

Healing from break-up

By Evette Rose

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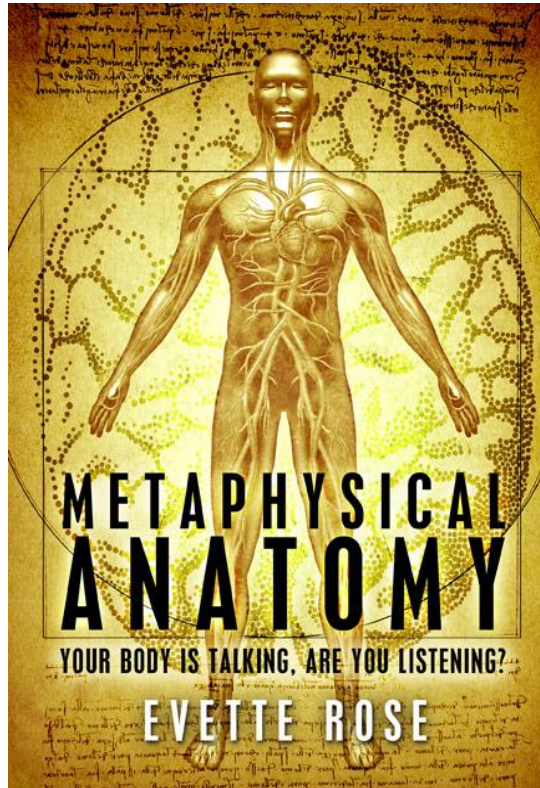
ACKNOWLEDGMENTS

Thank you to each and every client or student that I have met for your insight, support and willingness to share your life stories. I would not have been able to write this book without you!

With Love,
Evette Rose

Also by Evette Rose

Metaphysical Anatomy



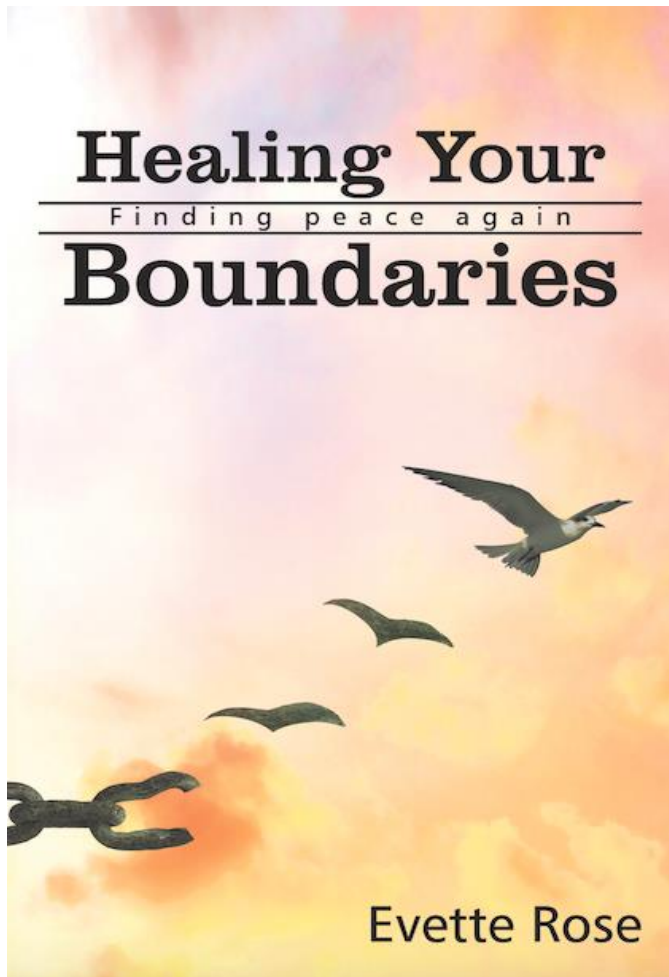
Your Body is Talking, are You Listening?

Metaphysical Anatomy is about illnesses from A – Z. This book is so much more than the emotional components of each disease. Metaphysical Anatomy also includes step-by-step guide for identifying the origin of the disease process, whether it be in your ancestry, conception, womb, birth or childhood. This book is equally valuable for experienced alternative healing practitioners, psychotherapists, hypnotherapists, personal development coaches and those interested in self-healing. To find out more visit:

<http://www.MetaphysicalAnatomy.com>



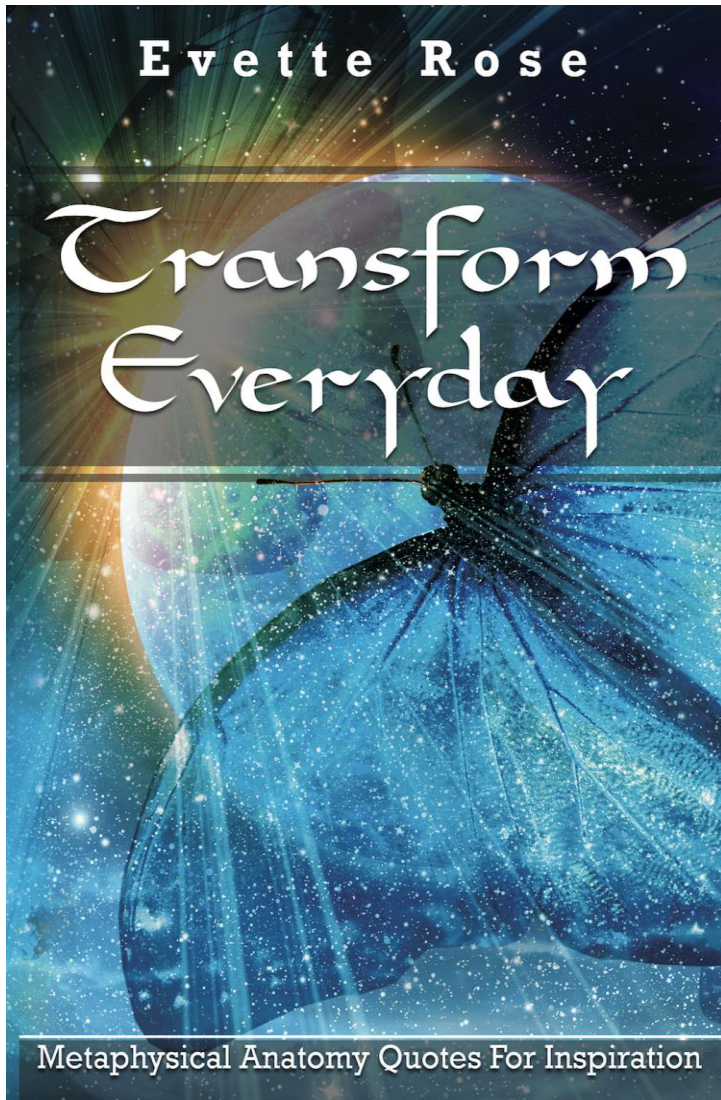
Metaphysical Anatomy Technique Volume 2 explains the core foundation and healing technique behind Metaphysical Anatomy Volume 1 which describes step-by-step guide for identifying the psychosomatic pattern related to 679 medical conditions. These conditions can be activated by circumstances in your present life, your ancestry, conception, womb, birth trauma, childhood or adult life. Volume 2 teaches you the foundation of Volume 1 including a powerful healing technique. There is also an Online Healing Course that you can combine with Volume 1 and Volume 2.



Your boundaries define who you are and what you become. If you have healthy boundaries, then you would not even be reading this piece. Right now, there is a part of you that is doubting whether you do have healthy boundaries. You have finally listened to your gut feeling and once you delve into this book you will most likely find out that you were right. During the course of this book, I will guide you step by step how to redefine, heal and establish brand new boundaries in your life that will not just bring you happiness, it will be the beginning of a brand-new future and identity. Go to: www.healingyourboundaries.com



This true-life story is a must-read for people who have either experienced abuse or care about someone else who may be trapped in processing their childhood experiences. This book brings an empowering message of hope, healing and understanding to anyone who feels challenged by their past.



The healing intention of this book is to create awareness of your blocks and patterns. It is through awareness that healing and transformation takes place. In this book you will find quotes and inspirations designed to heal and transform every day of the year.

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Introduction

As a start, know that you are exactly where you need to be in your healing journey and life. At this time, I invite you to bring your awareness to the present moment, not the past, not the future, but the here and now. Become aware of your heartbeat and feel the book in your hand.

It is in this exact mindset and awareness that you will find your greatest healing and breakthroughs. You can't be present in your life while your mind is worrying about a past that no longer exists or a future that does not yet exist. I invite you to keep this in mind as you start reading this book and following the exercises that I have designed. There is also an online site, where I will take you through healing meditations to support you through this journey. In each chapter I have indicated the appropriate meditation to help you progress based on the focus of the chapter.

I invite you to embrace the healing process that you will go through with me as we move through the chapters. This book is designed to help you to move from emotionally surviving to thriving. It is important to follow the exercises and sequences as they are laid out in this book. You will also be receiving regular accountability emails from me to support you and to make sure that you stay on track! Ultimately, you are here with me right now, because you made the decision to heal and start a new life. I am committed to you as much as you are committed to your journey.

Remember also that every separation is different. Separations take place for different reasons, and this book is designed to meet as many of your needs and healing steps as possible in order to help you rediscover yourself again.

During a divorce, there are different emotional stages that you can transition through and not all stages are the same for everyone. We all have different backgrounds, such as upbringing, emotional stress responses, and belief systems. However, a few phases that we all experience are anger, grief, loss, isolation, loss of support,

failure, and humiliation. The order in which these emotions arise during your healing journey may also be different from my own experience with healing from divorce. I invite you to take in as much as you feel ready to absorb and to progress at your own pace.

Please also make sure that you have subscribed to www.healingbreakuptoday.com to gain access to www.matmembers.com site to complete exercises and go through healing meditations that were designed to support you throughout your healing journey.

Chapter 1

“To regret one’s own experiences is to arrest one’s own development. To deny one’s own experiences is to put a lie into the lips of one’s own life. It is no less than a denial of the soul.”
— Oscar Wilde

Reality versus Denial

I designed this book based on what I learned from the tough healing process that followed my own divorce. The pain I felt after my divorce was almost similar to losing someone through death. I would like to share a few aspects of that journey with you.

I was in Moscow when my now ex-husband and I decided to part ways. The separation was unexpected for me; I didn’t see it coming, and it blind-sided me. We were in the middle of a year-long tour. After having both realized that our values for our relationship, friendship, and marriage had changed to such a great extent, prolonging the relationship through compromise was not an option for either of us.

I had no idea where I was going to go next. Returning to our home on Vanuatu in the South Pacific was out of the question for me. I knew I needed a new environment to start over.

I remember sitting in an apartment in Moscow, looking at a world map and feeling so incredibly scared and confused. My eyes were drawn to Bali. Memories of a wonderful holiday we had there came rushing back to me, and I thought “Bali it is”.

I packed my suitcase the next day and flew out to Bali. I was a wreck when I arrived. I was distraught and in disbelief. It was almost like I was living someone else’s life. I couldn’t identify with

my surroundings. Worst of all, I couldn't identify with myself. The reality of what had just happened was still quite foreign to me. It was as if I was on a holiday and would see my husband again soon.

I stayed in a guest house in a Balinese family's backyard, as that was all that I could afford. Not knowing what the future held, I wanted to be careful with my finances. During the second week of my stay in Bali, the truth of the situation hit me, and it hit me hard.

I felt numb and so stricken with a fear of being alone. I was afraid of the future and of losing the emotional and financial security that I had had during my marriage. I felt like my identity had been stripped away from me. I felt lost and insecure, and I was surrounded by people who felt sorry for me instead of being supportive of me. Although their pity may have been well intentioned, it was disempowering, and I found myself withdrawing from the presence of others to go within myself.

That was a big mistake on my part, and it prolonged my healing process. I learned very quickly that I was not able to work through my pain on my own and that I needed help.

I took the plunge, pushed my ego aside, and reached out to a local practitioner to help me through the tough transition. The support was priceless and I broke through one of my biggest barriers - being too proud to ask for help. A lifelong debilitating pattern had been broken, and it opened new doors for me in more ways than I could have imagined. I'm happy to share what I learned from my own experience as well as from what I've been able to distill from helping others through their process.

Big lessons I learned during my healing process that may help you as well:

- *To be mindful of the kind of support that I allowed into my life*

Remember that you are going through a vulnerable period where boundaries are not clear. In this emotional state, your ability to discern has been compromised, and the burden of making decisions can feel unbearable. It's easy to give away your power to make decisions to someone else.

- *To hold off on making big and important changes during this time*

As your emotions are running high, your perspective on life is seen from an angle that is filled with intense feelings, and it will change how you perceive and experience your environment for a period of time.

- *To ensure my support systems are aligned with my best interests and then allow them to act on my behalf*

If you have a lawyer then he or she should also have your best emotional interest at heart (not just your financial interest). Lawyers may push you to make a decision that is often in their best financial interest. If you need a lawyer, then find one who understands what you are going through and make 100% sure that both your intentions for the divorce and the outcome that you want is clearly expressed. This sets the emotional foundation for how the divorce will play out, especially from your side.

- *To check in with myself and trust my heart*

Friends and family might try to help by telling you to go out and meet new people. Remember that a heart that has healed is ready to give love a chance, and if you can't resonate with that right now then don't listen to that advice!

- *To set my own expectations*

Take your time. You need to do what is best for you. Your healing journey is not about pleasing others or fulfilling other people's expectations. As you read that, you probably felt that you have done enough of that already, and that it's time to break the cycle.

If you have children, then they are also affected by the separation. Achieving balance, as you know, would be extremely important. That is why learning how to allow yourself to be supported in a healthy and empowering way is going to be key for you during this process. Children are very intuitive and sensitive to your emotional state as a parent. If your emotions run high, it will affect them. If you feel that you need an emotional break to get back on your feet, then ask someone to look after your children and take some time for yourself. This is perfectly okay. Your children will feel your renewed strength, and it will influence them

in a positive way. You are their point of stability, and they look up to you for guidance.

Remember that while you had a life before you started this relationship, and therefore something that you can go back to, with necessary adjustments, your children do not have that option, nor have they had that experience. Their life is with you, and that is all that they know. Your challenges will throw their entire emotional world into upheaval. The more you focus on your healing journey, the more your children will also benefit.

If you are healing, your children's world is healing too.

I would like to draw your attention to some other experiences you might be faced with.

Not having an awareness of which emotions are blocked or unblocked can complicate the healing process and present frustrations. Because you may be experiencing a mixture of feelings and symptoms, you might inadvertently identify with a category that does not accurately reflect the healing stage you are actually going through. This book is sequenced to address the general flow and healing process of a separation. As you progress through the book, you might find that you have already experienced some of the emotional stages during your divorce or separation process. I invite you to keep an open mind and see what resonates with you.

When you go through a traumatic time, you might completely emotionally dissociate. There is a part of you that is trying to protect you from all of the emotions that have been activated during this stressful period. This is particularly true when you find yourself in a situation where, due to obligations, children, work or any number of reasons, you cannot afford to go through the healing process. The dissociation phase is an emotional bypass mechanism that will not last indefinitely. Your body will eventually bring you to a point where you will need to face the suppressed feelings, the grief, the loss, the sudden changes and the important transformations that are unfolding.

If you avoid your emotions, you will never fully heal. You will carry the old pain with you wherever you go. The body can only hold stress for so long until it finds alternative ways to release this stress. Often the release process goes beyond your control. Instead of waiting for your body and mind to push you to the limit, I invite you to be in control of the process and give yourself permission to feel, express, and heal.

What to expect

*Time is not the greatest healer when you're going through a separation.
Healing from a separation takes action not time.*

Prioritizing yourself and activating your healing process will set you free from your pain. In order to explore all the options and opportunities that your new life has to offer, you have to first step outside of your comfort zone. Just like being born again, you must leave the womb.

