



3 Simple Steps
*to Getting Over
a Breakup Faster*

help for you to break free

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This book is for you

Love never dies a natural death...It dies of blindness and errors and betrayals. It dies of illness and wounds; it dies of weariness, of withering, of tarnishing.

Some of you might have done the breaking up. You might feel some relief - but you'll also be feeling sad and miss him. You'll also feel lost - wondering who you are now you are single again.

Others of you might have been broken up with. You might still be reeling with shock. Why? How could he give up? You are sad, lonely and miss him and miss the 'us' you used to be.

Anais Nin sums up the end of a relationship perfectly – usually messy and always tiring.

I am sure you are looking for a way to get through this crap time as fast and as easily as possible. This eBook will help you to:

- **get over your ex properly,**
- **and speed up the grieving process.**

This eBook is for both kinds of breakups. You might be the one who initiated the change, or you might be the one who was broken up with. I understand how you both feel – as I have been there before myself...too many times!

What are the 3 Simple Steps?

1. Change your attitude about your ex
2. Tell the real story about your breakup
3. Stop your inner critic

These three steps will make sure **you don't block your grieving and keep your self-esteem up**. And yes, you do grieve after a relationship has ended. You grieve as you miss your ex, and you grieve because you miss the identity your relationship gave you. You have to let go of these to be able to find your new identity, New Fabulous Single You.

What am I not going to cover?

I am not going to talk about the **no-contact rule**. I think the no-contact rule is extremely important but I have written about it on my blog, and I will do a separate worksheet at a later time. These 3 simple steps should be used with the no-contact rule.

Step 1: Change your attitude

Exercise

Take a moment to think about your ex. How do you think about him? What kind of thoughts do you have?

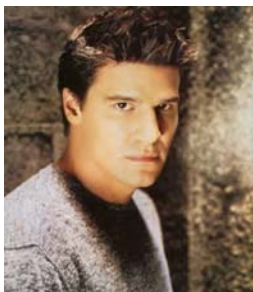
What is your attitude about your ex right now?

Step 1: Change your attitude

Exercise

Take a moment to think about your ex. How do you think about him? What kind of thoughts do you have?

What is your attitude about your ex right now?



Is he a darling?

Do you remember him fondly?

Do you think: 'if only we could be together...'

Are you editing the bad parts of the relationship out?

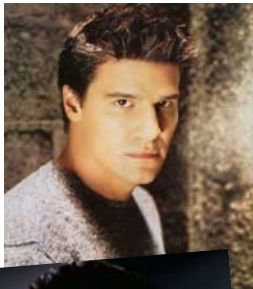
Can he do no wrong?

Step 1: Change your attitude

Exercise

Take a moment to think about your ex. How do you think about him? What kind of thoughts do you have?

What is your attitude about your ex right now?



Is he a **darling**?

Do you remember him fondly?

Do you think: 'if only we could be together...'

Are you editing the bad parts of the relationship out?

Can he do no wrong?



Or is he a **bastard**?

Do you only remember the bad parts?

Do you think: 'Thank God, we're not together'

Are you editing the good parts of the relationship out?

And can he do no right?

Use ‘splitting’ to help you

When you breakup and have a strong opinion about your ex, it is called ‘splitting’:

The ex is vilified as a merciless demon or, on the contrary, transformed into an unimpeachable angel. There seems to be no middle ground.

Darian Leader, Psychoanalyst and Author

You’ve probably noticed this with your friends when they breakup. They will either be calling him a bastard or a dreamboat. I saw this often in my interviews,* with people either thinking back very fondly of their ex or thinking that the man could do no right.

Those with demons move on faster

The women who moved on from their breakups faster, tended towards the ‘demon’ memories. Being without your ex for a few weeks or more may encourage you to look back at your relationship through a soft focus lens. You need balance to help you get over him faster.

* I spent the past year interviewing women aged 25-40 about their breakups.

Use ‘splitting’ to help you

You may look back and see the ‘angel’ Leader talks about - perfect in every way. You sigh and think ‘If only...’ and dream about what could have been. You edit your history, cutting out the fights or the loneliness that you felt at the end. Anything is better than the loneliness and nothingness you feel now. You don’t want to be in between, so your mind traps you into returning to the comfortable place you know, even if it wasn’t an especially good place.

Shouldn’t I be focusing on forgiving?

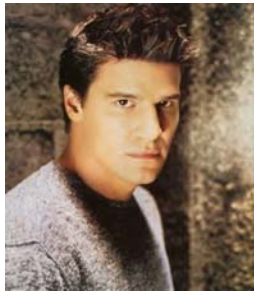
‘But hang on...shouldn’t I be forgiving him, not being a bitch?’ you ask. You will forgive eventually, but to do it right now will mean nothing. You will be saying you forgive him, and not mean it at all. You’ll be still thinking about what a wonderful guy he is...and **not getting over him**. This time is not about him – it is about you. And balancing your thoughts about him will help you get over him

What if I already think he is an asshole?

You are on the right track! Keep it up, and **when you are ready** to let go, you will forgive him and move on. We’ll look at that later in another eBook.

Exercise: Getting some balance

Create some balance when you think about your ex.



1. List the ways he was not your perfect partner
2. Think of all the problems and arguments you had, especially in the last months
3. Find a new mantra - change:
'If only things could have been different...'
to
'I will find someone wonderful.'



So what happens now?

When you notice you are looking at your old relationship through that soft focus lens, don't get down on yourself. Instead, replace those dreamy thoughts with realistic thoughts. Over time, you will create a new habit.



Step 2: Tell the real story

There are other ways you may deny the end of your relationship. Grief counselor, Pam Heany explains that if you don't accept your situation fully, you may end up stuck in your grief, getting nowhere.

