



"Breaking Free & Dealing with Me"

5 WAYS TO HEAL AFTER A BREAKUP

BY SUSAN NICOLE

COPYRIGHT & TERMS OF USE

All content contained in this file is copyright protected and is the property of - Royalty with Purpose-

YOU CANNOT

- Use anything contained in this document for commercial purposes.
- Reproduce, resell, redistribute, alter, and/or transform any part of these files.
- Copy or upload this content for use or distribution on your own site.

CONTENTS

AUTHOR NOTE

INTRODUCTION

3

ACTIVATE AWARENESS

4

DETERMINED DECISION

5

CATCHING CLARITY

6

BECOMING BETTER

7

DATING AGAIN

NEXT STEPS

REFLECTION PAGE



Hi There,

ITS COACH SUSAN NICOLE AND I'M HAPPY TO SHARE THIS FREE EBOOK WITH YOU.

My hope is after you read this book you will use these steps to help you on your journey of healing. Every breakup or divorce is different and so is everyone's process. Know that breakups/divorces hurt and at times are painful to get through, however there is life afterwards.

In this book I share some of my personal life journey and things I applied to my life. I'm sharing this information in hopes to help you heal and regain confidence after your past relationships and experiencing your breakup.

Let's do this!

SUSAN NICOLE



INTRODUCTION

"Cheers to another breakup, Susan"! I can remember saying these words to myself as I sat on the edge of my bed distraught and feeling hopeless that I failed yet again at love. Remembering this point in my life I felt as though there has to be something wrong with me. I was hit with feeling hopeless that I would never experience love again and to be specific marriage again. You see I was the girl growing up who was unpopular, unattractive, overweight and never the one the guy wanted to date. But this time it was different because I now was in the middle of a divorce.

FAILURE what does that word mean to you? My definition of failure was when I attempted something and did not accomplish it, or possess it. The word failure seemed to be my go to every time a relationship did not last. The relationships always started off right, so I thought, but in the end it was nothing but me giving ALL of me and being disappointed yet again in the end.

Growing up I always seemed to be rejected and always worked so hard to prove I was "good enough" for everything. I desperately wanted to be validated and acknowledged; and having a "boyfriend", "boo", or "man" did not come easy even as I transitioned to adulthood. Because of my past I found myself entering into relationships out of my poor self-concept and insecurities that did not end in my favor.

Because of my self-concept and lack of confidence in myself I ended up in relationships with men who cheated, misused me, verbally abused me, and ones who did not value or acknowledge my worth. I found myself settling for less than I deserved.

You see my success with love seemed to be delayed which diminished my confidence and highlighted my insecurities about myself. It took some soul searching for me to "Deal with Me" and to connect with the man who was right for me. Ultimately it was the journey of my heartbreaks that gave me self-awareness where I obtained my true healing. My hope and prayer is as I share these 5 ways you too will begin your journey of internally healing after breaking free.

1 ACTIVATE AWARENESS: "IT'S OFFICIALLY OVER, I'M A SINGLE WOMAN NOW!"

I am not a failure he just was not the "one for me". As I shared with you in the introduction, every time I experience a break-up I interpreted it as a "failure". However you must realize that breakups and/or divorces happen and when they do it is not the moment for us to blame ourselves, but to acknowledge it happen and use it as a "teaching moment" as we begin the process of healing.

Cry if you have to, be angry, be upset, be disappointed and let it out! Breakups can send you to several extremes emotionally. You may feel pain, rejection, betrayal, confusion, stress, guilt, or fear of having to start all over again with a new relationship.

Sometimes the relationship ended because of your poor decisions and ignoring the red flags you saw in the beginning. Then at times it ends because you are frustrated with the treatment or behavior the person exhibits to you, and/or you have left the relationship because you have grown apart from the person. Whatever the reasoning is, or was; it is imperative that you become aware of where you are emotionally and accept the fact it is over.

This is the stage where you realize you have to change some things and it begins with your awareness.

2

DETERMINED DECISION: "THIS DATING WORLD IS NOT FOR ME; I'M JUST GOING TO GO BACK!"

If you decided to leave the relationship or marriage and/or the person left you let it be! The fear of being alone can haunt some of us especially when we think about the loneliness and not having the companionship of a man. You may go back and forth wondering if you made the right decision and try to rekindle with the person, but that should not be the direction you go in. When you make the decision to leave a relationship you begin to think about the time and money you invested and believe it is better to stay then to leave.