I will discuss the kinds of actions you need to take to address denial, the tendency to overcorrect past mistakes, shock, releasing grief, and changing your perception of the past. I will address questions you may be asking yourself about why this happened. I will help you change the blame game into a healthy learning process. Letting go of the fear of change is a crucial step towards starting your new life. Together, we will step through processes aimed to release attachments to your partner, which will also help you change how you feel about him or her. Most importantly, we will talk about how to eliminate blocks related to your self-esteem.

There are many myths and preconceived ideas about divorce and break-up.

Try to avoid boxing yourself into anything that does not resonate with you. Going through the processes in this book might help you to uncover deep suppressed feelings, habits, or patterns that you didn't even know were there. Letting go of what no longer serves you is another kind of unboxing. That is my invitation to you.

Chapter 2

Holding on is believing that there's a past; letting go is knowing that there's a future.

—Daphne Rose Kingma

Why is it so hard to move on?

We have all experienced some sort of loss, heartbreak, or separation. Separation doesn't always boil down to a relationship break-up. For the purpose of this topic and book, it does. Relationship separation is a painful experience to go through because of your shared experiences, and the memories and dreams you created together. In what might seem like the blink of an eye, what you once wanted has now changed. Even if you saw the separation coming, nothing can prepare you for the sense of loss that awaits when the final decision has been made.

When a relationship does come to an end, you feel shock, panic, and confusion. So many questions come up. You don't always know if what you are feeling is the result of missing your ex-partner, or rather, the result of missing a thing or feeling that the relationship or ex-partner allowed you to feel that you could not emotionally feel on your own.

Often, your most unhealthy attachment, the thing that creates the perceived inability to let go of a relationship, is based on a deep unmet need within yourself. This need is so deeply set in your unconscious mind that you react and respond to it almost instinctively, as there is no other conscious or logical explanation

for the way that you feel. In one way or another, you recognize that a need is being fulfilled by someone outside of yourself.

If a partner made you happy, but you couldn't find that happiness within yourself, then you have given your power and ability to be and feel happy to an external source. The problem here is that people and circumstances constantly change, which means that the happiness that we draw from our external environment will also constantly fluctuate and change.

Giving your power away to something outside of you, which could leave or change in the blink of an eye, means that your ability to feel and access the happiness that this person or relationship allow you to feel and access can change and will inevitably do so. The end result is that you are left once again searching outside yourself for something to fill the void.

The key to avoiding this pitfall is to consciously ask the question, "What did that person or relationship give me that I couldn't access myself?" Instead, we allow our emotions to lead us and mask our clarity.

In many cases, a person might have been in love with the relationship dynamic or some benefit of the relationship rather than the person they were in the relationship with. While you might actually have been in love with your partner, the deep attachment might stem from the fact that they fulfilled an instinctive need for financial security. In that case, you fell in love with the fact that someone could provide financial security for you, which in turn made you feel safe, and the feeling of security and safety was associated with the partner. They, the person, did not actually make you feel safe. An external tool, money, was being used to meet your instinctive need, which, once fulfilled, resulted in a feeling of safety, and an emotional response such as contentment.

Contentment can often be mistaken for love. You fall in love with the pleasant feeling rather than the person themselves. If you were to remove the financial security that a partner provides from the equation, would you still feel the same 'love' or contentment toward them and the relationship?

If the answer to the above question is “no” then this is what I call secondary love. The love was the result of a misattribution – an association of the emotional response with the person rather than with what they needed (money in this case).

Keep in mind that we do come together with a partner because of love and friendship, and there can be a beautiful harmony within relationship dynamics. It's when the connection starts to break down that we need to explore the reasons why.

If your relationship was abusive

Moving on from an unhealthy or even abusive relationship is challenging. It all depends on what your association with love and relationships are. Seemingly simple associations stored in your unconscious mind can dominate your future, your happiness, and ultimately your quality of life if they are not in healthy alignment with your true conscious desires. Your frontal cortex (conscious mind) will say ‘yes’ to a loving relationship, yet your unconscious mind might say ‘no,’ if you have only had bad experiences with love. Consciously you know what you want - a loving and supportive relationship. We are biologically designed to live together, not apart. As a result, in theory, you have emotional and instinctive needs that would propel you forward to seek out a partner to fulfill those needs.

When you have emotional needs, you consciously know that they can be met in a positive way; however, our emotional brain, the limbic system, might have something different to say. For example, if you had a negative experience with love in the past or if a hurtful situation is repeated over time, you start to form negative associations with that positive need. That means that a positive need has now become unhealthy. Even though we consciously know that it is meant to be a positive experience, we end up seeing and experiencing the opposite.

That is also why, in my opinion, manifesting doesn't work. Setting an intention to manifest true love when you have trauma and negative feelings associated with it, will result in the

unconscious mind sabotaging the very thing that the conscious mind wants.

People debate whether the law of attraction is real or not and whether you can control the law of attraction. Your ability to exercise control over your manifestation power will depend on you healing the underlying negative associations that you have inadvertently made with positive needs. For example, you may unconsciously associate love with abuse because of past experiences, yet you consciously desire a loving relationship, as you still have a desire and unmet need for love. You feel drawn to people who will respond to your associations with love, as the unconscious mind is dominant over the conscious mind.

Negative associations with positive needs do not necessarily have to be formed over a period of time. One traumatic event can be enough for your mind to remember that negative experience, especially if the trauma cycle does not complete in the body. A trauma cycle *completing* means that the stress felt and experienced as a result of an event that was perceived as traumatic was able to successfully heal, allowing the body to reset itself by successfully releasing the emotional stress that was felt. I discuss this concept in more depth during my live events and Metaphysical Anatomy Volumes I and II.

Resetting a traumatic event means healing the pain, yet the memory remains. When this old memory is accessed, however, there is no emotional activation. The process by which memories are stored does not involve rational thought. Memories are stored based on whether they made you feel good or bad. This is an important topic to address, as the first question that always comes forward after a break-up is “Why?”

You may feel absorbed in trying to identify the cause of the break-up, especially if you feel that you did everything right and then the other person walked away. You may, in fact, be blameless. There could be an unresolved block within the other person that unconsciously led them to sabotage the relationship. You cannot control how the other person feels or reacts. That is their responsibility.

“Why” is an even harder question to grapple with if you can see blocks within yourself *and* the other person that you wish to resolve together, but the desire to do so is not mutual. That is a hard truth to accept, especially when you can see a solution, but the other person is not ready to explore that solution with you.

Or, you might see the issue clearly but may not be ready to take the plunge and heal the challenging block yourself. That is when it is so important for you to bring your full focus back to yourself and that one strong aspect in your life that you actually do have the power to change.

Moving on from an abusive relationship

Someone who has not been exposed to an abusive relationship might not be able to relate to these particular pitfalls. Each person will take what they need from this book.

When you are in a relationship that is unhealthy, you will have been exposed to treatment that significantly lowers your reference point for how you expect to be treated. All that you want is for a need to be met, but with your self-esteem having been compromised, you may be emotionally willing to pay any physical or psychological price for it. When you lack self-esteem as a result of abuse in the past then it will be much more challenging to recognize your value and the love and support you are worthy of in a relationship.

If your needs had been continuously disrespected or if love was withdrawn from you in a relationship as a punishment for expressing needs that a partner perceived as being unreasonable, then feeling the self-worth to express a need will become challenging over time.

So, now your need to have your needs met has been challenged to the point where your expectations have been weakened and lowered. Your efforts to have your needs met have been rejected or criticized to a point where you kept lowering the bar for this need to be met and for how you would allow yourself to be treated. Unacceptable behavior and responses from a partner become

acceptable. It is during this time that you form a dangerous comfort zone, as you start to feel comfortable feeling uncomfortable.

When you become used to being abused, abuse becomes normal - a lifestyle even. Once an abusive relationship ends, you might continue to unconsciously seek out partners that are abusers to reconnect to the old lifestyle that you have become so used to.

Physically abusive relationships can be extremely challenging to let go of, despite what the logical mind might think about the situation. When your safety and your physical body feels threatened as a result of the reaction of a partner, all that you want to feel in that moment is safety.

This is also true for emotional abuse. When you are emotionally abused, all that you seek during that moment is psychological safety, comfort, and an emotional escape from the stress that you are experiencing, yet you have no option or emotional resources to support you during that time to relieve you from the psychological distress.

Regardless of the nature of the abuse, a similar effect arises, where you unconsciously reach out for security – whether physical or psychological - to the abuser.

The abuser is the person consistently present in your environment at the time of the emotional or physical abuse. Your need for safety is unconsciously met by the abuser simply being there. Now you can see how the cycle and need for safety is starting to form, how it's met, and the unhealthy associations that are being formed with your need for safety.

This is the typical way in which Stockholm syndrome manifests in abusive relationships. If this cycle is repeated often enough, this can become a lifelong association. The key to avoiding this is to heal the psychological pain and trauma that is holding this thought process in place. The neural pathways that are formed in the brain of the abused person are responsible for holding in place the associations that lead to this toxic cycle of abuse. Neurogenesis is the development of new neural pathways. Leveraging this process that our brains are naturally capable of can allow the creation of new neural pathways with healthy associations that help

us break the negative cycle. I discuss the research behind this in more detail in my books *Metaphysical Anatomy* Volume 1 and 2, as well as at my healing retreats.

A bad relationship does not always equal a negative past.

You might have had great relationships in the past, including with your parents, making it difficult to explain the later breakdown of a relationship or marriage. In these situations, ancestral memories may be coming forward and playing themselves out in your life, having been activated by some stressful event. A person can also come from a near-perfect family and relationship dynamic, but there might have been just one relationship that was so painful and traumatic that negative associations and coping mechanisms formed during that time that can be strong enough to hold a person back from creating new healthy relationships again.

Some people move on faster than others do

Throughout my career facilitating and empowering people, I have come to learn that there are some people who can bounce back to a normal life pretty quickly after a divorce, and then there are others who become stuck and have a hard time moving on.

The difference between these two types of people is that those who seem to move on quicker with their life are goal orientated. Their focus is on their new future and adjusting to their life new lifestyle. They tend to be more pro-active in terms of taking action and healing from their separation. Balance is always key though as this approach needs clear structure. Otherwise it can become just another coping mechanism. The future is a healthy goal to have, however it should not be the only goal. The other type, who get stuck, are often more sentimental in terms of family life, relationships, and so forth. Their focus is directed to their family life and the well-being of loved ones instead of toward themselves.

Your healing journey is greatly affected by your ability to stay focused. However, just staying focused is not enough; it also

depends where that focus and energy is directed to. If it's directed in the past, then I'm sure you have realized by now that it is much harder to let go. If it's directed toward future goals, then it will be easier to let go and move on, as you have a goal to work toward. You have something new in your life to wake up to.

Some might say that this is just a distraction, as the goal could be a bypass method in order to not feel your true emotions, and that is why your healing journey is so important. However, this still just shows that a person can move on faster, but is it necessarily a healthy route? Even if you have a goal, it should not be used to form an avenue to avoid dealing with the underlying unresolved stress that you experienced from your separation. Your body has its limits and thresholds. Once you have exhausted yourself from focusing on your goals, there is a strong possibility of the old pain resurfacing. At some point, your body will let you know that it's time to put the past in the past and not use distractions as a way of coping with your new life.

Break the cycle of anger and establish healthy boundaries

Accepting and bringing a person into your life means that there is a part of you that allows yourself to be vulnerable enough to love and be loved. It also means that you allowed yourself to trust your judgment and trust the intentions and actions of another. When there is a separation, the trust is broken. The cycle of vulnerability escalates, as not only is your trust in your partner broken, it has also been disrupted within your relationship with yourself.

Sadness and anger can become your shield and coping mechanism. You can become stuck in feeling anger and sadness, as these emotions are symptoms of much deeper emotions that are also currently activated. You can become stuck with anger and sadness, as it is easier to identify and understand these emotions rather than understanding or having a conscious awareness of the deep-seated pain that goes beyond the expression of anger and sadness.

Anger is the final expression of overstepped boundaries and of feeling powerless to correct the breach of boundaries. When anger is expressed, you have reached your threshold and your limit of what you can emotionally or even physically handle. What makes dealing with anger challenging is that we don't always recognize when boundaries are being overstepped. We cannot correct an overstepped boundary if we don't recognize it in time. By the time you feel angry, you are already in damage control mode, as your boundaries have been overstepped days, weeks, months, or even years ago.

Defining and refining what your boundaries are, and healing the blocks that prevented you from expressing them in the first place can help you to set the foundation for creating healthy relationships in the future.

Overstepped boundaries can also lead to sadness. Without having a clear understanding of our limitations and thresholds, we can neither express our boundaries nor recognize when they are being overstepped. When you feel unheard, feelings of rejection and abandonment may result.

Understanding and establishing your boundaries is powerful. It can help you to move out of an unhealthy relationship sooner and perhaps even help you not get stuck in an unhealthy relationship in the first place. If this resonates with you, then I would highly recommend my book *Healing Your Boundaries: Finding Peace Again*. There is also an online healing course that you can combine with the book at www.findingpeaceagain.com.

Stay in the present moment

There is a risk that you will start to live in the future, as no pain exists there yet. Even though you might experience anxiety about your future, you may prefer it to the acute pain of the present. Or, you might become stuck in the past, obsessively playing scenes over in your head and imagining how you could have done things differently to save the relationship. Maybe these past ruminations

even make you feel a sense of hope for the future as you convince yourself that there's still a chance to turn things around.

The pain and the reality of your circumstances are most raw in the present moment. This is also where you will find the inner resources you need to move forward.

Learn to be okay with how you feel, regardless of where you are in your healing journey. Trying to avoid your emotions requires a significant investment of energy. While it may reward you with a temporary numbing of the present pain, it is a sure way to magnify your pain once the distractions that you have allowed yourself are removed. The pain will feel fresh all over again, and possibly more intense, as you have unaccustomed yourself to it.

There is no lasting substitute to addressing the root cause of your pain. Just like putting a band-aid on a chronic sore, the problem can be covered, but because you have not addressed the inability of the skin to heal, when you remove the band-aid you will find a festering mess, and a wound whose borders have expanded since you last looked at it. As with chronic wounds, trying to heal the pain of a break-up with time alone can be self-defeating. Your non-attention to emotional wounds can be as devastating as with chronic wounds.

Coping mechanisms

We all have our own ways of coping with and managing stress. When you go through a divorce or break-up, your old mechanisms might feel like they no longer serve to give you the psychological relief that you need as the intensity of your emotions and circumstances have drastically changed. So, what do you do? You either do more of what you've already been doing to deal with the stress, or you find other ways to manage it. In most cases, these coping strategies are not healthy for your mind and health.

Coping mechanisms are also called emotional escapes. What these coping mechanisms look like will be different for everyone. It can take the form of alcohol, smoking, excessive exercising, dieting, and the list goes on. You form a positive association with

these coping mechanisms, as they give you a break from your intense emotions. This emotional escape may become another problem that you have to deal with once you have healed from your separation.

You get a positive relief from your circumstances, and this positive relief itself becomes addictive, which leads you to try to recreate the emotional escape routine over and over as a means of coping with your current emotional circumstances.

I discuss healthier ways to manage your stress during this time later in the book.

Incompatibility

Many relationships fall apart as a result of incompatibility. Incompatibility can take many different forms and shapes, and it can come about in many different ways. In this specific case, I'm referring to needs, values, and belief systems.

We all have values, beliefs, needs, goals, and dreams that make us tick. The variation in these aspects distinguishes us from one another, and has the ability to both separate people and to create unity through supportive relationships and dynamics. We bond with people when we see or feel a compatibility with them in one way or another. Compatibility can be expressed across the dimensions of lifestyle, education, hobbies, interests, and the list goes on.

When you meet someone who takes a deep interest in a hobby that is very dear to your heart, the likelihood of forming a substantial bond with them is greater than if they were only superficially interested in that hobby. When you connect with a person on the basis of shared interests or values, it creates a compatibility bond. You might find yourself so connected with someone that your focus is only set on the compatible aspects that you share with them, and you might fail to see aspects where you are not so compatible. Throughout the relationship, your incompatibilities will start to surface. This is a normal phase for any

relationship. It is how you overcome incompatibilities that can either strengthen or break the relationship.

