

BR BREAK-UP RECOVERY RETREAT

YOUR FREE BREAK-UP SURVIVAL GUIDE

THE 7 SECRETS OF SURVIVAL



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THE 7 SECRETS TO SURVIVING THE END OF YOUR RELATIONSHIP:

THE 7 SECRETS

Did you know that breaking up from a serious relationship is known as the 2nd most traumatic life experience after death of a loved one? So, it's not surprising that the hurt and pain felt seems to linger on and on, well after the actual split.

The experience will be different for everyone depending on your personal situation, however it will involve a rollercoaster of emotions and a raft of new practical challenges as you separate your two lives. For some the heartbreak, will be exquisite, for others the relationship may have petered out over the years but the sense of loss or betrayal will be overwhelming.

It's normal to feel a whole range of negative emotions. I see clients in my coaching clinic every week who are experiencing all of the following:

- Fear
- Panic
- Stress
- Sadness
- Anger
- Resentment
- Frustration
- Overwhelm
- Jealousy
- Betrayal
- Guilt
- Confusion

The good news is there are techniques and strategies that you can use to help you grab back control of your life and that will help you to cope better. Here are the 7 secrets to surviving the end of your relationship.

Secret 1: It's ok to cry

Many of us suppress our tears as we feel like a failure if we cry and see it as a sign of weakness. Whereas others can't stop crying after their breakup. It's important to remember that crying is a natural part of the grieving process. It will help you to release some of the anxiety you are feeling. If you "stuff your emotions" down and refuse to face them they will show up in other ways. Classic avoidance signs are:

- Throwing yourself into work 24/7
- Drinking too much
- Partying too much
- Jumping straight into another relationship
- Over-doing it at the gym

So, don't be afraid to cry, it's a normal part of the process and is part of your healing process as you grieve the end of your relationship.

Secret 2: Create your Break-Up Support Team

A carefully selected support team around you will massively reduce your overwhelm and worry. The idea is to create a team of people who can give you constructive advice in all areas. That way if you are worried about something then help is only a phone call away. Your Break-Up Support Team should include:

- A legal advisor
Someone you trust and feel comfortable talking to and importantly who also fits your budget.
- A financial advisor
Even if your situation isn't complicated it's always reassuring to have someone who can help you create a plan for your financial future now you are single.
- Family and friends
Carefully select those who are not emotionally charged about your break-up and who will give you good advice for the long term. Of course, you will keep your other family and friends close but be aware who you are sharing with as some even well-meaning people can unwittingly escalate the problems if they are emotionally involved.
- An exercise buddy
This is vital as your recovery is not just about how you are thinking. You need to get some exercise, even a brisk walk around the block – as this will boost your spirits and help you make better decisions.
- A coach or therapist
Choose someone who specialises in helping people in your situation and who has a track record of getting results. They will be able to help you sort through your emotions and support you with a plan for your future.

The beauty of creating a support team is that you may never need to use them, but having them there is reassuring and will reduce the pressure on you. At a time when you have so much uncertainty in your life just knowing that you have someone who can help you to answer the questions you have will make a huge difference to your state of mind.

Secret 3: Learn how to take back your control

It's normal to feel powerless after your break-up, especially if it wasn't your decision to end your relationship. It can feel like you are out of control of your own life and you are permanently in a state of reaction to whatever your partner does or has done.

It's important to realise that you control the remote control to your own mind and can decide how you react. This doesn't mean you become a robot, but it does mean that you have more choices than you may realise. Take your time to respond to emails or text messages, reply when you are ready. Don't rush into making decisions, especially large ones that will have an impact on your future.

Secret 4: Sometimes good things come to an end so that better things can come together

Be aware of what you are telling yourself. I see many clients in my clinic who say:

- I will never love anyone like that again
- It was my one chance of love
- I will never recover from this heartbreak
- Nobody will ever love me now

These are statements that are known as "limiting beliefs" and once you have them you will be looking for evidence to back them up in your own mind. You will focus on friends who have been divorced for ages and not moved on to meet anyone new. You will focus on your negative traits (yes, we all have them!) and this will reinforce your limiting beliefs even more.

So, the secret is to look for times when you have successfully overcome this situation in the past. Can you remember your first heartbreak? The one when it seemed like your whole world had ended and you would never feel that way about anyone ever again. The truth is that you got over it and now you may remember feeling sad but that physical pain has long gone.

Since then you have moved on and had other relationships so now you have proof that you CAN do it. Just recognising that you have survived a break-up before will help you to survive this one.

Secret 5: Shake things up and do things differently

There is an old saying:

"If you keep on doing what you have always done you will get the same results".

This is so true. If you keep on doing the things you did with your ex, but alone, you will exaggerate the sense of loss. The secret is to take a fresh approach to as many areas of your life as possible. You will be surprised at how small changes will make such a huge difference to how you feel.

Some of the areas my clients have changed are:

- Cooking different types of food at home
- Using a different supermarket
- A new haircut
- Wearing a new colour
- Moving the furniture around in their home so the rooms feel different
- Putting up photos of friends they love and happy times
- Placing motivational quotes on mugs, signs or even just items that make them smile around their home

Secret 6: Get out the house and keep busy

It's normal to want to stay in bed with the duvet pulled up firmly over your head and wallow in self-pity. And the truth is it's ok to have days like these, we all need them. However, it's important to make sure that life goes on and you don't succumb to temptation to stay in more now you are single. Plan and book things to do in your diary so that you stick to them. If you find it tricky to commit to doing things on your own, then schedule to do them with a friend. To avoid adding to your overwhelm you can keep your ideas small:

- A walk in the local park
- A coffee with a friend
- A session with a personal trainer in your gym
- A dance class
- Joining a club to pursue a hobby
- A night out with your friend who loves to party

The important part is to make sure you keep busy and don't allow yourself to slump and hide away all the time. It may sound simple but this is not always easy to do when you are feeling low which is why arranging to do things with other people will hold you to your commitment.

