

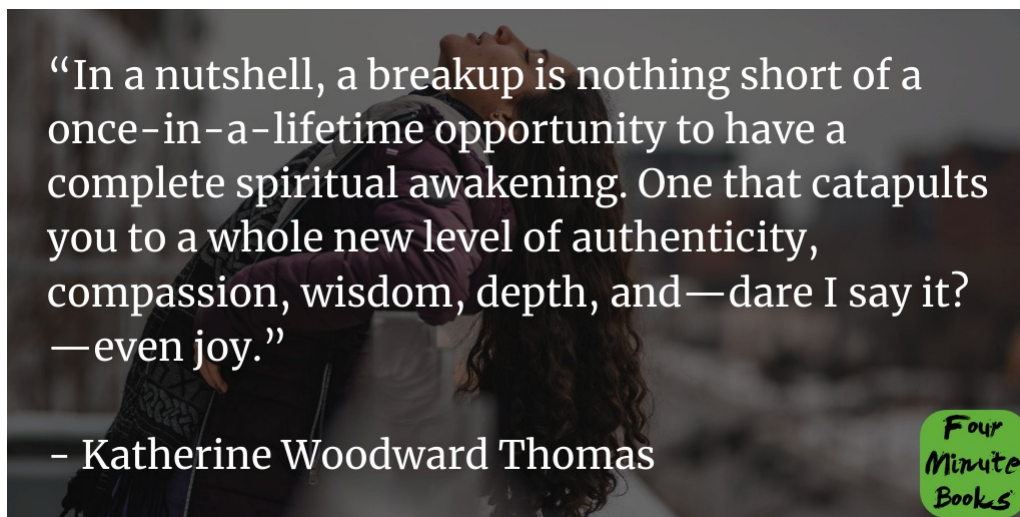
Conscious Uncoupling Summary



1-Sentence-Summary: *Conscious Uncoupling* will improve your love life by showing you how to break up the right way and why things are going to be okay after you separate from someone you once loved.

Read in: 4 minutes

Favorite quote from the author:



You may be familiar with the term “conscious uncoupling” thanks to actress Gwyneth Paltrow using it to describe her separation from her long-time musician husband Chris Martin.

This label, of course, was met with much eye-rolling. Perhaps it felt annoying that ultra-famous actresses living glamorous lives need to find fancy titles to describe a divorce. But what exactly does it mean? Rest assured, Paltrow didn’t coin the term.

It’s actually an idea from marriage and family therapist Katherine Woodward Thomas that she has used to help countless couples come to terms with their break-ups and find closure. As she says, we focus too much on the “happily ever after” when we really need to teach people to live “happily *even* after.”

In her book, *Conscious Uncoupling: 5 Steps to Living Happily Even After*, Thomas teaches us how to move gracefully away from a dysfunctional relationship and transition into your next phase of life. Using her accredited 5 step therapeutic method, you and your ex can forge the way to a healthy and even *rewarding* separation.

Here are the 3 best lessons I’ve learned on the art of breaking up:

1. You should not be ashamed if it's best to part ways with your significant other.
2. The key to conscious uncoupling is being generous, respectful, and kind in a breakup.
3. Conscious uncoupling is a process that can be done in five easy steps.

Breaking up will never be easier after reading this! Here we go!

Lesson 1: There isn't any shame in calling it quits on a relationship that isn't healthy.

Over the years we've come a long way in acceptance when it comes to love and marriage. But society is still very stuck on the notion that coupledness is the ultimate way to be successful. Most people feel it means security in finances and increased social acceptance. And, of course, people will stop asking when you're going to get married again.

But if coupling up equals success, separation equals failure. It's already hard to endure a breakup, but add on the stigma and it's even harder. So, it's time to stop playing the shame game. Imagine being able to leave a relationship and not feel the shame that we couldn't make "till death do us part" work.

The thing is, "till death do us part," as romantic as it sounds, isn't really realistic for many modern couples. Traditionally, marriage has been for life. But though many outdated marital traditions have been left behind, this notion has stuck. Back when the promise of "till death do us part" was started in the fourteenth century, not only was life expectancy 40 years shorter, marriage was also much more of an economic proposition than about love.

"Happily ever after" would be a lot easier to accomplish when "happily" meant economic security, and "ever after" was only a couple decades. So really, there shouldn't be a shame behind separation. Other's shouldn't judge you, and you shouldn't shame yourself! **The real shame is in clinging to outdated ideals that can prevent you from living the happy life you should.**

Lesson 2: In order to consciously uncouple, be loving, giving, and respectful during the breakup.

Contrary to what the movies might portray, real-life breakups are complex. Often there are bitter arguments, grief, and rage. Even worse, both sides stoop to lows they have never before and do things intending to hurt the other person. But they don't have to be this way.

Instead, imagine a breakup where respect still exists, as do forgiveness and generosity. In this breakup, there isn't any need to badmouth or find ways to cut down your partner. This is conscious uncoupling. And it is built on the idea of karma. Or in other words, your

actions to those around you are seeds that blossom in your own life.

So, when our intention is to hurt or punish the other person for the injustice you feel they've done, you'll only plant these seeds of bitterness in your own life. **If you alternatively were to be forgiving and kind, this would invite kindness and forgiveness into your own life.**

When you consciously uncouple, you strive to make sure your actions will make fertile ground for new love to grow and you both can move on. The author does make note that it may not be a good approach for everyone, particularly if they are a victim of an abusive relationship.

Lesson 3: Conscious uncoupling can be done in five simple steps.

Here are the author's five steps for making a breakup happen efficiently:

1. **Find emotional freedom.** Release yourself from the negative emotions that you feel. You can do this by acknowledging them, which is easier said than done. Also remember to take care of yourself and find self-compassion.
2. **Reclaim your power and your life.** Now is the time to stop obsessing or blaming your partner. Own up to your own contributions and let go of playing the victim. You will find once you start taking responsibility for your part, you will be more empowered. In addition, reflect on yourself and find codependent patterns you may have.
3. **Break the pattern and heal your heart.** Look back on earlier life experiences that might be influencing your core narratives. If you're experiencing the same relationship patterns over and over, you're the only one who can fix this!
4. **Become a "love alchemist."** Start making choices that will help you graduate from the past and transform any contention into love. Be generous and kind and honor the relationship that has been lost in a healthy way by thinking about the things you gained and learned from the partnership.
5. **Start your happily even after.** Begin reinventing your life. Build upon what you've learned, but now make new friends, relationships, and partnerships. Once you and your partner feel more healed, forge a fulfilling platonic connection. Be sure to clarify boundaries and make decisions regarding family and shared resources collaboratively.

Conscious Uncoupling Review

What I really love about Conscious Uncoupling is that it identifies the hidden benefits of breaking up and gives the steps to do it efficiently. I've felt that freedom it describes when ending past relationships and it really can be something to look forward to when getting

out of a bad relationship. If you're in a difficult relationship that needs to end, do yourself a favor and pick up this book!

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Who would I recommend the *Conscious Uncoupling* summary to?

The 22-year-old who is in an abusive relationship and needs to get out, the 47-year-old that can't get their last lover out of their head and doesn't realize how it's holding them back, and anyone that's just recently broken up and is having a hard time dealing with it.