Incompatibility relates to being unable to maintain peace and flow within a relationship regardless of the compromises or adaptations you have personally made in order to try to stay in alignment with the other. These changes you have made for the sake of the relationship may, in fact, be to your detriment. This is particularly true if, for example, you felt that you had to give up something that made you happy, or if your quality of life was negatively impacted by the change.

Incompatibility becomes a challenge when there are aspects of your lifestyle, values, or beliefs that are so important to you that neither you nor your partner are willing to compromise. This belief or value is so important that it can become a deal breaker for a relationship if it is not understood or respected by the partner. This inflexibility on both sides can lead to suffering. On the other hand, compromise can also lead to suffering, as discussed in the previous paragraph. In either scenario, one of you will likely suffer. The next step is often disconnection and the start of growing apart.

We all have a belief, value, or aspect of our lives that is so important to us that we are less likely to invest time and energy in people who do not share that belief, value or aspect. Both my ex-husband and I had values that were so important to us that, over a long period of time, we struggled to compromise. I had developed values that were deeply ingrained in my identity. These values were forged from past trauma and from pain that I experienced in my childhood, and they were rock solid. I stood so strong in that position that I was willing to give up and walk away from a marriage that was not in alignment with it. That was not an unreasonable decision on my part, as I would have been sacrificing a piece of my future happiness and goals in order to create peace in the relationship. In the end, my ex-husband and I mutually accepted our incompatibility.

In the initial stages of my divorce, it did beg the question, “Why do you feel that you have to fight so hard for a value or a belief?” The stronger we feel we have to fight for a construct of

the mind, the more it indicates that there could be unresolved pain or trauma behind this value or belief.

Of course, the fact that you have to fight for this value or belief also means that a loved one is greatly challenging it. The moment you feel that you have to sever a relationship because it is not in alignment with your values and beliefs, it can trigger deep unresolved injustice and pain.

Having boundaries and standing strong in your values and beliefs are healthy. I am not speaking against that. But what I am saying is when there is such a disruption in the flow of a relationship due to incompatibility, it raises the question, “What is the unresolved pain behind this dynamic that is causing disharmony between two individuals?”

I am also not saying that the incompatibility can necessarily be healed or that you can make everything okay in the end. The purpose of the relationship might actually have been to show you that there is a big part of you that is fighting for a value or belief that you can, in fact, just have. Once the pain that is driving you to fight for that value or belief is resolved, you don’t feel the need to fight for it anymore.

The reality is that we are not compatible with everyone. What is important, though, is to recognize this before you establish a relationship. However, in most cases, we only recognize this when the relationship becomes painful, as pain is a call to action. When we feel enough pain, we start to investigate. That is when the bigger questions are asked, and answers are found.

When you are incompatible with someone and you try relentlessly to make the relationship work, then you need to ask yourself what this relationship or person is giving you physically or emotionally that you cannot feel or access on your own. Because ultimately, you might actually be holding on to an emotional response to a fulfilled need that is making you cling to the relationship.

Ask yourself: are you really staying because of your partner? Or have they already completed their role in your life by showing you what is unhealed and absent within you? When the latter is the

case, it can be difficult to accept, but trying to compromise the peace back into your relationship may be to your detriment.

Compromising to your detriment

What does compromise look like? You try to change to become the person that your partner wants you to be, because you were made to question your identity, values, and beliefs. Perhaps, you were shamed for standing strong within something that gave you meaning and value. A common reaction to an attack on your sense of self is to pretend that there is no problem and become submissive. Another common reaction is to adapt by changing yourself with the intention of avoiding the attack and shame that was projected onto you.

When this happens, you become stuck in a self-destructive cycle. You abandon your sense of self, identity, values, beliefs, and everything that was once important to you, potentially even your dreams and goals. Someone else's belief system, values, dreams, and goals have now become yours.

These types of relationships tend to be abusive in nature, as the other person could well be aware of your willingness to adapt to their needs and demands. The end result is that your identity and sense of self become distorted, often to such an extent that you abandon your relationship with yourself, and you are living someone else's life.

When a relationship break-up takes place, the healing process does not just involve recovering from the loss of the relationship. It also involves rediscovering your sense of self, who you were before the relationship, and what feels right for you now. As you changed throughout the relationship, your personality, boundaries, and values changed to such an extent that a complete life overhaul is often needed. This is a powerful step to take, and you need to be willing to do so. It is a conscious step and decision.

Are you trying to change your partner?

Here we have the flip side – where you have exerted pressure on your partner to change into the person that you want them to be. If you are highly emotionally invested in this person changing, you may have unconsciously become the abuser.

Your deep unmet needs and fear of being alone—or whatever emotional resource you lack—might have been so great that they drove you to manipulate and control your partner. The deeper your unmet emotional needs are, the greater the extent to which you can go through with actions and words to change your partner.

Your need to manipulate them could be an unconscious deep-seated fear of being alone or fear of rejection. As a result, these deep-seated fears could be driving you to become overly controlling and changing the relationship dynamic to ensure that your needs are continuously met.

If, for example, your partner has low self-esteem and poor boundaries, then they are more likely to change for you in order to be with you and receive love and attention from you. They might conform for the time being; however, resentment and a slow painful breakdown in the relationship is inevitable. Ultimately, two people have come together with deep-seated unmet needs that hook into one another, and it becomes an unhealthy codependent relationship. Both partners' needs are being met, but they are also paying an emotional price in the sense that this destructive cycle—even though it gives the illusion of needs being met—creates more lack and distortion within your relationship with yourself and your partner over time.

Incompatibility as a result of negative associations

A stressful event may have taken place that caused you to associate your partner with the negative experience.

I have seen many marriages fall apart when a child passes away. Both partners are in pain. They are both processing their grief. As they are going through their own individual healing journeys, they

may not be able to fully support one another during this period. And, it is during this time that they associate their pain, such as grief and loss, with the presence of their partner, as the partner is there with them during the process. As one or both of the partners starts to heal, they can be pulled back into that grief they felt so intensely in the past due to the trigger created by the unconscious mind's association of grief with the presence of the partner.

Consciously, they don't realize that this is due to an association that was formed. Instead, they become aware of the sadness and depression that they feel; however, they are not consciously able to directly relate the old grief that has been triggered to a past event that was activated in the unconscious mind. Instead, they feel negative emotions when they see their partner. As a result, they may unconsciously sabotage the relationship in order to escape their partner. In reality, what they are trying to escape are unresolved pain and triggers that are being activated.

Over time, these associations can create an unconscious incompatibility.

Chapter 3

“The reason many people in our society are miserable, sick, and highly stressed is because of an unhealthy attachment to things they have no control over.” — Steve Maraboli,

Denial, Shock, and Overcorrecting Past Mistakes

When you are asked for a divorce or separation, a string of irrational fears can start to creep up:

- What am I going to do with my life now?
- Who am I when I’m not someone else’s partner?
- What is going to happen to me in the future?
- Will I ever find someone who will love me again?
- Will I ever get over the disappointment and pain of this separation?
- Will I ever be able to reclaim my confidence and self-esteem again?
- What am I going to do with all this extra time?

You may respond instinctively by numbing yourself, as the body is trying to process so many different emotions that it temporarily goes into overwhelm. This is called dissociating, and it can be accompanied by a frozen sensation. Dissociating from your environment and what you are about to hear next from your partner, or even from what you are about to say is normal.

Let's be honest. You don't like losing control of your environment and emotions. Our body's best way of handling this out-of-control feeling is to become numb or, if that fails, you might find yourself reaching out to substances or unhealthy habits to achieve that numbing effect.

You might have forgotten how to live an independent life where other people's needs are not your priority anymore. Your priorities suddenly change and shift back to you.

As you start to move forward, you come to realize that where you place your focus is greatly challenged. Being present with how you are feeling right now as well as how you feel about a future that is not quite clear to you is horrifying.

Avoiding grief and trying not to show your emotions are a normal phase during this process.

Your grieving process might also bring up and trigger old emotions that might not even be related to your separation. However, the body is seeing this as an opportunity to release and let go. We have such a negative association with crying, and there is a great deal of shame attached to it, but crying is healthy! Crying is actually the body's natural way of completing a trauma cycle. If you stop yourself from crying at home when you need to, you are actively blocking your body from completing a perfectly normal healing cycle. Showing emotion also means that you have come to realize what your reality has changed into, which is no longer in alignment with your future needs as an individual.

You are also now consciously recognizing that change is inevitable, and it is rare for a person to gracefully accept change. Change means that you have to adapt to a new way of life, your comfort zone changes, and the things that used to make you happy may no longer do so. This throws your world into upheaval. You may see changes occur in relationships with your partner's family, mutual friends or acquaintances, a living space that you shared, or even routines that you had together. The body and mind recognizes that it needs to adapt by finding replacements for those aspects of your life that you had become used to or relied on, and that are now absent from your life.

Grief and showing emotion mean that you have started the process of acceptance

It is common to associate acceptance with failure or giving up; however, I would like to suggest a different take on this for you. Acceptance means that you have come to recognize that who you were with and what you have been doing to save the relationship is no longer your best path forward.

Strategies that have given you successful results and outcomes in the past are no longer working in your favor. What you have been trying and doing until now, has no more value, or at least not enough value, for you to keep pushing forward to a future that is no longer suited for you, your growth, and your needs. Acceptance means that you have come to finally realize and recognize the value of your worth and time.

While acceptance is a healthy indication that healing is taking place, during the initial stages of a breakup, denial of the new reality and avoidance are what come about instead. Pain and sadness are one of the most unpleasant experiences to go through, and many people have a fear of them. This often leads us to delay beginning the much-needed healing process.

This brings me to the tendency to resist accepting how much your life has suddenly changed. Most of us either consciously or unconsciously avoid this transition. Coming up with excuses and trying to justify why things went wrong or didn't work out is a common reaction that speaks to resisting accepting how much your life has changed. You most likely have already started asking yourself questions such as, "What didn't I do?" or "What did I do that maybe I didn't do right?" or "What have I not done enough of?" Getting stuck in the past by asking yourself questions that are no longer relevant to the changes that have already taken place or are about to take place will only make it harder for you to let go. And as we are often not able to answer these questions objectively when the breakup is fresh, it is best not to dwell on them. The worst thing that you can do to yourself, other than denying yourself

a much-needed healing journey, is lying to yourself about what really took place in your relationship.

You can't look into the future if you keep looking at the past. You are also not the sole person responsible for the relationship coming to an end. Even if it's no one's fault, often life itself can pull you apart. I have learned that not everyone is meant to go the distance with you. It's like tides and waves that splash onto the beach. Some stay longer and others don't, and then the tide pulls the wave back again. The wave is not meant to stay still. It has a different role and direction that it needs to take as part of a natural cycle. Your life is also part of a natural cycle.

Knowing and understanding why a relationship came to an end can be very healing. In most cases, the reason is clear, and in other cases, it's not.

The worst approach to grief that you can take is to pretend that nothing happened. Is more challenging without social recognition. No one sees or knows what you are going through and assumes you are okay. When you are grieving in silence, your healing journey becomes challenging beyond measure. As a culture, we are designed to co-exist.

We are designed to live, work, endure challenges and grow together as a community. However, this mindset and these collective values are not as collective as they used to be. Our support systems have fallen apart over years and generations, and we have formed negative associations around grief. What was once a normal experience that allowed the body to release trauma is now condemned as a weakness.

Grief affects the relationship between the brain and the body. Let's start with the brain. A study was conducted involving volunteers who had recently gone through a heartbreak. The volunteers each underwent MRI scans which revealed an increase in brain activity triggered by grief that surfaced when they were shown pictures of their ex-partners. The researchers then compared the results with the brain's reaction to physical pain. What they found was astounding! The brain reacted to emotional pain and physical pain in the same way. This explains a great deal

as to why it is so challenging to function normally when we are grieving.

Grief can also cause physical damage to our bodies. Your body can go into fight or flight mode, which releases the hormone cortisol into the system. This hormone challenges the immune system, preventing it from working effectively. Emotional stress can be so high that we can actually experience a panic attack.

Certain behaviors can make the grieving process even more challenging. One such behavior is refusing to accept your partner's decision to break up. This can happen especially if the break-up was sudden. The more unexpected the break-up, the more traumatic the heartbreak and the experience of grief will be. Also, the more unexpected it is, the more likely you might try to fix the issue rather than accept it. This programmed response of wanting to immediately fix the relationship will lock in the trauma even more, because rather than focusing on processing the grief, you are fixated on seeking ways to resolve the source of the grief - the break-up.

It could also be that your partner's explanation of why they decided to end the relationship is so out of alignment with what you feel to be reasonable that you become obsessed with trying to understand what went wrong. You might then feel that the break-up is your fault (in psychology, this is called negative cognition). However, remember that if the break-up took place as a result of your partner leaving you, the decision was theirs, and the block and unresolved challenged could be on their end. Yes, it takes two to tango. When someone breaks up with you, it's because they have reached a clearly defined point in their life, where they feel certain of their decision. It was likely not an overnight decision.

You may also have made an unconscious vow to remain loyal to your partner. This would especially be true for you if your culture values family deeply. In past generations, loyalty ensured a person's safety, love, security, and community support. The pay-off for being loyal was tremendous, and this pattern could still be very strong in your biology. Even though your partner has moved on, you might have a strong unconscious desire to continue to be loyal

to your partner. Even if this is not a conscious deliberate action, it can be a deep-seated systemic value.

Self-compassion during this phase is extremely important. Instead of punishing yourself for perceived mistakes, have compassion toward yourself. If this is difficult for you, try showing compassion for someone else who is also going through what you are going through. This can actually increase self-compassion.

At the point when you are going through moments of grief, you tend to put a positive spin on your ex-partner, forgetting the pain that you went through. This is a result of your wanting to justify why you should try to make the relationship work. It's normal to want to fix the very thing that is causing you pain in order to escape the pain. In this case, consider that you might be trying to fix a relationship that was just not meant to work. You might also find yourself grieving for the security of the relationship.

You might grieve for the affection, compassion or companionship of your ex-partner. Grief can also be strongly related to the part of you that hates being alone, as now you are forced to embrace your relationship with yourself and learn to appreciate your own company.

Be mindful during your grieving phase that you do not fall victim to radical suggestions by friends and even professionals suggesting that you should do something exciting such as move to your favorite city and other actions that may be glamorized as spontaneity. At this point you are much more vulnerable to following through on these suggestions. While it is tempting to try to escape how you feel by replacing your feelings with potentially reckless actions, this might not contribute constructively to a solid foundation for your new future.

If you have children, let them react in their own way to the news. They also need to grieve and process the shock. Crying is the body's way of completing trauma cycles. Do not disrupt it during this vulnerable time. Be flexible, as your children are also feeling heart ache and do not have the same life experience as you do in order to know how to effectively express what they are feeling.

Arrange fun family outings and events and allow your children to be part of the planning and decision-making process, as this will help to restore their sense of control and stability. Most importantly, as they will be feeling challenged by the idea that their family is falling apart, it will remind them that they are indeed a valued part of the family. Also, remember to reward them when they contribute in a positive way to these family activities and new changes.

Feeling humiliated and ashamed of your circumstances

This is another hurdle that is part of the healing process. It challenges the ego. What you once thought to be your truth now feels like it has been a lie all along. If you made a mistake, then accept it. If your partner made mistakes, then accept that, especially if you feel wronged by your partner. They might never give you the apology that you need to hear. They might never even see or acknowledge the mistakes that they made or how they contributed to the relationship coming to end – accept it.

Let go of the need to control how people see you during this process. There will be judgmental people, and there will be others who are genuinely supportive. Let go of the need to control how your partner responds to you and to the breakdown of the relationship. In most cases, you are not going to receive the emotional support or even communication from your ex-partner to help you through this process, as they are going through their own healing process.