Secret 7: Write your thoughts and feelings down

A good way to process your break-up is to write down how you are feeling. It helps to brain dump all your emotions and thoughts and declutter your mind. Some of my clients:

- Keep a diary of events that happen daily
- Write poems to express how they are feeling
- Write letters to their ex which they never send. It's a good way to rant and let out your true feelings without compromising your position as your ex will never know

Writing is a very therapeutic way of releasing negative emotions so try some of the above ideas to find out what works best for you.

THE TOP 3 MISTAKES YOU MUST AVOID AFTER YOUR BREAK-UP:

TOP 3 MISTAKES

Don't Cyber stalk your ex

Following your exes every move on social media is like picking a scab. It will never heal! Unfriend and unfollow your ex immediately. You don't want to see what they are doing without you or who they are now spending time with.

It hurts to see them moving on so quit watching and upsetting yourself. If you find it hard to press the 'unfriend button' then ask a friend to do it for you. It's also a good idea to unfriend joint friends for the time being. You can email them to explain why, so they don't think they are losing you as a friend for good.

Let them know that it is too painful right now for you to continue being friends on social media but maybe you will be able to again in the future when you have moved on.

Don't React in the moment

If you receive a nasty text or email from your ex then take your time to respond. You can always write your answer in the heat of the moment but not send it. If you sleep on it, you will have a fresh and calmer perspective in the morning. Replying instantly may mean that you say things that cause more problems in the future for you. If you always do the right thing you will have no regrets.

Don't Jump into a relationship with the first person to show you affection

It will take some time to heal properly from your break-up and it's important that you learn to love yourself again before you ask anyone else to. Rebound relationships can suppress you grieving properly and you may end up repeating similar mistakes. Have fun but make sure you set your expectations so that you don't get hurt.

10 STEPS TO LET GO OF YOUR EX AND MOVE ON WITH YOUR LIFE:

THE 10 STEPS

In order to move forward you do need to let go of your ex. Here are 10 steps to help you do this:

1. Stop telling your break-up story – every time you tell it you will relive the pain and negative emotions. Also, it will remind you of your ex when you want to forget them.
2. When you refer to your ex use their initial rather than their full name or nickname. When using the initial in emails or texts then use lower case as again this will decrease their emotional significance.
3. Take off the rose-tinted glasses when you think about your ex and refocus your mind on the things you didn't enjoy about your relationship.
4. Remove all your ex's possessions from your home as these will be a constant reminder of them. Clear their clothes out of your bedroom wardrobe and replace with your things. If you don't want to return them or throw them away, then put them in storage out of sight.
5. Sign up on a dating app. You don't need to actually date anyone but just dipping your toe in the water from the safety of your sofa at home can help to show you that there are other potential partners out there. It can be a real confidence boost to get a like from someone that can help you get back on your feet again.
6. Make some small changes in your daily routine to give yourself a fresh perspective on life.
7. Write your Break-Up Bucket List of all the things you can do now that you couldn't do when you were with your ex. Maybe visit a place they would never have gone to or wear a colour they didn't approve of.
8. Write a list of everything you are grateful for and take some time to focus on it every day. No matter what is going on in your life there will be some things that makes you smile, so it's helpful to train yourself to remember what these things are.
9. Remember to find the good in what is happening and to enjoy your new-found freedom to be yourself.
10. Break-ups can be a golden opportunity to redesign your life just the way you want it so take time to set some goals and plan to go get them!

YOUR NEXT STEPS TO FEELING BETTER:

TAKE ACTION NOW BY CHOOSING YOUR NEXT STEP FOR MORE TAILORED ADVICE & SUPPORT

Heartbreak To Happiness Support Group

Click here to join

Your **SPECIAL BONUS GIFT** is a one week free trial of my Heartbreak to Happiness online support group. For more information about your free trial **CLICK HERE**. My online, members only support groups provide an affordable way for people dealing with breakup or divorce to cope better with the emotional rollercoaster and the practical challenges they face. You get weekly support from my team of Accredited Breakup and Divorce Coaches via Zoom, plus you will be part of an instant support group made up of people who understand what you're going through and who will be there for you, listen and support you with empathy, and help you feel less alone.

CLICK HERE TO BOOK A FREE DISCOVERY CALL

For a free call to discuss your next steps to Breakup Recovery please book your **FREE DISCOVERY CALL**. Every breakup is different and this call gives you the benefit of discovering all your options to helping you cope better and move forward.

CLICK HERE TO BOOK YOUR COACHING SESSION

BOOK A COACHING SESSION with me or one of my accredited coaching team to tailor advice to your personal situation. Choose your coach and then have a video coaching session to deep dive into your personal situation and get the answers you need to let go and move forward. This is a great way to accelerate through the recovery process and start to feel good again. Leave with your bespoke Action Plan that will give you momentum after the session and help you get the results you need.

START YOUR 30 DAY THE SPLIT PROGRAMME



Start your **30 DAY THE SPLIT PROGRAMME: BREAKUP TO BREAKTHROUGH PROGRAMME IN 30 DAYS OR LESS**. This is a 30 day programme where you receive a daily advice and tips to help you cope better with every area of your breakup. Learn how to let go and move forward, banish heartbreak and dial down conflict as well as creating a future that you are excited to live. Get started now. ONLY £14.99.

I know this is a tough time for you but please know you are not alone as this happens to so many of us. There are things you can do to help you through this difficult stage so please stay strong.

FOR DAILY ADVICE AND TIPS PLEASE FOLLOW ME ON:



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ACTIONS	DATE TO BE COMPLETED BY	DONE