You don't have to do the hardest moments alone.

"The right love will not ask you to abandon yourself. And neither should you."