Just because you don't see them grieving doesn't mean that they are not. For most people, grief is a private process, and we all have different ways of handling this challenging emotion.

During this phase, you might feel that love has failed you and that your trust has been challenged. When I refer to trust I also mean trust in yourself and your ability to gracefully make it through this process. Learning to trust yourself, your judgment, and a future partner is often compromised. However, this is often a result of the pain that you are feeling right now. It is normal to become

distrustful of an experience that caused you pain. Be okay with this phase and process if you find yourself going through it at this time.

Understanding the difference between acceptance and surrendering

I have met so many people who confuse acceptance with surrendering. Often, your fear of humiliation and failure is what shapes your values around surrendering. Surrendering means you have reached a level of awareness and willingness to be open to new options and possibilities that could potentially alter your circumstances in a positive way. Surrendering is not a sign of weakness. It doesn't mean that you have given up.

In fact, this powerful mindset will open new doorways that will give you a second chance to make different decisions with outcomes that are more in alignment with your purpose, destiny, values, and your needs as a person, partner, friend, and parent (if you are one).

Chapter 4

You find peace not by rearranging the circumstances of your life, by realizing who you are at the deepest level. – Eckhardt Tolle

Feeling anger / rejected / not good enough and potentially like a failure

You might find yourself feeling angry or resentful when the reality of the separation sinks in. Often you might blame yourself or your partner for the separation that has or is about to take place. You may feel anger and disappointment towards your ex, their family, and sometimes even toward your children.

You could find yourself moving into the bargaining stage, where you will try or say almost anything to save the relationship. Often, this includes sacrificing your values and needs. You feel that you will pay any price to not lose your partner and the life that you have grown so familiar with.

You might be trying to control a situation that is no longer flexible, and the energy you invest in this is futile. If your partner was the one who decided that they want to move on, then you have to let them go. It's more than likely that this decision was not made trivially, and you could be the cause of your soon-to-be ex-partner resenting you more if you go down the path of trying to change their mind about it.

What would be healthy and ideal for you at this stage is to create distance to give you both breathing space and time to reassess your circumstances and feelings. If you were the one who made the decision to separate, then you have reached a point where

continuing with your current circumstances is not an option anymore. You have reached your limit. You have come to learn that you were just tolerating your circumstances and that the negatives have now overshadowed the positives in the relationship.

If you ever start to doubt your decision, then you have to remind yourself why you were unable to continue with the relationship the way that it was. Keep in mind that not all problems can be resolved. And at this point, all options may have been exhausted or something is just not even negotiable for you. There is no point in trying to resolve a situation to the extent where you sacrifice your needs and values until there is nothing authentic left of your identity. Respect yourself enough to stick to your decision and, if you are still in doubt, get a professional opinion or the opinion of someone who is not emotionally attached to your situation.

Your ex-partner might say things to you that you want to hear in order to reconcile, because they might want you around as someone other than a partner. A person can become attached to you, as you might fill a void in them that they are unwilling to fulfill themselves. This is not a healthy relationship dynamic.

If you can relate to this section, and you are separated, then I congratulate you for taking such a big leap in your life. Finding yourself again will be so incredibly rewarding, and it will have positive ripple effects in every aspect of your life.

Feeling like a failure

It's normal to feel this way, especially if the relationship itself was your goal. No one likes to fail, especially in relationships as it can be seen a rejection of who you are and what you stand for.

Letting go is often labelled as failing at something. In the case of a separation it's actually means victory and freedom. You have outgrown circumstances in your life and the relationship either pushed you out of your own sabotaging way or you pushed the relationship out of your life.

The “what if” scenario might come to the surface. You might ask yourself, “If I did make those changes during the bargaining phase, would it have saved my relationship?” Remember, when you separate, you separate for a reason. One of you has outgrown the other. Boundaries may have been overstepped that led to the end of the relationship. Perhaps you or the other person was not interested in trying to resolve unresolved conflict because either both you or one of you are conflict avoidant. In this case if you perhaps didn’t want to resolve conflict then it’s important to explore why. The reason why could be that perhaps something else in the relationship could change that you don’t want to change. Or you might have to change something within you that you don’t feel ready to change. It could be that even your partner outgrew you. If so, then be okay with that. You don’t have to change because someone else has changed. If you change in order to change with your partner then these changes need to be in alignment with your own personal growth and if it’s not then you will end up resenting your partner.

You also could have outgrown your partner and even though love is still present what once attracted you to your partner could have changed. Your partner might have ended the relationship because you failed to pay attention to their needs. So now you have a partner that couldn’t communicate their needs and a part of you that perhaps failed to notice what your partner’s greatest need was.

You might feel that you failed in the eyes of your family. Most family’s want to see you happy and to have a partner. You don’t want to disappointment them by breaking the news that you and your partner separated. It is important that you realize you are not responsible for their happiness, you are responsible for your happiness. Family members who truly love you will understand and accept that you ended the relationship for good reasons and you prioritized your happiness.

Social pressure and trying to fit into your friendship groups can be to your detriment as well. Just because everyone is in a relationship doesn’t mean that you have to be in one as well. Not everyone in a relationship is happy. A relationship is not meant to

be a social status. A relationship is a lifestyle that is meant to be healthy, supportive and loving just to name a few important qualities.

Your self-esteem is greatly challenged by this experience, but the good news is that this part of you will also heal. You will get your confidence back, and you will find happiness and joy in life again. And, most importantly of all, you will find yourself and your authentic identity again. This is a passing phase and experience like many other challenges that you have been through, even though the ego might not see it from this perspective just yet. Everything has an expiration date and that includes this experience along with the emotional stress that stems from it.

Feeling anger and rejected

Anger is a deep underlying feeling that often stems from feeling powerless to change your circumstances or the way that your life is unfolding. In fact, this is only an illusion, as right now you might be in a place of emotional pain that can blind you to the positive strong emotional resources that you already have within you in order to heal from this transition period that you are going through.

As I mentioned earlier in the book, anger is normal. Anger often surfaces due to unconscious associations between anger and confidence or power. We use anger or aggression to try to re-establish our lost confidence, our lost control, and to set boundaries. You might feel humiliated and need to blame someone for the humiliation that your ego experienced.

What was once a challenge for you to express or do, can become easier with the help of anger. Don't allow anger to become your emotional crutch and pattern. Anger can also help to protect your pride. It can become an unhealthy emotional crutch and will only push people away from you during a time when you need loved ones the most.

I learned that my pride and unwillingness to let go of my anger was stopping me dead in my tracks from finally letting go of my

old life. I didn't realize that, at the time, I was one decision away from embracing and allowing a brand-new life that was patiently waiting for me to unfold.

You might also find that you have gone to the opposite extreme, becoming passive and taking on the role of the peacekeeper, as you were consciously or unconsciously trying to avoid any further rejection, confrontation, and the emotional ripples of the reality of your situation. It is important to remember that you no longer need anyone's permission in order to be free, to be yourself, to make your own decisions, or to move on with your life in whatever way you choose. You don't have a second board member that you need to justify anything to. You are now your own creator and leader. This knowledge will get you further than anger ever will.

Overcorrecting past mistakes

There could be a part of you that feels that maybe you didn't step up enough in the relationship. As a result, you could have feelings of guilt or regret and, to compensate for these feelings, you could overcorrect for past mistakes. What is important to remember here is that trying to correct these past mistakes—or something that you *perceive* as a mistake—can sway you away from your true values and needs.

This often leads to you disrespecting your own boundaries and limits. So, be mindful of this. No relationship should require you to sacrifice any aspect of yourself, especially if it affects your quality of life in an unhealthy way. That is not a relationship that you would be able to sustain for a long period, as over time you would find yourself in a depressed and unhappy emotional place. A relationship is based on mutual respect and acceptance that allows both parties to be themselves, have freedom, and love one another without unreasonable conditions and sacrifices.

An important step during this process is to accept the emotions that you are feeling. If you feel angry and hurt, then that's okay. Be okay with the fact that you feel hurt. Be okay that you feel

angry and resentful, or even vengeful. These feelings are normal! We beat ourselves up for feeling emotions that are considered unacceptable, but that is also where the inner turmoil is coming from—not being able to accept these feelings. You start fighting with yourself, creating so much unnecessary inner conflict.

It's okay to feel these feelings. What we need to be mindful of is to not project these feelings onto others. It is extremely important to find an outlet for tension and stress that shows up as feelings of anger, resentment and vengeance. Physical activity is often a safe way to transmute and release these feelings. You can go for a walk, exercise, do yoga, whatever helps you to manage the expression of these feelings. Even if you don't have time, you will find that there are a multitude of exercise programs online that you can participate in from the privacy of your home.

When I refer here to finding an outlet, I am not implying that you ignore how you feel by keeping yourself busy with something else. Addressing how you feel is extremely important, but it's also okay to take a break from your healing journey and reconnect back to normality as my clients tend to call it. It is healthy to take a break from exploring and diving into negative emotions.

The secret to successfully dealing with all these emotions is to fully accept them instead of trying to make yourself wrong for feeling them in the first place. You're a human being who's going through a challenging time. You are allowed to have your moments and embrace all sides of the experience, including the more negative sides. The important thing is not to become a victim of your emotions or of the experience. You can see the experience almost as a movie and you are one of the characters. You can make conscious decisions and choose what role your character is going to play.

Fear of being alone

It is important to understand the difference between being alone and feeling lonely. *Being alone* means that you feel physically isolated from people or that you are actually physically on your

own. *Feeling lonely* on the other hand, stems from a sense of emotional numbness or dissociation, and leaves you unable to connect with people that are in your physical space.

When you're in a relationship, you become used to always having someone around. Even if the person was physically not there, it does provide a sense of security and safety knowing that there is someone that you are attached to, and that there is someone that you are connected to.

There will be times when you will go through phases and stages where you do feel like the loneliness is catching up with you. My perspective on this is that you're simply adjusting to enjoying your own company again. With fewer distractions, you have a chance to get to know yourself so much better and on a deeper level. We sometimes lose touch with ourselves because our focus is so directed on our partner or families that our very own existence starts to feel limited. This is now your time to rediscover what your values are and what your true needs are.

Ultimately, what you learn from your past relationship is invaluable. Not only do you get to know yourself better, but you also become even clearer about what you want from a partner and what the deal breakers are. You have a chance to redefine your boundaries. You now know what works for you in a relationship and what doesn't. You have learned where your weaknesses are so that you can improve yourself, for the sake of your own quality of life and not someone else's.

The next step in your life starts with a decision

Decisions are the hardest thing to make, especially when it's a choice between where you should be and where you want to be. – Author unknown

Moving forward in your life starts with a decision. Whenever you make a conscious decision to change something in your life, that is powerful in and of itself. Accepting your decision puts the power back in your court. So, instead of feeling like a victim of

circumstance, you are immediately stepping into the power of choice, which is your birthright.

Another valuable piece of learning for me was the understanding that my relationship ending was not a reflection of how good I was as a partner. I had reached a crossroad where it was time to move on and stop investing emotionally, physically, and spiritually in a relationship that no longer served my growth. It was time for me to value my needs and my soul's need to grow and expand and it was important for my ex-husband to take this step as well.

I have put together a healing meditation, which will allow your healed future self to merge with you. This meditation is designed to stimulate your positive untapped emotional resources, reminding you of your greatness and ability to heal. You can login at www.matmembers.com and go to Chapter 4 and listen to the meditation when you have quiet time. If you have not subscribed then you can do so at: www.healingbreakuptoday.com.

Chapter 5

Until you make the unconscious conscious, it will direct your life and you will call it fate. – Carl Jung

The Story of your past relationship

Let's finally look your past relationship in the eye. During these exercises you will access your unconscious mind become aware of hidden blocks that you felt challenged by in your relationship. Once again, I invite you to play full out!

1. Write your relationship story (from your perspective and not what you think should have happened) and speak your truth in this story. There is no wrong or right way of doing this and there is no one to judge you. Make your story as long as it needs to be. Later in the book you will see the power of these exercises and the secrets they hold to revealing your new healed identity.

When you have finished writing it, move on to the following questions.

2. What did you learn about yourself in the relationship? What did you like and what did you not like? Express your emotions - anger, disappointment and hurt.

Be honest and say it the way it actually was. Remember that this letter is part of your healing process. Be honest with yourself.

3. What could you personally have done, but didn't do, to resolve the problems in your relationship? In other words, what was within your power to resolve on your own, without the need for the other person to be involved?
4. What emotional resources do you feel you were blocked off from that could have helped you to resolve problems in the relationship?
5. What aspects of your life would change that you are not yet ready to change if you fully healed and let go of this person and the dynamic that you had with him or her?
6. Which aspects of your mother did you bring into your relationship? How did it affect the relationship?
7. Which aspects of your father did you bring into your relationship? How did that affect the relationship?

Now, look at which points and traits of your parents you brought into the relationship. Circle the positive and underline the negative.

This will give you a clear indication of which aspects you copied from your parents. You will become aware of which patterns, actions, and reactions played a role in the breakdown of your relationship.

You can login at www.matmembers.com and go to the Emotional Healing video to help you release these old coping patterns that no longer serve your new identity. If you have not subscribed then you can do so at: www.healingbreakuptoday.com.

Chapter 6

Grief is in two parts. The first is loss. The second is the remaking of life.
— Anne Roiphe

Grief, Guilt, Loss of Trust, and Support

Grief is an undeniable phase that you will go through. I know I said earlier that it's hard to predict how a person will feel during and after a divorce, and that the healing stages will vary from person to person depending on the reasons why a person separated in the first place. However, one stage that everyone goes through is grief. It doesn't matter whether you hated your partner to the sun and back. Grief cannot be skipped. It cannot be powered through, and it cannot be avoided. Grief, loss, and sadness are unpleasant emotions to experience, and that's why we often try to run away from them rather than heal them.

It's in our nature to avoid and delay anything that is remotely negative. If we can't avoid it, we find ways to cope. Quite often those coping mechanisms are not healthy in any way, shape or form. They can take the form of alcohol, excessive smoking, drugs, medication abuse, exercising until you burn out your adrenals, or eating disorders.

The extremes that a person can go through to avoid feeling grief can prove harmful to them.

Like many others, I learned this the hard way. I didn't want to cry. I absolutely refused to feel my feelings. I was aware of the pain

inside my body, but it was not enough for me to voluntarily release my feelings. One day, my body reached its limit. My body just couldn't cope with all the suppressed emotions. I burst out into tears and cried for almost 2 hours. I had no control and in this moment it actually felt good. I could feel which emotion my body was processing as the emotions surfaced and moved in waves throughout my body.

Crying is your body's way of healing trauma. By not crying, you are doing yourself such an injustice, and preventing a natural process from running its course. If you are expressing your feelings and letting it out and you still feel stuck, then almost all of the possibilities as to why you feel stuck will be addressed in this series over the next several weeks. If you are good at allowing your body to release emotions, then I still invite you to complete this series, as we will cover a wide range of healing points that connect to the grieving process.

Do you still feel you could have done more?

The short answer is no, because if you could have, then you would have. You always do the best that you can during challenging times. You might feel now that you could have done better, but that is only because you learned from the mistakes that you made. You now have answers that you didn't have during those challenging times, or you might feel stronger than you did at the time. You are able to see and understand circumstances so much better when they are in the past. You need to accept that you used the information and inner resources that were available to you to the best of your ability.

Punishing yourself now for mistakes made in the past is futile. You need to become your own best friend and biggest source of support. Fighting with and against yourself will leave you feeling even more depleted and alone, because if the person that you reject is the person that you spend the most time with, then you are going to have an even more challenging time ahead.

You can't reject and punish yourself AND try to emotionally survive and cope at the same time. Don't you feel that what you're

going through is enough? Isn't it hard enough already? Give yourself a break. Be kind to yourself. It is so important to have a good relationship with yourself that is strong and healthy because, as you may have experienced, you don't always have support readily available to you, and you have to learn quickly how to be your own source of support and comfort.

