

THE BREAKUP WORKBOOK:

A Common Sense Guide to Getting Over Your Ex

from MJ Acharya & brokenheartedguy.com

GETTING DUMPED SUCKS!

...There isn't any other way to put it. Yesterday, you were so happy you could practically bench 360. Today you don't even want to go the gym. You just want to go home, get drunk and get through the night. You thought that you were with the person that could be THE ONE, THE ONLY. Now you are only left with questions: How could this happen to you? How are you going to get through it? How will you ever move on from the person you loved? Blah, blah, blah.

Break ups aren't easy for anyone. Some guys get through it by getting it on with endless one-night stands while imagining their ex. Some guys just go out with their friends and make out with random chicks while imagining their ex. Some guys sit at home and drink. Others don't deal with their breakups at all. But those who are seriously devastated (and smart) realize that they need some time to work out their feelings and fill the baseball sized hole in the middle of their heart before they can move past the one-nighters and toward a real relationship. That's why you're here.

One important thing to remember while going through a breakup is to retain a shred of dignity in the eyes of your ex. What does that mean? No internet stalking. No drunk phone calls. No late night drive by's.

Instead of doing all of those stupid things that you've probably done a million times before in different situations, you'll follow the Exercises in this book. Then you'll learn how to deal with sitting at home and waiting for her to call. What to do when you see her with another guy; how to accept that the relationship is over; and how to mentally prepare yourself for a new relationship.

Don't forget that you can log into the forum on our website www.brokenheartedguy.com and speak with other people who are in your same situation. You'll find it's easier to go through this with others who are as miserable as you; as they can relate in ways that your happy friends cannot.

We wrote this book because we noticed there aren't a lot of books out there for men about breakups. Sure you can read a lot of chick books for the same kind of advice – but why would you want to do that?

The activities in this book will keep you occupied while you heal. This book is not going to presume to give you a timeline for moving on. Nobody can tell you 'when' you will be healed; it's your heart and your own unique situation. Use the book and the forum as a healthy outlet for your emotions. Take the time to completely finish and understand each of the Exercises. Remember that time is of no consequence and repeat the Exercises as often as necessary.



While you complete the Exercises, try to understand how the answers relate to your last relationship and more importantly, how they relate to you as a person.

Don't kid yourself fella, you're really hurting. You've just been dumped and you may not yet comprehend the fact that you have to give her up. All the times you took her to ball games, all the nights you stayed in and made out on the couch, all those mornings you woke up with her head on your chest – all gone. Kaput. Over. No more.

If you or anyone you know has ever tried to quit smoking, you can equate getting over a break up to that. Love can be addictive. The euphoria you once felt when seeing or even thinking about your ex is now deleted from your life. As with nicotine withdrawal, you'll experience mood swings, sweats, chills and irrational thoughts. It's fine to give in to those feelings. Stay home, get drunk, sleep, call in sick from work for a few days; do whatever you can legally do to give yourself some time to embrace the void. This period of feeling useless is going to last awhile. This is not something you'll 'get over' in a few days. Your entire life has changed. Don't deny your feelings. Welcome them.



While you go through this withdrawal period, subconsciously you'll magnify her good qualities. In your head, you'll build her up so much that you'll honestly believe that you'll never find another lover quite as good as she. You'll never meet someone who makes you laugh as hard as she. You'll never find someone as charming as she. To you, she is a woman on a pedestal. You will prepare to worship the 'goddess' in the days ahead. We're going to give you Exercises in which you can praise her. Then we'll show you why & how you can do better than your ex. You may not fully comprehend that statement now, but we promise, you'll get it in time.

UNDERSTAND: How great can she possibly be if she doesn't realize how great you are?

To heal, you're going to have to relive your relationship from the beginning. Although painful, these Exercises will help you remember the good times *and* the bad times. She is just a woman who decided with or without your consent that she wanted to move on with her life. She is just a woman - one out of millions that are dying to be with you. She's just one girl – not a deity. Remember that.



Exercise 1: THE LOVE JONES

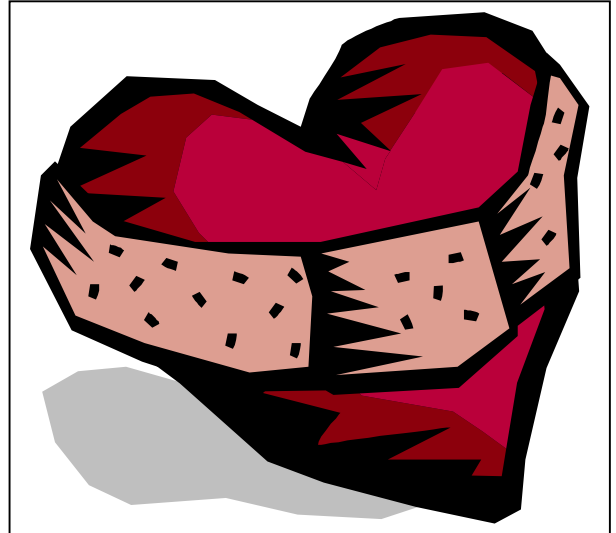
List 10 things you loved about your ex:

Our Example Answers:

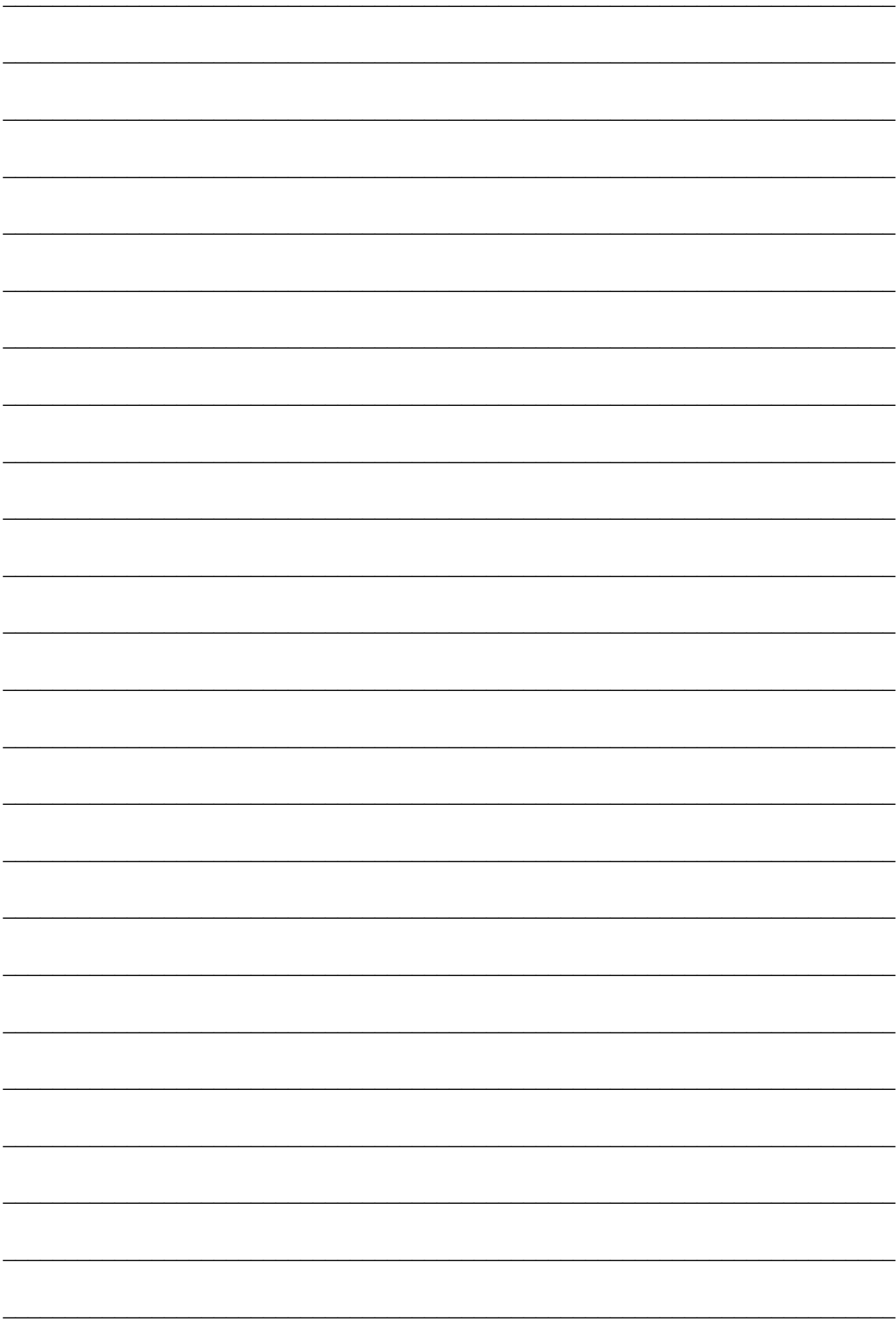
- 1) She had a great body
- 2) She always made me laugh
- 3) She had a great family
- 4) She lived in her own place
- 5) She liked to travel
- 6) She knew how to scuba dive
- 7) She was a good kisser
- 8) She gave great head
- 9) Her hair smelled great
- 10) She had beautiful eyes

Your Answers:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____
- 9) _____
- 10) _____



UNDERSTAND: She did have some good qualities, otherwise you never would have asked her out in the first place.





Exercise 3: QUESTION YOUR RELATIONSHIP

Answer these questions about your relationship

- 1) How did you two meet? _____
- 2) Where did you meet? _____
- 3) Where did you go on your first date? _____
- 4) In general, did you pick her up for dates, or did you meet somewhere?

- 5) What about her attracted you the most? _____
- 6) When & where was your first kiss? _____
- 7) When did you meet her friends? _____
- 8) Did you meet her family? _____
- 9) What did you think of her family? _____
- 10) Did she meet your family? _____
- 11) What did she think of your family? _____
- 12) Did you two have sex? _____
- 13) How was sex on a scale of 1 to 10? _____
- 14) Was she affectionate in public? _____
- 15) Did you like that or did you wish it were different? _____
- 16) Did she have a job? _____
- 17) Did you have any issues with her job? _____
- 18) Who called more? Her? You? _____
- 19) Do you wish that would have been different? _____
- 20) Who emailed more? Her? You? _____
- 21) Did you wish that would have been different? _____

- 22) Did she like your friends? _____
- 23) Did you like her friends? _____
- 24) Did she sleep over after sex? _____
- 25) Was she reliable? _____
- 26) Who initiated contact more – you or her? _____
- 27) Did she celebrate your birthday with you? _____
- 28) Did you have to remind her it was your birthday? _____
- 29) Did she buy you a gift on your birthday? _____
- 30) Did she ever pay for dates? _____
- 31) Did she go to special events with you? _____
- 32) Were you proud to be with her? _____
- 33) Did you pay for more things than she did? _____
- 34) Did she support you financially or vice versa? _____
- 35) Did you invite her to special events? _____
- 36) Which events? _____
- 37) What is the nicest thing she has ever done for you? _____

- 38) What's the nicest thing you have ever done for her? _____

- 39) Did she ever tell you she loved you? _____
- 40) If so, who said it first? _____

Later in the book, we'll analyze Exercises 1 & 2 & 3. For now, move on to number 4.
