



Therapy Worksheets for a Break Up

———— RABBI SHLOMO SLATKIN, MS, LCPC ————

www.themarriagerestorationproject.com

Foreword

Breakups are painful as you are sadly aware.

We created these worksheets for you as a resource to help you understand your emotions, what went wrong in your relationship, and to help heal your heart.

Your mental health is a priority.

Your happiness is a priority.

Your self-care is a priority.

Your existence is a priority.

We are here for you while you go through this difficult time and hold the hope for you that you will get through this and move forward into the future as a fully conscious individual with the ability to succeed in any future relationship that you choose to have.

With best wishes for your relationship success,
Rabbi Shlomo Slatkin, M.S., LCPC

How to Cope with a Break Up

Breakups can be hard, especially depending on the intensity and length of the relationship. The first thing to do is to take care of yourself, don't jump into a new relationship right away, and wait till the dust settles. Breakups can have a long-term negative effect on both parties. No need to hate each other or feel resentful.

Use these suggestions on how you can cope with a break up.

MAKE A TIME TO TALK

Schedule a time where you and your significant other can really focus and have a safe and calm conversation. Texting or sharing in passing is not productive and will only foster ill will.

BE CLEAR AND TAKE OWNERSHIP

Regardless of why you are breaking up, take ownership, use I statements and say what you are feeling in an empowered way. Don't blame the other for the relationship failure.

BE KIND

Express your feelings in a dignified way, letting him/her know that you appreciate all of the good you had together and that it is now time to move on. No need to focus on the negative.

SET APPROPRIATE BOUNDARIES

With regard to boundaries, you will need to figure out what makes sense and is appropriate for your unique situation. It may mean remaining friends. It may mean having little contact but you don't need to have hard feelings.

ALLOW YOURSELF TIME TO GRIEVE

Turn off social media and stop following your ex. Play, laugh, travel, cook, entertain, eat healthily, set post-breakup boundaries. Your ex is no longer part of you and therefore, you'll have to set boundaries for where you go, how often you contact them, journal, don't assign blame, don't expect closure from the person who dumped, forgive yourself, learn how to spend time alone with yourself and enjoy it.

If one is experiencing a breakup or divorce, allow yourself to feel what you are feeling and know your feelings are valid. Talk to a good friend, find a therapist if need be to process your hurt. Take time off to nurture yourself. Don't be hard on yourself. Give yourself all the time you need to recover.

Coping With A Break Up

Exercise # 1 **Positive Ways of Coping with a Break Up**

Breakups can be hard, especially depending on the intensity and length of the relationship. Use these following questions to help you identify positive ways to cope.

What are some feelings that you are currently experiencing?

How have you been coping so far?

What are some things you think you can do to better cope?

What are some people you can reach out to if you need to talk?

What are places or things you should avoid that remind you of the person?

Coping With A Break Up

Breakups can have a long-term negative effect on both parties. No need to hate each other or feel resentful. If you set boundaries moving forward, you will be more successful. Fill in these blanks to help you identify how you can positively cope a break up.

I want to do these but I know it will make it worse:

- 1.
- 2.
- 3.

Instead of doing it (the things you listed above, I will:

- 1.
- 2.
- 3.

I should avoid these following places/things that remind me of that person:

- 1.
- 2.
- 3.

I can reach out to (not your ex):

- 1.
- 2.
- 3.

Coping With A Break Up

Exercise # 2

Saying Goodbye and Reflecting on your Relationship

Dealing with a breakup can be painful. No matter what the reason for ending the relationship was, breakups are never easy. This exercise will help you reflect on your past relationship for you to be able to say goodbye.

What was it like being in a relationship with your partner?

What were some of the negative ways you experienced your partner?

What were some of the positive ways you experienced your partner?

What are some of the dreams you had?

What are some of the ways you reacted that contributed to creating pain in the relationship?

Coping With A Break Up

Exercise # 3

A Sincere Open Letter To Your Ex

If you could write a letter to your ex, what you would you write? This exercise where you can write a letter to your ex, say what you truly want and say goodbye.

REMINDER: DON'T SEND IT!

Dear _____

Coping With A Break Up

Exercise # 4

Your Future Relationship

Create a vision for your future relationships, the type of partner you'd like and the type of partner you will be.

What do you want from your future relationship?

What beliefs do you have about yourself and relationships that might be helpful/ unhelpful?

What recurring relationship patterns seem to keep coming up?

What habits do you have that might be problematic in a future relationship?

Coping With A Break Up

Exercise # 4

Your Future Relationship

Create a vision for your future relationships, the type of partner you'd like and the type of partner you will be.

What moments from your relationship do you want to cherish?

- ☐ The first time you hang out one-on-one (and yes, Netflixing counts).
- ☐ The first date
- ☐ When you realize they would do anything to make you happy.
- ☐ The first kiss
- ☐ The time they stood up for you.
- ☐ The day you say, 'I love you'

Create your own list below.

Coping With A Break Up

Self-Care List / Medication

Breakups hurt. Learning how to cope with a breakup through healthy, productive self-care can make all the difference in the world when going through a tough time.

Self Care Checklist

- ☐ Find a shoulder to lean on
- ☐ Listen to your favorite songs or watch movies
- ☐ Go out with family or friends
- ☐ Take care of yourself
- ☐ Avoid getting into emotional calls
- ☐ Write about your emotions and thoughts
- ☐ Surround yourself by happy thing
- ☐ Give yourself time.
- ☐ Rephrase things in a better way on your own.

Coping With A Break Up

Exercise # 5

Are you ready to date?

Are you wondering whether it's time to start dating again? There are many factors to consider when trying to decide if the right time has come. The answer to that question depends on a lot of factors. Here are 10 questions to ask yourself if you're thinking about dating again

Questions to Ask Yourself

- Am I happy with the person I am and do I understand my own value as an individual?
- Do I know what I want from a partner and a romantic relationship?
- Do I have the time to be in a relationship on top of any and all other commitments I have like school, work, family, friends, hobbies, etc.?
- What kind of physical distance am I comfortable within a relationship?
- Do I feel strong enough to deal with rejection?
- Have I healed enough from any past trauma to be present and give the kind of commitment to a romantic partnership that I would like in return?
- Can I trust myself to respect the healthy boundaries of the relationship that my partner/s and I will talk about and agreed to?
- Do I know what boundaries I am comfortable with emotionally, physically, and in regards to how and how often we'll communicate, and am I able to articulate those to a (potential) partner?
- Do I have realistic expectations of what being in a romantic relationship will look like?