I also invite you to see that you have a 100% success rate of overcoming challenges in your life. You will overcome this challenge too, because you are here with me right now, and that tells me that your will is still strong and determined. Just because you have had a setback doesn't mean that you're not able to make it through this passing phase in your life.

Was your relationship a lie?

The answer to this question will depend on the reason why you separated from your partner. There could have been ugly truths that were uncovered during your marriage that should have been expressed before the marriage took place. Perhaps your partner was lying to you about something that they knew would have been a deal breaker for you.

You may have found yourself in a situation where you lied to yourself about your circumstances, because you didn't want to know the truth about your partner. Perhaps they had a side to them that you didn't want to see, as you didn't want to make waves in your relationship or potentially break up the relationship by exposing it. So, it still boils down to the reason why you separated in the first place. Either way, trust has been compromised.

This brings me to the next point. Your trust in yourself and your judgment have also been compromised. This was especially true for me, as I was excited to start a family and had thought that my life was set for the future. I had felt secure in the relationship, so when it suddenly collapsed, and the vision that I held for my future collapsed with it, I started to second guess my judgement and my ability to trust what I wanted for myself. At the time of the separation, I felt that my judgment and my ability to trust my decisions had failed me in so many ways that I ended up consulting

people who were close to me before I made decisions. At any time when you have to make important decisions and you feel emotionally overwhelmed then it's always best to consult a trusted friend who can help you to make balanced decisions. If you feel upset and you are faced with making an important decision then your judgement can be clouded by your emotions.

In other cases, this lack of ability to trust oneself could play out as a person who doubts their judgement and therefore doesn't act on it, staying in a relationship that has become unhealthy, and which ends up escalating to a point where a great deal of emotional and psychological trauma takes place.

Energy never lies. If it doesn't feel right, it's not right for you. I acknowledge that some people might attribute this feeling of "not right" to past trauma or stress that has been activated, rather than some real danger in the present. From my perspective and experience, although the situation may not be exactly the same as what happened in your past, it could be similar enough to cause you emotional stress that serves as a warning signal for you to pay attention, and should not be dismissed.

Trust in a partner has been challenged

During a separation, feelings such as aloneness, rejection, and abandonment surface. And, let's be honest, when you step into a marriage or a relationship where the intention is to stay together "until death do us part", there is a certain level of trust, security, and vision that you hold for yourself, your partner, your relationship, and your family.

If this vision is no longer part of your reality, then a feeling often associated with betrayal surfaces. This betrayal could be felt towards a partner, as we might feel that they didn't share the same vision as we did. In some situations, the betrayal can be linked to a specific act. Perhaps infidelity or some other form of betrayal took place that was hurtful enough to cause irreversible damage.

Losing faith in your beliefs, values, and outlook on life

The values and beliefs that you once had about family, relationships, love, and togetherness are greatly challenged. Depending on how traumatic the separation process was, they can even change within a person. This change is often not for the better, as new values and beliefs are formed with the unconsciousness intention to emotionally survive and emotionally protect ourselves from repeating any mistakes that were made in the past.

Your outlook on life itself changes drastically as, during this phase, there is no happiness in sight, and the hope for it to return to you again is diminished. The pain experienced during a separation can temporarily be greater than your faith and belief system. There are times when you even dissociate from the present moment, and you're stuck in the past or even in a state of numbness. All these feelings and emotional states are often survival strategies that you learned at one point in your life, and it served you. However, it does not mean that these old strategies will serve you in a positive way this time. You are not the same person as you were during the times when you developed these strategies and in most cases they are not in alignment with who you have become in your life. Be mindful what your coping strategies are and whether they are constructive or destructive.

Creating awareness of what your coping mechanisms are:

When you feel stressed what do you feel apart from the stress? Name at three emotional reactions that you felt before you felt stressed. The best way to do this is to be in a quiet room. Focus on your breathing for 2- 3 minutes. Then imagine the stress that you felt or if you find yourself in that state now, then connect to it and be okay with the stress being there. Stress is there to show you that your emotional body has reached its threshold. In most cases the stress is felt first, unless you can consciously feel the negative emotions when they are triggered. When you feel these emotions in which area of your body do you feel it?

When you are aware of the area you feel these emotions in your body, then refer to the emotional reference guide under this chapter in the login site at www.matmembers.com. If you have not subscribed then you can do so at: www.healingbreakuptoday.com.

This sheet is designed to assist you in finding hidden messages that are held in the body. For example, when you feel stressed and you felt isolation before you felt stressed then allow yourself to sense where you feel tension in your body. Let's say you feel the emotional tension of isolation in your heart area. Then refer to the emotional reference sheet to see what other possible emotional stress could be held in the heart area. We are often unaware of how our physical body holds and records emotional stress. Having awareness of emotional stress that is hidden in the body places a great amount of power back into your hands. As awareness of a problem is a problem half solved already.

Let's start the exercise:

1. Write down two or three negative emotions apart from the stress that you feel. How did you feel before you felt stressed?
2. When you feel these listed emotions, what do you desire to do? What action do you feel you want to take? In this case I am referring to your negative behavioral reactions and patterns.
3. What positive emotion do you need instead of the negative emotions that you feel?

Have you noticed that there is a pattern when you feel these negative emotions? That what your unconscious mind crave are positive emotions?

4. I invite you now to think back to times when you needed to feel these positive emotions. Instead of experiencing these positive emotions you found yourself in circumstances that made you feel the list of negative emotions. If your answer is

yes, then this is a clear example of a negative coping mechanism that has set in. You are searching for a positive experience, yet it was met by negative circumstances that caused you to feel negative emotions. You then revert to behaviors to escape and distract yourself from the negative emotions with the unconscious intention to feel and access the positive emotions.

The emotional reward is escape and temporary relieve from stress experienced.

6. When you feel stressed again, I invite you to become aware of the negative emotions you feel.
 - 6.1 What did you feel before you felt stressed? When you feel this negative emotion/s consciously repeat to yourself:
 - 6.2 *I know how to feel ____ (positive emotions) with ease and grace.* Continue to repeat this phrase until you start to feel calmer and also focus on your breath as you repeat this.

This is a gentle way to help you to start breaking the negative coping mechanisms pattern.

What is your default state when you go through painful times?

Do you become numb and hide? Do you feel the freezing instinct? Do you live in a long-term state of denial? It is important to explore what your default state is when you go through challenging times, as this pattern plays a big role in why you feel so stuck and unable to move forward.

It is even more important to have an awareness as to how this state served you in the past, as it may have successfully served you in the past during challenging times but that doesn't mean that it will serve you during *this* process. Old coping strategies may have been beneficial in the past, but they may have expired. In any event, leave the door open for a more empowered strategy to take their

place. Even something small like going for a walk when you feel numb or when you feel like hiding, can be a step towards replacing old strategies.

I would like to invite you to try an exercise that has worked wonders for me. Whatever your negative emotional state is, think of the exact opposite positive form of the negative feeling or thought. If you feel anger, energize the thought of joy and think of something such as an activity or someone that brings you joy. When you feel resentment, think of something or someone in your life that you have absolute admiration and acceptance for. This should become part of your daily routine.

Losing support and feeling too proud to be supported

Losing support – the reality of this part is often true for most of us. Losing the support, comfort, and security of a partner is felt almost right away after the decision to separate has been made, even though you might still have support in one way or another. However, knowing that the familiarity and entire dynamic between you and your partner is about to change is enough to bring on the feeling of loss of support.

Even under normal circumstances, our associations with support are not always as healthy as they should be. Once you distance yourself from the relationship and lifestyle, you might find that what you perceived as support has been unhealthy for you all along. Support can be given; but, how you respond to it is what can either empower or disempower you. In case it could be that you were supported in ways that made you feel safe in areas of your life in which you should have control over. For example, you might have been financially supported and never had to worry about generating an income. Now in the absence of your partner you have to generate your own income, however you may have lost confidence in how you can do that on your own. So in this case the financial support was positive, however it disempowered you in different aspects of your life and self-esteem.

Too much support could leave you feeling that you can't make it without your partner. And too little support might cause you to

feel that you don't need support in any way, shape, or form from your ex-partner or loved ones. Of course, you do need support. However, the sooner you can let go of needing any form of support from your ex-partner, the quicker you will be able to set yourself free and step back into your power and take control of your life and new future, unless of course you have children together then support from your partner is important.

Resistance to allowing yourself to be supported

This was a challenging process during my healing journey. It was incredibly hard for me to accept support from others during my lowest moments, and the reason behind it was fear—a fear of feeling obligated to give something back to someone who had supported me. Being as depleted as I was, I felt that I just had no energy or anything left to give back.

I didn't have positive associations with support, as support always came at a price in my prior experience. I felt that I was already paying a high enough emotional price in my life, and I didn't need more burdens. At the time, little did I realize that the only reason I didn't allow myself to be supported was because of my weak personal boundaries and the stress associated with communicating my boundaries. Anyone can allow themselves to be supported in a healthy way if the need for support is expressed clearly without leaving any grey areas that could potentially be taken advantage of.

Looking back on my journey now (without being hard on myself), it was not the best decision on my part to withdraw and to reject support in the way that I did, as it prolonged my healing process. I learned very quickly that I was not able to work through my pain on my own and needed help.

I took the plunge, tucked my ego into my pocket, and reached out to someone to help me through this tough transition. It was the best step that I have taken during my healing process. The support itself was priceless but, I had also broken through the barrier of feeling too proud to ask for help. A lifelong debilitating

pattern had been broken, and it opened new doors for me in more ways than I could have imagined.

I would also like to share an extra note with you regarding support, and that is to recognize the difference between being encouraged and supported with empowering words versus being pitied. This had a significant impact on my mental state during my own healing process, as I felt more vulnerable and prone to giving my power away because of what people said to me and how they treated me.

One word of advice is to not accept pity from people. What you need is support, not someone who undermines your ability to make it through this transition. Accepting pity from people can cause you to feel dis-empowered, and the last thing you need to do is second-guess your strength.

When I encountered pity, it actually made me feel incompetent and disempowered, like there was something wrong with me or my circumstances, when, in reality, there was nothing wrong. I was just going through a very emotional and unpleasant experience that was also traumatic. Pity made me feel that I was not strong enough to make it through the process. It was the last thing I needed.

There is a difference between empathizing with someone and feeling sorry for them. Empathizing with someone means that you're trying to relate to what they're going through, because you are genuinely trying to understand their circumstances. Pitying someone means that you undermine someone else's inner resources, emotional and spiritual strength, as well as their ability to cope with their circumstances.

The moment I felt pity from someone, I would just politely explain to them that I needed support that empowered me, not pity that disempowered me. You will know when someone shares an opinion with you that either makes you feel stronger or pitied. Even though it might seem like a subtle issue, it had a big impact on my vulnerable emotional state at the time. It is always your choice how to view this.

When feelings of guilt are tied into the grieving process

If you find yourself going through this phase then there could be guilt as a result of mistakes that were made. Perhaps you didn't act when you should have, or there were responsibilities that you failed to do. In my case, I felt a great deal of guilt due to people who were also hurt during my breakup and due to failed expectations. This process is different for all of us.

Guilt can also stem from feeling responsible for the disappointment that might follow when loved ones learn about your separation. Guilt could also be due to promises made that you cannot fulfill anymore.

If you ended the relationship, then you might feel guilt toward your partner. More so you might feel responsible for the pain and upset that they are in as a result of the relationship being severed. What is important to understand when you feel guilt, is that you ended the relationship for a reason and to stick to the decision you made to end the relationship. The worst thing you can do to your ex-partner is to give them false hope.

Friendship with them during this vulnerable time is not always a good idea either, at least in the first initial stage of the breakup. Distance for a while is healthy and to give each other time to ease into your new lives.

When you start to move on with your life it's important that you do not feel guilty for moving on. It always raises a question as to how involved you should be with your ex-partner's life. As your guilt could make you feel that you have to help heal them or compensate for how they reacted to the ending of the relationship. In this case, your presence and support might make their emotional circumstances worse. At least for the first month, give your ex-partner space and time to adjust to this new change. It can also happen that your ex-partner's friends reject you or treat you differently. Remember that they are most likely just trying to protect the wellbeing of their friend and their support could be misdirected by turning a cold shoulder on you. Remember to keep your focus with yourself at this time. How they react is irrelevant, you were not in a relationship with them.

Grief is also an inevitable phase of a separation. We grieve because we have lost a companion whom we walked with through the good times and the bad times. We mourn the loss of support that they used to give us, be it emotional, social, spiritual, or financial. We also mourn the loss of dreams and hopes that we had hoped to achieve together with that person. You might be scared to grieve, but this is the only way to get you back to the path of healing.

When you feel that you can't shift your focus away from the sadness, remember why you separated, and remind yourself that you still have a purpose to achieve. It is not your destiny to stay in a place of depression and grief. Depression is just an experience. It is not who you are. It is never your purpose to just be a partner to someone else. There is so much more to you, your journey, your contribution to life, and what you still have to offer is invaluable.

I would like to gently introduce the topic of forgiveness. You might feel that you're not ready for this stage, despite everyone telling you to forgive, let go, and move on. It's easy to say it to someone when you yourself are not on the emotional roller coaster. If you're not ready for the forgiveness process, that's okay. Be honest with yourself, and know that it's okay.

Let's start the exercise:

1. I invite you now to write down what your life will look like in one year's time if you *don't* let go of the anger, or grief, or guilt, or whatever emotion you feel stuck with right now. It can also be all the emotions that you're feeling right now. Where will you geographically be in one year? How will you feel emotionally in one year?
2. Now let's take it one step further. Write down what your life will look like in five years' time if you don't let go of these negative, heavy emotions. What does your environment look like? How will you feel emotionally?

3. Now, as you look at this list, how do you feel? Is holding onto these negative feelings worth the emotional price that you will pay? With a rating from 1 to 10 (with 10 being the strongest and 1 being the weakest), how would you rate your desire to turn your life around? Write that down.

Now, let's change the scenario.

4. Write down what your life will look like in one year's time if you *do* let go of these negative emotions. What will your life look like? How will you feel emotionally? What will you see around yourself in your environment? Who will you be surrounded by? What will you be doing professionally in your life?
5. Write down what your life will look like in five years' time if you *do* let go of these negative emotions. Where will you be? What will your life look like? How will you feel emotionally?
6. Now, as you look at what your life would look like if you don't allow yourself to heal compared to what your life would look and feel like if you did, it's almost an instant psychic prediction as to what is waiting for you. The choice and path that you take is in your hands, and together we can move forward so that you will have the best possible outcome.

I would like to also place a different perspective on grief being alone. When we grieve it is normal to isolate yourself to be alone. Aloneness could also be experienced as solitude.

Solitude is a very positive experience to have. Many people can find that place of solitude during times when they are in their own company. Being alone has many positive aspects it. It's your negative association with it that causes conflicted emotions and thoughts to arise when you find yourself alone. Finding time to be alone boosts your creativity.

We all complain that we wish we had more time to do what we want. I am sure you have had moments when you were upset and felt restricted in your life because you never had time to do things that you love or were interested in exploring. When you are alone you are also free from outside influences, opinions and distractions.

I am sure you are most likely wondering how to create that place of solitude. Firstly, it's important to meet yourself again. I would recommend leaving town for a few days and go to a place that is quiet and peaceful. Eliminate regular distractions and sometimes the best way to do that is to temporarily move away from people and circumstances that demand your time and energy. As your time and energy needs to be refocused back to you.

Reconnecting back to yourself means becoming consciously aware of what your needs are, and I mean what your true needs are. I am not referring to basic every day-to-day needs. Needs that you have deep down that have been suppressed, ignored and put aside as you either never had time to invest in your own needs or you felt too shameful to explore them and nurture them. When you are alone, you have no judgment or opinions to distract you.

Once you have reconnected back to yourself that is when it will become easier to know what you wish to do during your moments of silence or being alone. As at this point you will know what you need. So first, it is important to meet yourself again during times you feel alone and turn a negative experience into a self-discovery experience.

