

■ Getting Past Your Breakup – Healing & Growth Worksheet

Based on *Getting Past Your Breakup* by Susan J. Elliott

1. *Grief and Emotional Awareness*

List three emotions you feel most strongly right now:

1. _____
2. _____
3. _____

On a scale of 1–10, how much are you allowing yourself to feel these emotions (1 = blocked, 10 = fully expressed)? _____

2. *No Contact and Boundaries*

What forms of contact will you stop immediately (texts, calls, checking social media, etc.)?

- _____
- _____
- _____

What boundary do you need to protect your peace of mind?

What might tempt you to break this rule, and how will you handle it?

3. *Self-Care and Rebuilding*

List four things you'll do this week for your wellbeing:

- _____
- _____
- _____
- _____

Write one affirmation to repeat daily:

"I am healing and growing stronger every day."

4. *Relationship and Life Inventory*

What worked in the past relationship?

What didn't work or caused you pain?

What patterns do you notice repeating in your life?

5. *Moving Forward*

List three non-negotiable values you want to live by (and seek in future partners):

1. _____
2. _____
3. _____

What one small action will you take this week to live by these values?

6. *Weekly Reflection*

What progress or small victory did you notice?

What challenge or setback did you face?

What intention will you carry into next week?

■ *Key Reminders:*

- Healing takes time — be patient with yourself.
- No contact is an act of strength, not weakness.
- Self-care and reflection rebuild confidence and peace.
- Each small action moves you closer to freedom and renewal.