The importance of retelling your story



Sarah's truth tip:

I felt better once I was honest, although I chose who I was frank with. Choose your confidantes carefully as you need supportive people around you.

Retelling your story is an important part of convincing yourself that the breakup happened and that this is your new life - so how you tell your story is important. Minimizing the impact of what happened will slow down your grieving process. Take care with your language and don't downplay what this breakup means to you. Using words like 'just' and 'only' reduces the importance of what you are going through.

My story


After finding out about my ex Rat Bastard Brian was cheating on me, I was embarrassed. I was taken like a fool and I was tempted to fudge the story. I told myself very strictly that there was nothing I needed to be ashamed about - the facts needed to be aired to take away the secrecy that goes with affairs.

Are your friends saying ‘At least...’?

Are your friends denying the impact of your breakup?

Your friends might be doing it too as a way to look on the brighter side, but instead are avoiding recognizing the impact of the breakup.

Comparing your situation with others is not helpful. “At least you’re not like Sylvie,’ they say knowingly, or ‘Thank God you didn’t have kids together!’ There may well be someone worse off than you, but how does that help you to get over your ex? All it does is downplay your situation.



Thank God, you
didn't have kids
with him...

At least you're
not like Tania...

You're lucky
you found out
now...

Exercise: Rewrite the spin

Don't get stuck in your grief – accept your full breakup story.

Retelling your breakup story:

1. Think about some of the 'spin' of your breakup:
 - You threw a vase at him? Maybe it seems easier just to forget that part rather than be honest about it!
 - Rewrite them to something that is closer to the truth – don't use words like 'just' and 'only'. This breakup is crap! You are allowed to say so.
 - Choose who you tell your new story to
2. Prepare an answer for when friends minimize your breakup

Thank God, you didn't have kids with him...

I was with him for 5 years - it's a long time and a mess to sort out.

So what happens now?

Be prepared to use your new answer, when well-meaning friends start comparing you to others, or tell you it really isn't all that bad.



As you walk away from your past life, telling your story is an important part of convincing yourself that the breakup has happened. If you don't own your story, you might block your grief – so tell it like it really was!

Step 3: Stop your inner critic



You're useless at relationships!

You may find that your confidence takes a tumble after your breakup. Your inner critic cranks up her dialogue in your mind. She likes to appear when you are going through tough times, whispering 'I told you so,' in your ear.

You're already down, feeling hurt and rejected, so she takes this weak moment and sneakily starts in on the critiquing.

What tactics is your inner critic using?

Learn to recognize what tactics your inner critic is using by studying the table below:

Inner-critic tactics
<i>Blaming you when things don't go as you hoped</i>
<i>Comparing you with others</i>
<i>Expecting you to be perfect</i>
<i>Criticizing you for small mistakes</i>
<i>Reminding you of your failures</i>
<i>Telling you how you 'should' live</i>
<i>Reading your friends' minds</i>
<i>Exaggerating your mistakes</i>

Your inner critic: a psychological jackal



The judging inner voice seems natural, a familiar part of you. In truth, the critic is a kind of psychological jackal who, with every attack, weakens and breaks down any good feelings you have about yourself.

from the book, *Self-Esteem*

You are no longer only facing just your recent breakup, instead your inner critic dredges up past relationship failures, linking them all together. You no longer only say *I wish I could have made this thing with Dan work*, instead it escalates to *I am a loser at relationships*.

The 'shoulds' in your life

Your mind starts dwelling on the 'shoulds' in your life: I should be with someone at my age, I should have made more of an effort, I should have been able to keep him happy, I should have a family by now. If not caught, these thoughts can wear you down.

Exercise: Throw some light on her



Like a vampire your inner critic doesn't like to see the light of day. Instead she likes to lurk incognito at the edge of your mind, so you don't really notice when she slides in to draw blood. Recognizing the inner critic is the first step to dealing with her. Times of stress, like the rejection of a breakup, are when the inner critic likes to surface, so it is time to make sure she is not sabotaging your efforts at getting better.

1. Pay attention to what she says - note it down

9:30: I'm such a pig - no wonder he broke up with me.

11am: I'll never meet the right guy.

1:20pm: I am just useless at relationships.

2:10pm: I should never have trusted Dave.

2. What could be the reasons for making these comments? Is she protecting you in a strange way? Is she trying to give you answers?

I'm such a pig: my inner critic is saying this as it gives a simple answer to why Dave rejected me

I'll never meet the right guy: she is telling me this so I don't try and don't get hurt again.

I shouldn't have trusted Dave: she is telling me this so I am careful next time so I don't get hurt

Exercise: Fight back

Now you recognize your inner-critic bitch, it is time to stop her. You need to shock her into shutting up.



1. Get angry! Find a mantra and yell it (in your head – you don't want to appear to have lost it) when your critic starts up – drown out that voice! Pick a phrase and get ready to rumble next time the critic starts up:
 - Shut the f*ck up!
 - To hell with you!
 - Liar!
2. Find an affirmation to replace the critic with. You might not believe the words you are saying right away but still have something positive to say after you've yelled your critic into submission:
 - I'm doing the best that I can right now.
 - I am a survivor.
 - I am worth something.

So what happens now?

These simple exercises will help quell the critic inside you. You need all the support you can get, including marshalling your internal forces and ridding yourself of your inner-critic, to get you through the upcoming weeks and months. Be kind to yourself, new habits take time to filter into your thinking. Know you have the strength to get through this.

What's next?



I will send you **regular updates** and keep in contact to see how you are doing. I would love to get some feedback from you, please leave **a message on the board here** or **send me a message** if there is anything else you would like me to cover or with any feedback about the book. **If you have a story to tell**, I would love to hear it, and can keep you anonymous. And (of course!) take a look at my blog: **www.thebreakupbitch.com**.



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