Day dreaming can have a positive impact during these quiet times as it's through these visualizations and emotional sensations you experience that you can start to take note which ones make you happy. Observe a pattern of what brings you peace and joy. Then you can start to take active steps in your present life to recreate those moments in a way that is realistic and beneficial to your quality of life.

You can login at www.matmembers.com and go to Chapter 6 and listen to the meditation dedicated to grief. If you have not subscribed then you can do so at: www.healingbreakuptoday.com.

Chapter 7

“We are products of our past, but we don't have to be prisoners of it.”
—Rick Warren

Let's explore why your relationship ended

In this section we go even deeper into root causes that lead to your separation. Let's start off with several possible core reasons as to why you separated from your partner. You should keep in mind that if your partner cheated on you, then that is a symptom, not the cause of the separation. A symptom of a relationship ending is normally the final complaint that you had about your partner and the relationship. Remember that every complaint has a starting point. We are going to explore the starting points of your complaints even deeper in this chapter.

Even abuse in the relationship can be thought of as a symptom of why you separated. As the reason why you allowed is important to explore and the reason why other person was abusive is key.

One of the main reasons why people separate is due to conflicting values. Your definition of and expression of love may have been different from your ex-partner's; some might recognize this concept as the love languages. However, that's not the whole story. Your core values also play an enormous role; it's not just how you communicate your needs. Your values define what you want and do not want from a relationship. And as you move forward, they will help you to redefine what your boundaries are.

As you move through this process, you might even notice that you don't really know what your values are, and that is when frustration could set in. However, the good news is that this is

your opportunity to get clear about what they are and to learn even more about yourself. This will greatly empower you to feel more clearly about who you are and want to become as a person, and what you want from your relationships.

As we progress through the next set of exercises, you will have an opportunity to clearly identify the core reason why the relationship ended. It is more than likely that you will uncover more than one. I invite you to take your time with the process, and remember that if you start to feel frustrated, do not stop. You are exactly where you need to be. Frustration often comes to us right before a big aha! moment and a wonderful breakthrough. Trust the process.

Values for love

I now invite you to write down your ten core values for love, meaning what defines love for you? It could be more than ten, but there must be at least ten. What is a feeling that you need to be present in a relationship when it comes to love?

Some examples that ring true for me are honesty, fidelity, trust, and compassion. Now it's your turn. On your values sheet, write down your ten love values. Remember, if you feel stuck, then think back to your relationship in terms of the loving side to it. What was perhaps missing that was important for you to have?

Once you have finished, look at your list again. Now number your values from the most important to the least important. So, the value that is the most important will be the deal breaker (X). If you don't have X in your love life, the relationship is doomed. Remember, you can always change your values in the future. This exercise is not setting your values in stone. This exercise is meant to be a powerful starting point.

Values for a relationship / partnership

Now I invite you to write down your ten core values for a relationship, meaning what defines a relationship for you? What is a feeling that you need to feel when you are in a relationship?

Some examples that ring true for me are support, safety, communication, and compassion. Now it's your turn. In your workbook, write down your ten relationship values. Remember, if you feel stuck, then think back to your relationship. What was perhaps missing that was important for you to have? Try not to write them down from most important to least important; just write them down.

Now that you have finished, look at your list again. Now number your values from the most important to the least important.

Values for communication

I now invite you to write down your ten core values for communication, meaning what defines healthy communication for you. It could be more than ten, but there must be at least ten. What is a feeling that you need to be present in a relationship when it comes to communication?

Some examples that ring true for me are respect, gentleness, and patience. Now it's your turn. In your workbook, write down your ten communication values. Remember, if you feel stuck, then think back to your relationship. What aspects of communication were perhaps missing that were important for you to have?

Now that you have finished, look at your list again. Now number your values from the most important to the least important.

Well done. You should be feeling much better now that you have clearly established what your values are. If you're feeling slightly frustrated, then the process is not completed quite yet. And remember that you can always change your values at any time. As you change and grow, so will your values. And this is a

wonderful exercise to do with a new partner in the future. As this process lays down a clear and powerful intention for a relationship, you will have a clearer and better understanding of your partner.

It would also be good for you to explore what your family values are regarding marriage and relationships. Do you hold certain values because your family expects it from you? Or are you rebelling and trying to do the opposite?

If you are holding certain values because your family or religion tells you to, then how authentic are those values? Make sure that the values you hold are healthy and that they exist for all the right reasons. Do the values enable you to have a happy life emotionally and physically? Remember that the values you choose will guide you to what you want and don't want in life.

Another factor that plays a big role in your relationships is YOU, by which I mean your self-esteem – your emotional patterns and how you feel about yourself – a key ingredient that you bring to the relationship. If you have low self-esteem, then I'm sure that you might agree that you have poor boundaries, and you have a lot of trouble loving yourself and respecting your own needs. Remember, if you can't love and respect yourself, it leaves the door open for someone else to take advantage of your weaknesses.

Boundaries

It is incredibly important to establish what your limits are, when it comes to defining your boundaries. But just as important as understanding where your limit or breaking point is, is knowing your threshold is. Remember that by the time you feel resentful in a situation, you have missed the boundary threshold long ago. You most likely didn't even recognize that a boundary was overstepped and that is part of the challenge.

Reflect for a moment. Are you setting too many boundaries or too little? This could be conscious or unconscious. Are you setting boundaries to the extent that you've become a control freak? Or have you become a peacekeeper? Either way, there is lack of

balance. Unresolved emotional stress now has a direct impact on your life, your relationships, and your friendships. It has a ripple effect on every area in your life.

There is good news though. Now that we have set out your values, your boundaries should be clearer and more defined as well. Now it's a matter of practicing to say no, rather than waiting for anger to build up to give you that adrenaline spark that you need to finally put your foot down. By the time that happens, you now have new problems on your hands in addition to the original issue – your reaction to the original issue, and your emotional reaction to your breaking point reaction.

As discussed previously, anger can also lead to the formation of unhealthy associations. You could start holding onto that anger, as your unconscious mind believes that anger is necessary for setting boundaries. You know as well as I do that you can't be happy when you are always holding on to your anger. If you feel challenged with anger then I invite you to watch my YouTube video 'Psychosomatic patterns of anger.'

If you are the type of person that falls into the peacekeeper role, you avoid expressing your boundaries and keep to yourself in order to not cause a ripple effect in an already upsetting environment. You are doing yourself an injustice. If you are challenged with poor boundaries, then I would highly recommend my online course and book 'Healing your boundaries finding peace again' at www.findingpeaceagain.com.

Let's start the next exercise:

I now invite you to write down your ten threshold limits for boundaries, meaning you will know that your boundaries have been overstepped when you feel or react certain ways. It could be more than ten, but there must be at least ten.

Some examples that ring true for me is not be yelled at, for my time to be respected and so forth. Now it's your turn. In your workbook, write down your ten threshold limits. Remember, if you feel stuck, then think back to your relationship. What aspects of

communication were perhaps missing that were important for you to have?

Now that you have finished, look at your list again. Now number your threshold limits from the most important to the least important.

Self-love

If you found yourself in a relationship that deteriorated as a result of emotional or physical abuse, neglect, infidelity, or any other reason, another core reason to add to the list is lack of self-love. And another variant of this is, possibly, narcissism.

If you find yourself angry, resentful, or regretful then it does raise the question of whether you loved yourself enough. And if you feel you did, then ask yourself why you allowed certain actions or circumstances to go too far. Did you love yourself enough to set boundaries? Or say anything when you felt those boundaries were being breached?

If you feel slightly edgy about this line of questioning, then I invite you to become aware that there is more to this section than you might have originally thought. There may have been circumstances where you legitimately could not take action or speak up, but you still need to recognize where you failed to respect and love yourself enough and there was opportunity to do so. Where didn't you improve your environment to accommodate not just the needs of others, but your own needs? When did you stop looking after yourself? What subtle decision did you make that resulted in you neglecting yourself?

Remember that you set the precedent for how others will treat you. You are important and worthy of love and respect and that means loving yourself and respecting yourself. The more you love yourself the more love you will have to share. And it sets the example for others of how you are worthy of being treated.

Loving yourself means that you fully appreciate yourself, and that you take action that supports a healthy relationship with yourself. The more you act in ways that will support and allow your self-love to grow, the more you'll start to accept yourself. You will

find that you become more forgiving towards yourself. You won't punish yourself for making mistakes. Self-love means that you embrace your mistakes and weaknesses. All the excuses that you made in order to compensate for your weaknesses or to hide will start to fall away. Your meaning of life will even start to change, and your perspective, that had once been negative, will start to shift and heal.

Here are some exercises to help you consciously remind yourself to practice self-love on a daily basis:

- Become aware of your thoughts and how you perceive yourself. Is it negative? Is it positive? If it's negative, then ask yourself why you are being so hard on yourself? How is it serving your effort to love yourself more? If it doesn't serve you, then say to yourself, "This negative thought no longer serves my new identity."
- Become aware of what you need rather than want. Wants sometimes stem from a tendency to overcompensate for something, usually a lack, that we are unhappy with. There is a lack that you are trying to fulfill. It is truly a powerful experience when you act on something that you *need*, rather than something you *want*. It helps to break negative patterns that might not be healthy for you.
- Prioritize self-care and health. These two crucial self-love points are normally the first ones to go out the window when you're going through such a stressful period.
- Have healthy boundaries and love yourself enough to have clear boundaries. Have conscious awareness of your boundary threshold limits.
- Know that you are worthy and deserving of having healthy relationships and friendships. If you have friendships or relationships that are straining or stressful, and people tend to take advantage of you, then this could be another reflection of how little you love and respect yourself, your limits, and your needs.

- Live with purpose and know that you have more meaning than being a partner to someone. You are here for a reason and you have a purpose to fulfil!

One of the many popular questions that I'm asked is, "What is my purpose?" And my answer is, "What if you're already living it? Maybe you've been so busy looking for something specific and comparing yourself to others that you successfully failed to see how valuable you are to the people in your life. You may never have noticed the positive impacts that you have created by helping others shift their awareness, or the ripple effects of a great piece of advice given or of wisdom shared. There is no purpose more or less important than any other.

Chapter 8

“You've got to find yourself first. Everything else will follow.”
— Charles de Lint

Losing yourself in a relationship

It is very common to identify so much with your partner that you are left feeling that you don't have a distinct identity of your own. This is a stage that is normally felt right away once a separation has taken place. The person that you so identified with is no longer there for you to relate to. It doesn't matter whether you got along or not. The unconscious association has been formed, and it can be felt and experienced on deep levels.

This also happens if you have a family with your partner. A person can become so enmeshed with being a parent that everything else ceases to exist. The reason for this is different for everyone. What is important, though, is to remember who you are as an individual. Let's return once again to self-love and boundary setting, as these will help you keep in touch with yourself.

The risk of losing yourself in a relationship is that you will be dependent on the person whose identity yours is dependent on, to make you happy. Another person should never be responsible for your happiness. The truth is, you will never be happy when you give so much power to someone else. You have to be the driver of your happiness and inner peace.

Why did you get married or step into a committed relationship?

Did you commit to someone for all the right reasons? Did you enter the relationship for all the right reasons? The reason you stepped into a marriage or long-term relationship often sets the foundation of the relationship.

- What was your intention when you formed the relationship? Meaning you stepped into a relationship because you were attracted to someone else and ?
- What did you emotionally get out of it?
- Compare your intention with what you emotionally received in reality.
- What was your emotional state when you met your partner?

People often form bonds based on instinctive responses, which means that you may have been looking for someone to provide for you and protect you. You felt safe with your partner; however, you didn't take into consideration certain aspects and traits about this person that would've been detrimental in the long term, because, at the time, your immediate needs were being met.

Did you get married because it was culturally expected? Did you want to prove to people that you too could have a life that was settled and secure? Did you have a fear of staying single? Did you have a fear of not being loved by a partner?

One of the most common reasons I've encountered with others is the fear of not belonging anywhere or of not having some sort of purpose. We are often misled to believe that our purpose lies in being in a marriage or relationship, looking after our partner, or having kids.

If I had known better, I would have focused on finding my identity, my passion, and myself before becoming entrenched in a committed relationship. The lack of this process of self-development caused me to turn to my relationship for fulfilment and to wait expectantly for the relationship to deliver what I couldn't feel and access within myself at the time. Having lost my

sense of self and my identity to the relationship, I was disconnected from who I was and unable to be in my authenticity. My relationship became my identity, and this fragile identity could not sustain the relationship.

Infidelity

If your breakup is connected to infidelity and you wish to explore this more deeply, talk to your partner. Ask all the “why” questions you need to gain clarity for yourself. In most cases, it would be best to have a professional third-party present to help you facilitate this conversation and keep it constructive.

Keep in mind that you are after answers, not another painful, emotionally damaging fight. Staying grounded when we are in pain is not an easy task for anyone, so go easy on yourself. A facilitator can help get you to the goal.

If you don't wish to have this conversation with your partner, that's also okay. It's important that you take steps that feel right to you depending on where you find yourself emotionally. You are in the process of building yourself back up again, and part of that process is heeding the guidance your intuition provides regarding what is best for you in the given circumstances.

Abuse

If you have just come out of an abusive relationship, the first and most important step is to heal from the pain that the relationship caused. Then, you need to reestablish what your real true boundaries are and to make sure that your new emotional, mental, and psychological boundaries are not overcompensating from the past hurt and pain that you experienced with your abusive partner. In many cases an abusive partner tend to be borderline narcissistic. Narcissism is when a person is unreasonably selfish such as feeling entitled to people, relationships and their environment. They have a lack of empathy and has a deep unquenchable need for attention and admiration. This also means that their needs are the priority even if it's at your expense.

Remember the point I made earlier in the book. When you lack self-esteem as a result of abuse in the past then it will be much more challenging to recognize your value and the love and support you are worthy of in a relationship.

If your needs had been continuously disrespected or if love was withdrawn from you in a relationship as a punishment for expressing needs that a partner perceived as being unreasonable, then feeling the self-worth to express a need will become challenging over time.

So, now your need to have your needs met has been challenged to the point where your expectations have been weakened and lowered. Your efforts to have your needs met have been rejected or criticized to a point where you kept lowering the bar for this need to be met and for how you would allow yourself to be treated. Unacceptable behavior and responses from a partner become acceptable. It is during this time that you form a dangerous comfort zone, as you start to feel comfortable feeling uncomfortable.

When you become used to being abused, abuse becomes normal - a lifestyle even. Once an abusive relationship ends, you might continue to unconsciously seek out partners that are abusers to reconnect to the old lifestyle that you have become so used to.

When you have just gotten out of an abusive relationship you tend to unconsciously copy certain aspects and traits of the narcissistic partner that you used to be with. And, when you start to go through the healing journey, it is very common to move from being the victim to becoming the abuser. You may overreact because the past pain was so great that your defenses come up so strong and so intensely with the intention to avoid re-creating or experiencing the same painful events from the past.

So, it is important to rediscover who you truly are when you are not in a relationship. In particular, if the relationship was suffocating you, controlling you, or dominating you, your new emotional and psychological freedom is going to feel like a new way of life for you to get used to.

The good news is that it's your birthright to experience this freedom. It's your birthright to feel free and safe within yourself

and within a relationship with another partner. You need to realize that it is crucial for you to fully accept this perspective and to merge it with the new life that you are creating for yourself and stepping into.

Being in an abusive relationship and coming out of it can have many ripple effects when you don't have the right tools and support to cope and deal with it. What ultimately happens is that you overcompensate for everything that you lacked. Say for example that you lacked a great amount of love in your childhood. This can mean one of many things, however what will be certain is that your definition of love is not going to be healthy. As a result, you might meet someone who gives you one on one attention and this person is fully present with you.

This interaction fills a deep void within you. It wakes up and stimulates a deep unmet need within you. You feel the positive flow of emotions surfacing and you finally connect to a once abandoned emotional aspect of yourself. You associate this person with this rush of positive emotions which can include feeling accepted, loved, admired, worthy, heard and seen. So of course, you want to feel and access these feelings again and also have a partner your life. Here you have the perfect combination. Feeling emotionally fulfilled by a partner. This positive experience between you and this person might have been fleeting, but fulfilling enough in order for you to lower your bar for what you deserve and don't deserve in a relationship regarding treatment.

