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# -THE BREAKUP SPACE-



## Course Curriculum

### Welcome

Why I Created This Course

PREVIEW

### Getting Started

Complete the Getting Started Questionnaire

Join The Breakup Space private Facebook group

Take the Pledge

### Week 1 - Getting through the 1st 7 days

(Concept introduction/Overview of Week 1 module)

Lesson 1 - The 12 Steps to Recovery

Lesson 2 - Broke up. Now what?

Lesson 3 - Why It Hurts So Bad (the science behind a breakup)

Lesson 4 - Staying Busy - 30 Days of Things to do +1

Lesson 5 - Affirmations that will help with your breakup

Lesson 6 - Exercise: Meet the New YOU.

Lesson 7 - What Have You Learned? QUIZ/CONSULTATION

## **Week 2 - The Rules of Disengagement**

(Concept introduction)

Lesson 1 - No Contact

Lesson 2 - How NOT to Go Back

Lesson 3 - When Silence Speaks Louder Than Words

QUIZ: Test your learning/ CONSULTATION

## **Week 3 - The Science of Relationships**

(Concept introduction)

Lesson 1 - Attachment Styles

Lesson 2 - Grief

Lesson 3 - Relational dialectics/Cognitive dissonance

Lesson 4 - Reframing

Test your learning – QUIZ/CONSULTATION

## **Week 4 - Relationships Cycles**

Concept introduction

Lesson 1 - Coming Together

Lesson 2 - Coming Apart

Lesson 3 - Ghosting

QUIZ/CONSULTATION

## **Week 5 - Managing Your Emotions/Rollercoaster**

(Concept introduction)

Lesson 1 - Exercising Emotional Discipline

Lesson 2 - Grief

Lesson 3 - Forgiveness

Lesson 4 - Resilience

QUIZ/CONSULTATION

## **Week 6 -Self-Care**

(Concept Introduction)

Lesson 1 - External - The Easy Part

Lesson 2 - Internal - The Real Work Begins HERE

Lesson 3 - The Steps: Your Road Map to Healing

QUIZ/CONSULTATION/ASSESSMENT

### **Week 7 - The Relationship Inventory**

(Concept Introduction)

Lesson 1 – The Questions

Lesson 2 – The Answers

Lesson 3 – Assessment/Consultation

CONSULTATION/ASSESSMENT

### **Week 8 - Men Suffer, Too**

(Concept introduction)

Lesson 1 – Suffering in Silence

Lesson 2 – Signs of a Struggle in Men

QUIZ/CONSULTATION/ASSESSMENT

### **Week 9 - RED Flags**

(Concept Introduction)

Lesson 1 - Destructive Communication Behaviors

Lesson 2 - Dark Triad Personality

Lesson 3 - Dating Chart

QUIZ/CONSULTATION

### **Week 10 - Mediated Communication & Romantic Relationships**

(Concept Introduction)

Lesson 1 – Social Media and Your Relationship

Lesson 2 - (pdf) You Could Have Just Told Me

QUIZ/CONSULTATION

### **Week 11 - Moving On**

(Concept Introduction)

Lesson 1 - Dating Again

Lesson 2 – How do you feel?

Lesson 3 - When They Try to Come Back

Self-assessment/Consultation

**Week 12 - Wrap up**

(Concept introduction)

Your feedback

What's next