



## INTRODUCTION

***Getting dumped sucks.*** There isn't any other way to put it. Yesterday, you were so happy you could practically skip to work. Today, you don't even know how to put one foot in front of the other. You thought that you were with a man that could be THE ONE, THE ONLY, the answer to your prayers. 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 man you loved?

At [brokenheartedgirl.com](http://brokenheartedgirl.com), we know how you feel, and that's why we designed this workbook – to help you get over him and get on with your life. The exercises in the book are comprised of those we learned in therapy and some we inherently just “do” in order to remove a man's presence from our lives. Each of these exercises will benefit you and help you become one step closer to healing your heart and moving on.

We wrote this book because we noticed there are a lot of books out there that tell you how to get a new man, that you can't call the old man, and tell you to just “Get over it!” But, there's not a book with a common-sense look at breakups and how they apply to those of us who need to heal before moving on. This book will show you, without a lot of psycho-babble, how to let go and heal before you let a new man into your life.

Through personal experience, we know that the hardest part of a breakup is letting go and retaining a shred of dignity while doing it. We want to show you how to let go. We want to show you that you can do it, even if you've failed before.

These days, with email, text messaging, and a million other ways to communicate, it will be even harder to let go of him; luckily this is not your parents' Breakup Workbook.

You will sit at home and wait for him to call the house. Every time you get home, you'll check caller ID to see if he dialed and hung up. You'll check your cell phone to see if you've missed any calls. You'll even turn it off

sometimes (a watched pot never boils), then turn it back on 10 minutes later & anxiously await the tone that tells you that there's a message waiting; and that's just night one.

The next day you'll go to work; hoping its him when you pick up the phone; waiting to see if he logs on to IM; waiting to see if he emails you; hoping he didn't already change his settings to stealth or delete you from his buddy list. You're going to have to work twice as hard to get through the day without breaking down and contacting him. Then, when you get home, you'll be checking the caller ID to see if he called your home and hung up while you were at work. Then, you'll spend the rest of the evening waiting for the phone, the cell phone, the IM, the email, or the doorbell to alert you to his presence. You'll wonder, between tears & sobs, will this ever end?

It will end, but like everything in life, it's a process. You've heard this before, so we'll spare you the lecture, but remember that when you go through a breakup, it's similar to having someone you love die. As such, it's important to go through the grieving process. You're going to experience a battery of emotions; remorse, denial, anger, depression, hysteria, and at times, you may even believe that you're going crazy. Unbelievably, all of these emotions are actually going to assist you in your healing process. For example: you'll go from staring into space, to bursting into tears, to screaming at the top of your lungs, to throwing things across the room. You may feel idiotic and childish when you realize you took a newspaper and tore it to shreds on your new white rug, while calling him every rotten name you can muster - but even this will help you get through the pain.

Don't push these fits of rage or crying away; denying yourself the chance to heal – embrace these feelings in hopes that you will get over this period even more quickly. You need to do the proper amount of screaming, crying, and yelling for you. You'll know when the proper amount has been done, because you'll start to feel better. It could take weeks, even months, but you will begin to feel better.

The hope is that the activities in this book will keep you occupied while you go through every emotion. This could stop you from making phone calls to your ex at all hours, stalking him, or really doing something harmful to yourself. As stated earlier, you may believe that you are going to extremes at times, but we hope this book proves to be a healthy outlet for your grief. Use this workbook as a tool to mend your heart. Do all exercises completely – even overdo them. Just make sure that you take the time to do them completely or else we can't help you. Reading the book won't help. "Doing" the book will.

Eventually, time will do its job, and you will get over him. Until then, do the work necessary to be able to find yourself, so that when you heal, you can take everything that's wonderful about you and put it into a new relationship.

Don't forget that you can log into the "Healing Room" forum on our website [www.brokenheartedgirl.com](http://www.brokenheartedgirl.com) and speak with some other women about your problems. You'll find it's easier to go through this with others who are in your situation, they can relate in ways that your happy friends cannot.



**ACTUAL BREAK UP LINE:**

**I still want to have sex with you,  
I just don't want to date you.**

*(Oh, hooray! I don't get enough calls at 2am  
from drunk guys I used to date as it is.)*

You're hurting. You've just been told that you have to give up love "cold turkey." Unfortunately, love is like an addictive drug. When you don't have it, you crave it. You feel you need it for survival. You don't know how you can live without it. How can you live without him?