These emotional resources that you didn't have access to that might have helped you to manage the situation better and even get out of the abusive relationship sooner.

Coming to terms with the realization that you've been with a narcissistic aggressor or an abuser can be a tough reality check, but it's also important that you don't harden yourself because of the abusive relationship. In the end, we always do the best we can with the tools and the emotional resources that we have available to us.

The good news now is that you're learning new tools and ways to transform that will help you avoid re-creating the past. We often can't bring ourselves to acknowledge that we could have been with

an abuser because when we're coming from a sincere place of love and wanting a relationship, we don't want to see that the other person might not share the same feelings, beliefs, and values that we do. And, because we can't make sense of, nor can we relate to, certain cold and heartless characteristics that an abuser can have, we tend to make excuses for them, because that is what we can relate to, and that is what we feel comfortable believing.

The faster you come to terms with the reality of what your situation was, the bigger the steps and leaps you can take to move away from it. You will also be able to recognize the patterns in the future and avoid stepping into another abusive relationship.

It's important to understand that your intention for the relationship was completely different from the intention of the abuser. Abusers have their own selfish agendas, and they will go to great lengths to have their needs met in their way and on their terms. You thought that you were in a situation where you were compromising for your partner. But, in reality, you found yourself in a situation where you had sacrificed your values and your sense of self, and you ended up becoming a vessel for the sole benefit and purpose of fulfilling the abuser's needs.

So, let's start with the questions exercise, as this section is very important. You can login at www.matmembers.com and go to Chapter 8 to download the exercise sheets. If you have not subscribed then you can do so at: www.healingbreakuptoday.com.

1. Please write down the painful parts that you experienced in the relationship as a direct result of your previous partner's behavior toward you.
2. Then, write down the actions and steps that you failed to take, whether it was out of fear or even if it was because you didn't have access to those emotional resources. What steps and actions had you failed to take that could've helped to manage the situation better and move away from it?

3. When you look at the positive steps that you could have taken, write down what you need to believe about yourself in order to confidently take those steps in the future?
4. In this last exercise, I invite you to imagine your previous partner standing in front of you, and you can say this out loud or silently to yourself:
 - I call my power back from you.
 - I call my self-worth back from you.
 - I call my identity back from you.
 - I call my love back from you.
 - I call my support back from you.
 - I call my innocence back from you.
 - I call my freedom back from you.
 - I call my happiness back from you.
 - I call all my power back from you, and
 - I reclaim my sense of self.

Chapter 9

“We can't be afraid of change. You may feel very secure in the pond that you are in, but if you never venture out of it, you will never know that there is such a thing as an ocean, a sea. Holding onto something that is good for you now, may be the very reason why you don't have something better.”

— C. JoyBell C.

Letting go of the fear of change

Nothing shows up quite as consistently to block us from progressing as the fear of change. You may not even be aware that fear is at work, because it is possible to feel surprisingly comfortable with discomfort, especially if you feel that you don't deserve better. You hold on to old coping mechanisms that helped you in the past, or that you believed helped you in the past. But, as you grow and transform throughout this new journey in your life, your coping mechanisms should grow and transform as well.

As you heal emotionally and psychologically, old coping mechanisms can sabotage you, holding you back from fully stepping into your power and embracing your new life with grace and ease. Fear of change can also arise because you lost trust in yourself, your own judgment, and your intuition, as we discussed earlier.

Dwelling on past mistakes can make you apprehensive about making decisions and can paralyze your ability to move forward. Stop beating yourself up for past mistakes. You need to love yourself enough to allow yourself to make mistakes and know that

you can learn, grow and bounce back from these mistakes. It's normal to doubt yourself at times. Even the most confident people out there running corporations and leading movements have these moments of weakness that we may never be privy to because they have practiced letting go of their fear.

It is human nature to approach change with suspicion, because we don't know what's on the other side of it. We have no idea how the changes we make will unfold. Apart from there being powerful survival instincts at play here, we also know that we will need to exert effort to adjust to the change – whatever it may be – and by nature, we gravitate towards the path of least resistance. New definitions and coping mechanisms will need to be put in place, along with a new way of life and new thinking. That may seem like a lot of upheaval, but change is essential to life, so this is actually the most natural thing in the world.

Before allowing yourself to default into dreading the changes ahead, try getting excited about them. What if these changes can finally lead you to what you've always wanted? This leap of faith is a small investment towards the fulfillment of your dreams.

What is happening behind the scenes of our need to know in advance the outcomes of the changes that are entering our lives is the feeling that we need to control everything. This in turn comes from a place of lack. This includes a lack of trust, not just in others but in ourselves; a belief that we lack the inner resources to handle the change; the belief that we are unable to acquire the external resources to make the change happen, and any other number of limiting beliefs.

You may have experienced unpleasant changes in the past, but that might have been due to the change being made from a place of pain, where you were overcompensating for something that you were lacking in your life, whether it was emotional, physical or spiritual. Now you will be approaching the change from a place of empowerment.

So, let's try to dismantle this habit of self-doubt. Where did it come from? Who made you doubt your ability to adapt to change? Who challenged your belief in yourself and, most importantly, why

did you give your power away to that situation or person, even if that person is you? Change doesn't have to be negative. It only becomes negative when you assume that it will be, and attempt to resist it because you are trying to spare yourself pain.

You know that change is around the corner, which means that you can prepare for it in whatever way possible. You have the upper hand in this situation, especially if you compare it to someone who is blindsided by an unexpected change. Now that you are out of the relationship, or on the brink of it, you know that change is inevitable. You are in a position of power to choose how you move forward with the change.

Now, let's explore fear of change a little bit more.

1. I invite you now to write down five negative reactions that you have to change.
2. Next, write down what you need to believe about yourself in order to feel confident that you can make these positive changes and embark on your new journey?
3. What stops you from believing and embodying the points that you wrote down?
4. Reflect on both the negative reactions you had towards change and the positive resources that you just wrote down.
5. Finally, start the Fear of Change healing meditation which will help you reawaken these beautiful positive resources that already exist within you. Your biological makeup is already programmed with these resources. This meditation will simply help remove the blocks that stop you from accessing them.

Let's move on to the fear of change healing meditation.

You can log into www.matmembers.com and go to Chapter 9 and download the fear of change meditation as well as the writing exercise sheet. If you have not subscribed then you can do so at: www.healingbreakuptoday.com.

Chapter 10

“The love story of your life will begin with the person you see in the mirror. Without love for the reflection, showing love and affection to a partner can become difficult.”

— Ron Baratono

Letting go of your partner

Throughout this journey, you have slowly been moving towards a more aligned version of you, letting go of what you once thought you wanted and moving towards what you really want. Remember that you can't control the decisions that your partner made in the past. The decisions that you made in the past are also now in the past. At this point, it is important to truly release yourself from any shame or guilt you feel about your perceived mistakes. Even though you made mistakes, ask yourself how long you want to keep punishing yourself by holding onto them.

It's also time to let go of who and what you thought your partner was. Bring your energy and your focus back to yourself. You need to let go of any feelings of injustice, anger, resentment, or bitterness, because these emotions will cause you to become stuck in a loophole, and it will become a cycle that can be very hard to break if you continue to energize it.

Letting go of a partner is easier said than done, especially if you associate that person with the hurt and turmoil that you may have

felt in the relationship. It is also difficult if you're still holding on to a future that you envisioned you and your partner would share one day. This can lead to sadness, anger or feelings of injustice.

If you have trouble letting go of anger or injustice then ask yourself what the benefit is of holding on to these negative emotions. Do you feel perhaps that these negative emotions have started to falsely represent a boundary for you, in the sense that you need the feelings of injustice and anger in order to feel strong enough to establish boundaries?

Bring your awareness to this and you will likely see that you are getting a false sense of power and confidence from the unhealthy attachment that you have towards these negative emotions.

The longer you hold onto these emotions, the more they are going to start seeming positive to you, if only on a subconscious level. Over time, you will morph into an angry, depressed, and bitter person. This is in conflict with who you are at the core essence of your being.

It is also important to understand that it's okay to feel angry. It's okay to feel bitter and resentful and vengeful. These are natural phases that you will go through. It is important, though, that these negative emotions don't become your norm, because that would mean that you are overcompensating for the lack of confidence, empowerment, and boundaries that you feel you don't have access to in your life. When you are in a place of pain, it is all that you feel. But when you exercise awareness, even when you are in a place of pain, you can prevent new and unhealthy coping mechanisms from forming.

Let's move on to the letting-go healing meditation.

You can log into www.matmembers.com and go to Chapter 10. If you have not subscribed then you can do so at: www.healingbreakuptoday.com.

Chapter 11

“You can search throughout the entire universe for someone who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere. You, yourself, as much as anybody in the entire universe, deserve your love and affection.”

— Sharon Salzberg

Self-esteem

This topic is of utmost importance to me hence I why mentioning here in this part of the book with a different angle and purpose.

Your self-esteem is often a mirror of how you allowed people in the past to treat you. If you were mistreated, then you cannot expect to have a healthy self-esteem. I know you might say that your self-esteem can be stronger as a result however it begs the question whether it's truly stronger or just completely numb to future abuse or being mistreated? It's this perceived 'strength' or resilience that is exactly the problem. It is this exact numbness that you stop you from recognizing what you deserve and do not deserve.

The more you have numbed your self-esteem the lower the bar will be of what you feel and think you are worthy of. This is when abuse, being taken advantage of and being mistreated can become a challenge that you might face in your life. The list of things that can go wrong in your relationships as a result of your low self-esteem is endless.

In relationships, we tend to give a tremendous amount of power to our partners. We are subject to their judgment of us, their criticism, and constant feedback will be to our detriment. When you have an unmet need that if it is fulfilled by a partner will allow you to feel more confident however this unmet need can also be met in a negative way. Criticism and negative judgement toward your needs which are an extension of your character can have a big impact on you.

The lower your self-esteem is, the more likely you're going to believe and internalize your partner's judgment of you. A partner may judge you with the intention of changing you into becoming someone that they want you to be. This can have the effect of making you feel that you are not good enough or lovable enough.

It is important for you to recognize that you are the one who determines your confidence, your self-esteem, and how you show up in the world. Ultimately, it is important to understand that a person's judgment is only a perspective, and that it is a product of their mindset and subject to the way they see life. A person's judgment, therefore, carries with it the blemishes of their own shortcomings. Don't take anyone's judgment of you too seriously.

If you have found yourself impacted by your partner's judgment, please consider the following question. What emotional resources were absent within you that allowed you to believe the hurtful judgments and feedback that you received from your partner? The feedback they gave you was their truth. It was never your truth. You accepted their truth as your own because you valued them highly, and you valued their opinion above your own. Now it's time for you to reclaim your own truth.

The lower your self-esteem, the more vulnerable you were to allowing yourself to be treated badly by a partner. You can look at your relationship with yourself as an indication of how you allow yourself to be treated. The good news here is that you have the power to change everything. The ball is in your court.

Defining confidence can be an interesting topic to discuss. We all want to feel this way. It does beg the question in terms of what confidence means to you? I have seen this definition being pulled

in many different directions. I would like to share a few different perspectives with you.

Confidence is our ability to assure ourselves that we have the right mindset and positive emotional resources to remain balanced within challenging circumstances. Keep in mind that *challenging circumstances* can also be defined differently as what is challenging for you might not be challenging for me however there are more or less commonly shared ‘challenges.’ These challenges can include losing a loved one, losing a job, facing poverty and such.

These challenges directly affect our survival strategies and emotional connection and survival. In this instance though I am referring to what would have been challenging for you. The part of you who ‘knows’ that you can remain balanced and positive within challenging circumstances tend to stem from prior experiences with challenges that you successfully have overcome.

This could mean that this one-off experience has boosted your trust and belief in yourself to overcome any obstacle or it could be that you feel confident that you can overcome a similar challenge in the future with ease.

Confidence can also stem from observing someone overcoming a challenge in their life and copying that person’s coping strategies which could give you the feeling and belief that if you follow the same strategy you will overcome similar challenges successfully.

Confidence can also stem from healthy praise from a parent or from an influential person in your life, giving you reassurance that the decisions you made and actions you took were in correct. This greatly lessens your fear of failure. Confidence also stems from a healthy relationship with your main caretaker and close loved ones during your childhood.

Receiving healthy love that built your self-esteem in healthy way. It is also important to establish where you confide stems from and to continue to build on that foundation. If you can recall what I said earlier in the book that your self-esteem is a reflection of your prior relationships with loved ones throughout your life.

Let's assess your self-esteem and build awareness around this important topic with the next exercise.

1. Write down who you were as a person—with regard to your self-esteem—while you were with your partner. How did you feel about yourself and how did you see yourself? How do you think your partner viewed you?
2. Then, write down who you were in relation to your confidence and self-esteem before you met your partner. How did you feel about yourself? How do you think people viewed you?
3. Now, take a look at the aspects in which you have grown as well as those in which you feel you have regressed. This list will give you an indication of what you need to start focusing on to improve and heal, as your partner is not there anymore to either consciously or unconsciously suppress your self-esteem.
4. It's now time for us to establish your self-care values, because self-esteem and how we show ourselves care go hand in hand. Some ways that I express love for myself are by taking a break when I need one, going to the gym, and going on holiday. For you, it could be going to a spa, spending time on your favorite hobby, or expressing your boundaries.
5. Write down ten things that you do to make yourself feel cared for. Allow yourself to let it flow. "I feel cared for when I..."
6. Number them from the most important to the least important. This exercise will reveal to you what you find most nurturing.

Let's move onto the self-love healing meditation.

You can login at www.matmembers.com and go to Chapter 11 and listen to the meditation dedicated to self-love and download the

self-esteem evaluation exercise sheet. If you have not subscribed then you can do so at: www.healingbreakuptoday.com.

Chapter 12

“People have to forgive. Because if we don't, we are tying rocks to our feet. Too much for our wings to carry!”
— C. JoyBell C.

Understanding Forgiveness

One of the most common reasons why people don't heal from the grief stage is that they cannot forgive their partner or themselves. Forgiveness is often so misunderstood. It is not a process that you can force onto yourself. I'm sure that you have realized that just by holding the thought that you're *going to forgive your partner* is not sufficient to actually feel at peace with what had happened. I heard this so many times when I was going through my separation, and even though I would politely smile, my inner response did not reflect my smile. As you have come to learn, this is easier said than done.

What is forgiveness?

People always seem to think that forgiving a partner for hurting them allows the person to get away with their behavior, especially if there was abuse involved. This is not the case. Forgiveness means that you forgive the circumstances and you forgive yourself for any part that you may have played in it and for allowing someone to behave in ways that caused you harm or distress.

If you are the one who needs to be forgiven, then it's important that you focus on the blame that you have placed on yourself. Yourself blame pattern can quickly turn into a self-destructive and punishing cycle.

A client once asked, "How can I forgive and let go of something so painful? I have suffered so much and lost so much and now I have to give up my pain as well?"

I asked the client, "Is this pain a trophy that you are showing to others? Do you think it's an achievement to have suffered so much and made it so far? You might have endurance, but it's not who and what you are. Your past is merely a story now. It's not real anymore. You're keeping it alive by holding onto the pain as a survival story to tell others. It's not your identity."

The client had an amazing breakthrough after that, and was able to make progress once she became aware of how she was using her survival story to mask her feelings of insignificance.

You don't have to experience abuse in a relationship in order to feel this way (and you may not experience this at all). However, it often happens when a person suffers a great deal of pain and disappointment. The separation and the disappointment that follows can be a traumatic and stressful event. A person can hold on to this trauma for many years to come if they don't find healthy ways to heal it.

