

THE BREAKUP RECOVERY WORKBOOK

A WORKBOOK FOR
MONITORING YOUR PROGRESS
AND LOGGING YOUR JOURNEY



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Fundamentals of Healing

Getting over the past is about _____

As I begin this course, I believe that I am at the following emotional stage in the process of getting over my breakup:

Meltdown
Overinvestment
Rollercoaster
Validation Trap
Emotional Freedom

The reason I believe that I am at this stage right now is because of:

Given the emotional stage that I am currently at, what do I need to focus on to get over my breakup?

What is the main difference between Passive No Contact and Active No Contact?

Have I done Active No Contact?

Yes

No

I did Active No Contact starting on: _____

I completed Active No Contact on: _____

Shutting Down Your “BS Machine”

Are there places where you “fill in the blanks” with your own insecurities, fears, and anxieties? If so, please list them below:

Thought Challenging Log (Print as many copies of this page as you need to use to track your thoughts over time)

What Happened:

Original Thought:

Supporting Evidence:

Alternate Thought:

Supporting Evidence:

Avoiding Bitterness and Cynicism

How do you choose to remember your ex:

Do you think taking a “social media fast” would be a good idea for you? Why or why not?

Have you made a decision that this breakup is the beginning of a new chapter for you?

Emotional Healing

Describe your experience doing the Deep Submerge:

Gratitude Journal (print many copies of this page, if needed):

Date:

5 Things I am grateful for:

- 1.
- 2.
- 3.
- 4.
- 5.

Date:

5 Things I am grateful for:

- 1.
- 2.
- 3.
- 4.
- 5.

Date:

5 Things I am grateful for:

- 1.
- 2.
- 3.
- 4.
- 5.

Describe your experience doing the “Burning Away the Past” Exercise

Describe your experience doing the “Emotional Recalibration” exercise

Describe your experience “Scheduling Time to Fall Apart”

Making Peace with the Past

Why do rebound relationships tend to fail?

Describe your experience doing the “Walking Meditation”

Describe your experience “Noting It, Knowing It, and Letting It Go”

Describe your experience doing the Metta (Loving Kindness) Meditation

Values

List your values in no particular order:

Using the process described in the course, rank your values from 1 to 10

- 1.**
- 2.**
- 3.**
- 4.**
- 5.**
- 6.**
- 7.**
- 8.**
- 9.**
- 10.**

How are you choosing to measure each of these values?

- 1.**
- 2.**
- 3.**
- 4.**
- 5.**
- 6.**
- 7.**
- 8.**
- 9.**
- 10.**

Are you happy with the results you are getting measuring any your values in this way? If not what are some alternate ways that you could measure those values?

Self Love

Step 1 - Identify the Fear

What is the “something bad” that might happen if you moved toward one of your values that you are not completely in alignment with?

Step 2 - Explore Alternatives

What is an alternate outcome that contains within it the “something bad” you identified earlier?

Step 3 - Internalize Success

What would you be proud of yourself for, independent of what happens externally?

Step 4 - Stepping Over the Red Line

What are the smallest micro-steps that you could do that take you past your comfort zone?

New Possibilities

My 5x5 List

Must Have Qualities

- 1
- 2
- 3
- 4
- 5

Deal Breaker Qualities

- 1
- 2
- 3
- 4
- 5

Does my ex fit into my 5x5 list?

Yes
No

Must Have Qualities From My 5x5 List That My Ex Has

- 1
- 2
- 3
- 4
- 5

Deal Breaker Qualities From My 5x5 List That My Ex Has

- 1
- 2
- 3
- 4
- 5

After completing this exercise, do I believe that getting back together with my ex is a good idea and likely going to result in a relationship that I will be satisfied with?