While you go through this withdrawal period, subconsciously you'll magnify his good qualities. In your head, you'll build him up so much that you'll honestly believe that you'll never find another lover quite as good as he was. You'll never meet someone who makes you laugh as hard as he did. You'll never find someone as charming as he was. To you, he is a man on a pedestal. And you will prepare to worship him in the days ahead. We're going to give you exercises in which you can praise him. 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 understand in time.

**Really, how great can he possibly be if he 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. He is just a man who decided with or without your consent that he wanted to move on with his life. He is just a man - one man out of millions that are dying to be with you. Just one man. Remember that.

### **Exercise I: THE LOVE JONES**

*List 10 things you loved about your ex:*

Your Answers:

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



Our Example Answers:

- 1) He was funny
- 2) He owned his own company
- 3) He had a lot of friends
- 4) He owned his own home
- 5) He liked to travel
- 6) He made me laugh
- 7) He was a good kisser
- 8) He drove a nice car
- 9) He was outgoing
- 10) He liked to try new places to eat

**Exercise 2: THE FUTURE**

Write down what you imagined your future would be like with your ex. All of the dreams, the hopes, and the images you had of growing old with this person.

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### Exercise 3: QUESTION YOUR RELATIONSHIP

*Answer these questions about your relationship*

1) How did you two meet? \_\_\_\_\_

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2) Where did you meet? \_\_\_\_\_

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3) Where did you go on your first date? \_\_\_\_\_

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4) In general, did he pick you up for dates, or did you meet him? \_\_\_\_\_

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5) What about him attracted you the most? \_\_\_\_\_

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6) When & where was your first kiss? \_\_\_\_\_

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7) When did you meet his friends? \_\_\_\_\_

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8) Did you meet his family? \_\_\_\_\_

9) What did you think of his family? \_\_\_\_\_

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10) Did he meet your family? \_\_\_\_\_

11) What did he think of your family? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

12) Did you two have sex? \_\_\_\_\_

13) How was sex on a scale of 1 to 10? \_\_\_\_\_

14) Was he affectionate in public? \_\_\_\_\_

15) Did you like that or did you wish it were different? \_\_\_\_\_

16) What was his job? \_\_\_\_\_

17) Did you have any issues with his job? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

18) Who called more? Him? You? \_\_\_\_\_

19) Do you wish that would have been different? \_\_\_\_\_

20) Who emailed more? Him? You? \_\_\_\_\_

21) Did you wish that would have been different? \_\_\_\_\_

22) Did he like your friends? \_\_\_\_\_

23) Did he treat you differently around his friends? In a good way or a bad way? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

24) Did he hold you after sex? \_\_\_\_\_

25) Was he reliable? \_\_\_\_\_

26) Who initiated contact more — you or him? \_\_\_\_\_

27) Did he celebrate your birthday with you? \_\_\_\_\_

**ACTUAL BREAK UP LINE:**

**Can we just 'have fun?'**  
**I might want to have sex**  
**with other people.**

*(Wow. It's so fun imagining  
my boyfriend having sex with  
other people. Gross.)*



28) Did you have to remind him it was your birthday? \_\_\_\_\_

29) Did he buy you a gift on your birthday? \_\_\_\_\_

30) Did he ever buy you flowers? \_\_\_\_\_

31) Did he go to special events with you? \_\_\_\_\_

32) Were you proud to be with him? \_\_\_\_\_

33) Did you pay for more things than he did? \_\_\_\_\_

34) Did he support you financially or vice versa? \_\_\_\_\_

35) Did he invite you to special events? \_\_\_\_\_

36) Which events? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

37) What was the nicest thing he has ever done for you? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

38) What's the nicest thing you've ever done for him? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

39) Did he ever tell you he loved you? \_\_\_\_\_

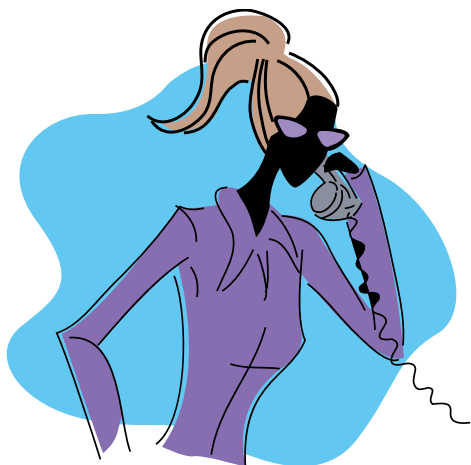
40) If so, who said it first? \_\_\_\_\_

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



## Exercise 4: AVOIDING AT ALL COSTS

First thing in the morning, call or email a few girlfriends that won't mind if you're a neurotic mess. Some girlfriends are like sisters while others are just "bar friends." Pick the ones that are closest to you and use them as your support network. Chances are they already know that you've been dumped. (Maybe even one of them pointed you toward this book?). Ask them to pay extra attention to you for the next week – no, you're probably not going to feel like going out on the town, but maybe they can come over and watch movies with you, or at least call to check up on you. Then tell them that your current goal is to avoid contact with your ex-boyfriend for at least one week, if not two.