In this case, you are now merely holding onto the story. Because the story can persist in time, it can take on a life of its own, and you can allow it to become your identity. The incident upon which the story was built, however, has come to an end. It cannot persist in time, and therefore cannot be your identity. That negative incident, no matter how painful, is not your identity. Remember that everything in life has an expiration date.

These are all examples of the diverse levels on which you can experience pain and abuse. You may hold onto pain for different reasons, but it will ultimately sabotage your opportunity to forgive and move on.

So let's work on how we can become better at forgiving. The first step is to identify the emotion that you're holding on to which

can grief, anger or resentment. The list can be endless depending on the experience you had.

Moving forward in life is not the same as forgiveness. Moving forward means not desperately holding on to grudges or trauma or other debilitating feelings anymore. It doesn't keep you safe from experiencing pain again in the future, however. You remain in a constant state of pain if you hold onto it for that reason.

Forgiveness, on the other hand, encompasses moving forward and away from the past. Forgiveness is accompanied by a sense of peace and understanding.

You don't have to forgive the actual person, meaning your partner right away. You can start by forgiving the situation and the circumstances. That's enough to help you move forward in your life. Once you have done this, you will find a new sense of empowerment, because you're now in control of how you feel. The person that you were angry with does not have free rent in your mind anymore.

Most people are in so much denial that they can't recognize that there is an issue or block waiting to be released, through forgiveness. You may find that you ignore all the obvious signs in order to keep yourself safe. Eventually, you will be confronted with something in your life that is going to force you to deal with the very thing that you have been avoiding, or perhaps it will bring on more stressful events.

Remember that we draw in what we energize, and if you feel resistance to forgiveness, the universe has a way of sending more incidents and relationships your way to forgive.

It's easier to convince yourself that you can't let go of the problem, because letting go would mean that your partner would get away with their hurtful actions. This is not the case. If this is your thought pattern, you're making the forgiveness process about your partner rather than about you. The intention of forgiveness is to set yourself free and gracefully move on with your life.

If this still sounds like a challenging task, I'm not asking you to do anything about this *yet*. We're still just talking about it. However, if the word forgiveness still irks you a little bit, then I have to ask - what is the benefit gained in refusing to forgive?

It is important to understand what is holding you back from forgiving your ex. If it's anger, for example, then examine it:

What are you getting out of being angry? Does the anger make you feel stronger? Does it give you a false sense of confidence? Does it help you to establish boundaries? What would happen if the anger were taken away? Would you still be able to feel strong without the anger?

This will set the ball in motion for you to start exploring what is really holding you back from forgiveness. Once you have done this, you can set the activity aside and let your unconscious mind process this strong intention.

Fear of losing your identity

Another hidden factor that can often be related to feeling a resistance to forgive is the fear of losing your identity.

In my previous example, a client had a fear of losing her purpose and her identity if she let go of her painful story. This was also true for me. I had no idea who I was without my history of challenges. I thought that my trauma defined a big part of my character and, in a way, it did, as it helped me to grow and become a lot wiser. However, I became so caught up in the story of my separation - how I felt, and how bleak my future looked - that I couldn't afford to let it go. If I did let go of my story, then what would be left of me? It consumed me so much that I temporarily lost a part of myself.

What would I do without my emotional baggage? I wouldn't have anything to complain about. I wouldn't have anyone to blame. I wouldn't have a reason to be angry anymore.

This is when you get to the point of self-discovery. You start to see who you really are without all the projections, pain, and grief.

Forgiveness is easier when you can see a future ahead of you

It's so much easier to forgive someone when you have set goals for yourself and your future. I cannot emphasize enough how important it is to have something to work toward, as this allows you to look into the future instead of staying stuck in the past.

After my separation, I never asked myself about my future. "What would I like to become without the abuse? What would I like to become once I have moved away from the hurt and pain? What would happen to me if I forgave my grandparents and my father?"

These questions will, of course, be different for you. Once you have inquired within, you'll find it much easier to work your way through your life's journey. You will now have a starting point.

A wise friend once said to me, "People are like the tides and waves of the ocean. Some are gentle and some are destructive; however, they never stay on the beach. They always move away. They change and never come back in the same way."

People in your life are like the waves in the ocean. You need to accept this. You can't change the laws of nature, just as you can't change the past. You can however, change how you perceive the events of the past.

Let's start the future evaluation exercise

1. Write down what your life will look like in one year's time if you don't forgive your partner and if you hold on to the emotions that are attached to your resistance to forgive. Where will you be?
2. Once you've done that, write down how you will emotionally feel in one year's time if you don't forgive your partner and if you hold onto the emotions that are attached to your resistance to forgive.

3. Now, let's take it one step further. Answer those two questions once more as you imagine your life in 5 year's time.

As you look at this list, how do you feel? Is holding onto the resistance worth the emotional price that you are paying?

Let's change the scenario.

1. Write down what your life will look like in one year's time if you do forgive your partner. Where will you be?
2. How will you emotionally feel in one year's time if you forgive your partner?
3. Write down what your life will look like in five years' time if you do forgive your partner.
4. Write down how you will feel emotionally in five years' time if you do forgive your partner.

There is so much more benefit in forgiveness than in pride, anger, or whichever emotional state is holding you back. You don't have to do anything else with this exercise. Just allow your subconscious mind to soak up these deep realizations.

A heart that has healed is ready to give love a chance.

You can login at www.matmembers.com and go to Chapter 12 and download the future evaluation exercise sheet. If you have not subscribed then you can do so at: www.healingbreakuptoday.com.

Chapter 13

“The only way to make sense out of change is to plunge into it, move with it, and join the dance.”

— Alan Wilson Watts

Steps to take to break the hibernating cycle

We can all get stuck in what I call the hibernating or caveman phase.

Even though this phase is important, and it's a much-needed phase to help you to heal, find yourself and ease into a new life that is unfolding for you, it can also become an unhealthy safety mechanism as our instinctive response, such as hiding, can become too dominant. We try to avoid the world and anything that could remind us of the old hurt and pain that we felt. People, places, sounds, and music can take you back to nostalgic moments from the past and potentially open up old emotions that you are trying to put behind you.

The first and most important step is to be okay with being surrounded by old memories, places, or people. The more you try to fight against it, the harder it's going to be to let go and see your environment from a fresh and healed perspective. You need to be okay with old reminders being around you. They're just reminders, actions, words, or experiences from the past, and they are in the past. They are no longer real. They don't exist anymore. The emotions that are connected to your past events can create a

psychological ripple effect in your mind that can make you feel as if those events and emotions from the past are still happening.

Remind yourself on a daily basis that feelings connected to the past are no longer real. They do not exist anymore, and you need to be okay with your body indicating to you that they are just unresolved emotions from past events.

Writing positive affirmations on your wall, bathroom mirror, and even your workspace can help with this. In my case, my biggest block was feeling alone. It was an unbearable feeling for me. One day, I wrote the following words on a piece of paper, "I know how to fill up my time. I am free, and I am my own creator." These positive affirmations helped me through those times when I experienced the discomfort of feeling alone. And finally, the day did come when I no longer needed to do so.

You can login at www.matmembers.com and go to Chapter 13 to download the list of positive affirmations. If you have not subscribed then you can do so at: www.healingbreakuptoday.com.

Stay away from TV shows or movies that have a negative influence on your mindset. On the flip side, comedy or light-hearted shows can bring levity to your life when you are in a negative mindset. I would watch standup on a regular basis, and it would instantly pull me out of my rut. Surround yourself with media that is positive, inspiring, funny, and nurturing.

Avoid negative family members and friends. You need a support system right now. A lot of families have what I would call the crayfish mentality. When you put several crayfish in a pot of boiling water and one of them is about to successfully escape, the other crayfish will pull it back into the pot. Similarly, when one person in your family is suffering, they may try to keep everyone around them suffering as well. This is an environment that must be avoided at all cost. It is your right to be free from any form of suffering that is not related to you and your life. Please remember that once you have healed, you can certainly reach out to others that you wish to help if they are ready to receive your help.

Take a break from life! Go on a short trip, or, if you have the time and flexibility, take a long trip. But do try to break away from your lifestyle to allow your body and mind to reset, in an environment where you are not surrounded by old memories, or negative people and influences.

Do not try to fill up your free time with extra work. Your mind and your body are already stressed enough as it is; don't add to the problem. If anything, your body and mind are desperate for a break and some "down" time. Your adrenals might have been working overtime, and your health could suffer as a result of too much stress. Instead, spend your extra time doing something that you love, such as a hobby. If you don't have a hobby, then it's time to find what sets your heart on fire or sparks your creativity, because the more creative you are, the faster you heal. As you become coherent with your talents and gifts, it takes your mind off your negative circumstances in a healthy and fulfilling way.

Say no, if you need to. You're going through a vulnerable phase and you might not always be connected to where your limits and threshold are. If it doesn't feel right, and if you're in doubt, politely say that you will get back to that person, or just say no. If you have poor boundaries, then I would highly recommend that you go through my online course *Healing Your Boundaries, Finding Peace Again* at www.findingpeaceagain.com.

Go out and have fun. You are allowed to enjoy yourself. You no longer need anyone's permission to do what you want, however you want, and whenever you want. Enjoy your new sense of freedom and feel the easiness and grace that comes with that powerful realization.

Chapter 14

“The wound is the place where the Light enters you.”
— Rumi

Healing Assessment

You can login at www.matmembers.com and go to Chapter 14 and download the healing assessment exercise sheet. If you have not subscribed then you can subscribe at: www.healingbreakuptoday.com.

Let’s observe your current state after you have completed all the exercises in the book.

1. Write down what your life is like now.
2. How do you feel about your life?
3. How do you feel about yourself?
4. How do you see yourself? Let go of the need to fight for peace, for being understood, or being heard.
5. As you look at your life right now, what do you feel is still a problem emotionally?
6. Where are you in relation to your goals for yourself and your future?
7. What are you going to see differently in your life once you have achieved your goals?
8. What are you going to hear differently once you have achieved these goals?

9. What are you willing to no longer do in order to make this new change and transition in your life now?

Divine timing - when to start dating again and how to attract the right partner

When you start entertaining the idea of dating again, be sure that you truly feel ready to move on. Do not try to move on because your friends and family encourage you to. Healing is a process. It's not a sprint; it's a marathon that requires action, especially when you break up from a long-term relationship. And, even if it was a short-term relationship, they can often have such a deep and profound impact on you. Some people can take longer to heal from a short-term relationship than someone recovering from a long-term relationship. It just depends on what your experience was and where you're at in your healing journey.

What is important is to be honest and open with your new partner about your past, so they will understand if you feel the need to take things slow. And, it's well within your right to take slow steps when you go into a new relationship.

Make sure that you are looking for a new relationship because you emotionally feel *ready*, not because you're lonely and looking for someone to fulfill aspects within yourself. Any aspects that you might feel are absent should be met by having a healthy and loving relationship with yourself.

You need to make sure that you can handle rejection after your relationship. The first person that you might meet might not necessarily be "the one." Before you start dating, make sure that you can stand on both sides of rejection, meaning being the one who rejects or the one being rejected. If you are rejected by a new person, it shouldn't bother you. At this point, you should already feel secure within yourself and know that it's not personal to you. It could simply be that the other person recognized an incompatibility between the two of you, or you could even be the one feeling that way.

Chapter 15

“Happiness is not something ready made. It comes from your own actions.” — Dalai Lama XIV

Steps to creating the relationship that you want

First and foremost, loving yourself and feeling at ease with who you are and what you have to offer in a relationship is key. You need to know and understand that who you are and what you have to offer is enough, and that it’s good enough. But the first person who has to realize that and appreciate your worth is you.

The moment you start looking for that validation outside of yourself, you tend to settle for less than what you actually deserve, because we are so desperate for someone to validate our worthiness, and that is when we tend to attract relationships that are not in our best interest.

It is important that we establish a relationship on a healthy foundation. Instead of looking for someone to complete you, look for someone who can complement you, because you are already whole and complete on your own. With relationships, we can learn from one another and complement one another’s talents, and this brings out the best in us.

It is normal to have challenges in relationships. To find an understanding for each other and compromise in balanced ways in order to meet each other half-way. However, those challenges should not be to your emotional or psychological detriment. It becomes to your detriment. You can end up giving too much in a relationship as you’re trying to fill a void within yourself. Or, you

can give too little as you have a fear of becoming too emotionally invested in someone who can then hurt you. That takes place when you don't have conscious access to certain emotional resources that already exists within you and you're not fully tapping into that. Instead, you look for it outside of yourself.

At this point in the book, you will have learnt a lot about your strengths and your weaknesses. Keep in mind that life is a journey. Not everything is meant to be healed in a day.

Be clear about what your values are for love and relationships. Understand your thresholds and boundaries. Be aware of when you feel that you are outside of your comfort zone.

Let's see if your values in relationship have changed over the course of the book.

You can login at www.matmembers.com and go to Chapter 15 to download the relationship evaluation sheet. If you have not subscribed then you can do so at: www.healingbreakuptoday.com.

1. Make a list of **ten values that are important to you to have in a relationship**. Examples could be love, support, clear communication, or respect. Just write the ten values down without worrying about which is the most important or the least important.
2. Once you have written them down, number them from most important to least important. You can change these values as you grow and transform. But this is a good starting point and a good foundation for you to start a new life. These values help you to become truly clear about what you really want and what you've learned from your previous relationship.
3. Next, write down what your **threshold is going to be in your next relationship**. What are your values—in terms of your boundaries—going to be in a relationship (meaning what's going to be a deal breaker) and which relationship challenges you would be willing to work on with your partner. Examples of deal breakers could be infidelity, disrespect of your time, etc.

Just write them down; let it flow. Once you've done that, number the values and thresholds from the most important to the least important.

4. Write down what you feel you can offer in a relationship.
 - Be realistic in terms of what you feel you can bring to the table. Make sure that what you're writing down are not aspects where you're trying to overcompensate for past mistakes. Rather, see it and feel it from where you are at right now in your life.
 - Be honest with yourself and make sure that what you're writing down is not coming from a place of pain.
 - Make sure you are not trying to overcompensate for something that you feel you might lack and therefore trying to give too much of certain aspects and qualities of yourself.
 - Be mindful when you make this list.
5. Write down at least ten qualities.
6. When you look at your list, knowing what you can bring to a relationship, **what is it that you would like a partner** to bring to the relationship with you? Write down ten qualities.
7. Imagine that you see this ideal partner standing in front of you. Imagine that they are coming into your life right now. The best way to do this is to visualize that there is a beautiful silhouette representing this partner, and that it's standing in front of you. Allow this partner to take two steps closer and get right in front of you. Become aware and observe how you emotionally and physically react to this. Then, write down the emotions and feelings and remember how you felt. Holding this imagery in your mind, I invite you to return to the emotional healing session video. Go through the emotional healing to release the blocks that could be sabotaging you from inviting a new love into your life.

Remember that your thoughts will manipulate your actions. Refer back to your positive affirmations to support you in building a strong positive mindset.

As ultimately just as much as anyone else in life you also deserve happiness and a healthy life!

With love,

Evette Rose

About the Author



Evette Rose is an Author, Life Coach, Co-Founder of a personal development company and founder of Metaphysical Anatomy. Evette was born in South Africa and grew up in Namibia, West Africa. She then moved to Australia, lived in Vanuatu and Bali. She is best known for her work in helping people to resolve trauma from their past and freeing them to live successful and fulfilling lives. Evette's work is drawn from her own personal experience of moving from a difficult past into a well-balanced life and career. Evette's philosophy is that we, as a human race, are not destined to live our lives in pain due to past trauma or abuse. Humans often suppress their ability to complete or heal trauma naturally. In today's society we often suppress our pain in order to keep up with life and avoid being left behind. Fortunately, through gentle therapy, this natural internal healing instinct can be restored. Writing her books has helped Evette reach out to other people who are in need of love, support, and someone to relate to. She shares her experiences with the world in hopes that it will help people heal and provide encouragement and reassurance when they need it most. Evette now travels the world teaching personal development seminars and continues her research journey. She has been to more than 42 countries and worked with thousands of people!

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