Now tell them the plan: they are basically going to have to put up with you for at least two weeks. When you want to call him, you'll call one of your friends instead. Her job is to talk you out of it. When you want to email him, email your entire support network and tell them all that you're feeling weak – then you'll get at least 5 emails in return – telling you why you shouldn't. (5-emails – talk about a support network!). Turn off your IM altogether, so you won't have to know when he's logged on, off, or otherwise. It's for your own good.

When you sense you're testing the limits of your friends' good natures, log into the forum and speak with other women who are just as anxious to call an ex as you. It will help to speak with someone going through the same anguish.

### ***Other things you can do when you have an urge to text, email, IM or telephone:***

- Step away from the computer & your phone. If at work, take a walk around your office. If at home, jump into your car and go for a drive (leave the cell phone at home!), listen to your favorite party songs. Sing along!!
- Write down the worst thing he ever said to you & post it on your computer monitor. Every time you get an urge to make contact, read that piece of paper. It will hurt to read it, but it will help you realize what a jerk he can be – ultimately leading to the realization that he's NOT perfect.
- STAY AWAY FROM FRIENDSTER & MY SPACE PAGES & INTERNET DATING PROFILES. Checking up on your ex's 'new life' is not going to assist in the healing process. You need time to swallow the breakup & accept it. Internet stalking, so to speak, is not going to accelerate the grieving process.

You will be able to call him eventually, just not right away, and certainly NOT today while you're so vulnerable.

### ***In addition to avoiding him electronically or wirelessly, you'll need to avoid him in person:***

If you used to go to lunch with your boyfriend, then go to lunch with your girlfriends, or with co-workers. Try to avoid the places that you and your ex used to frequent. You don't have to avoid those places forever, just for the next few weeks. These places include bars, restaurants, the grocery store (if you went to the same one), dog runs, jogging trails, etc.

#### **ACTUAL BREAK UP LINE:**

**Last night was great, and I want to do it again, but I think we're better off as friends.**

*(That was after the first time we had sex — for an entire year, I started believing that all guys only want sex! Luckily, I got over that.)*

***You work with your EX? Ugh. Avoiding at all costs may seem impossible, but here are some ideas to help!***

- If you work with him everyday, you'll know where he is, what he's doing, and you will have a hard time avoiding him. Simple advice is necessary in this situation:
- Take time off if you can do it without jeopardizing your job.
- Show up to work extra early so you don't see him or his car in the parking lot.
- Leave for lunch at a different time than you normally do, so you can avoid seeing him.
- Avoid the company cafeteria and avoid any places you used to frequent for lunch with him.



- Don't give in to the company gossip. Don't tell people what happened. When they ask, just say, "I'm still upset about it right now and I don't feel like talking about it." This is very important because if you start saying negative things about him, then he'll start saying negative things about you and it will create a snowball effect. You have to be the classy one. That way, when it's time to confront him, he'll be likely to agree to a meeting.
- If you have to email him or call him for work reasons, be strictly professional. The last thing you want is to get written up for calling him a jerk on company email.

DO NOT email or call him for personal reasons. Call or email your support network if you feel yourself getting this urge.

***When you're home alone, the urge to call or text or email or IM will be much more magnified. Try this:***

When you're at home and want to call him, go for a drive without your cell phone. Go see a movie without your cell phone. Go to a friend's house without your cell phone. Duct tape your cell phone inside a drawer and just check your voicemail messages from your home phone. That way you absolutely CANNOT text message him. Yeah, it's extreme, but sometimes extreme measures are necessary when feeling anxiety

If you cannot leave your home, invest some money in a timer. Set it for one hour. Clean the house, call your friends, or play with the dog. When the timer goes off, see if the urgency to call him has subsided. If not, set the timer again for another hour. Write down the length of time it took for the urge to pass. Do this everyday if you need to. Eventually the urge to call will pass altogether and you'll be amazed at your progress.

Date: \_\_\_\_\_ Date: \_\_\_\_\_

Date: \_\_\_\_\_ Date: \_\_\_\_\_

Date: \_\_\_\_\_ Date: \_\_\_\_\_