However, once you realize the relationship is unhealthy; he either cheated on you, abused you, mistreated you or used you; let it go and don't go back. Limit contact with the person. There is no need for you go back to their home or meet up to get your favorite sweater, jeans, gym shoes, and/or an item that can be replaced. Furthermore do not reach out on holidays or to wish them a Happy Birthday. Doing those things just reopens emotional wounds. Perhaps one day you will be able to see them in person and be "okay", but in the early stages it is just too soon.

The fear of being alone can scare you so much that you end up running back to the person when they tell you they have "changed" or your "loneliness" sends you back. This is because you get in the dating world and become overwhelmed. Even though these thoughts may arise and they will; it is important for you to make the decision to not return to something that has been ended.

3 CATCHING CLARITY: "WHY DID I EVEN GET IN THIS RELATIONSHIP.. AM I TO BLAME?"

It is important for you to know that in any relationship or marriage there are two people. Instead of blaming the other person for what they may have done consider yourself as well. As an adult you should not play the blame game. There may have been things the other person did that caused the split, but this healing journey is about you.

It is highly encouraged for you to connect with a coach or counselor who can help you navigate this process of clarity. In some instances you stayed in the relationship longer than you should have because of the "thought of being alone" and/or "baggage from the last relationship" that you never took time to heal from. Instead of taking the time needed to heal you get right back in a relationship without identifying and coping with your emotions. Simply put, you don't "deal with you!"

Sometimes things that happened to us in our childhood affect us. It is our daddy issues, disappointments, our past relationships, and the turmoil from the ones that ridiculed us can cause us to repeat cycles of toxicity.

Society has fooled us in the mindset we must always show up strong, undefeated, confident, and fearless, but if we can be honest with ourselves, sometimes everyday it does not always feel like a good day and that is okay. When we don't heal; our insecurities can muster and linger in us for so long that we find ourselves dating or marrying someone with brokenness expecting them to make us whole.

Until we gain clarity and deal with the inner self we will continue going through cycles of leading with our insecurities and putting responsibility on the mate to heal us which is unfair.

4

BECOMING BETTER: "IT'S TIME FOR SOME SELF-CARE I'M GOING TO FOCUS ON ME!"

Leaving one relationship and jumping in another is not the solution to healing from your breakup or divorce. Some women find themselves becoming bitter because they have been hurt by their ex, so they rather create these "situationships" or "reboundships" to help them cope.

I strongly encourage you to NOT do these things. Jumping in another relationship when you have not begun the path of your healing journey can only do 1 or 2 things. 1: it can lead you only bandaging your wounds. 2: It can lead to a great man being hurt.

A lot of times when women are in relationships we put our "all in it". We become engrossed in love and we forget about ourselves. Well now that you are single it's time for you to pursue the things you put on hold. Maybe it is focusing on your career, going back to school, focusing on your health and exercising more, perhaps it is starting the business you always wanted. Whatever you do know it is not the end for you, but a time to live.

Becoming better means you are taking time to dig deeper in who you are. Work on becoming the best version of yourself. Taking into consideration the things that happen in your past which you had control over and consider how you can adjust mentally. When it is time to date again or get married those same behaviors, attitudes, or mindset will not bleed into the new one because you have done the work. What you must understand is breakups can lead to positive growth and an opportunity for you to magnify the things that are most important to you in your life.

5

DATING AGAIN: "THE PAST IS THE PAST AND I'M BETTER FROM IT!"

Are you ready to date again? The only person who can truly answer the question is you. Everyone can have an idea of when it is the right time, but everyone's healing journey is different. One way to consider if you are ready is; reflecting on your reasoning for wanting a new relationship. Is your motivation for a new relationship to make your ex jealous? If this is where you are I'm sorry to tell you this is not the time. However if you have learned from your past, stable in your emotions, and not looking for a relationship for validation maybe you are.

Some ways I believe to determine if you are truly ready are:

- You are not constantly thinking about your ex and getting back with him.
- You can reflect on your past relationship/divorce positively.
- You don't bad mouth your ex and discuss their shortcomings.
- You are able to identify the lessons you learned and accept what happened.
- You're not seeking a relationship to fill a void.
- You are comfortable with being by yourself.
- You know what you desire in your next relationship and not compromising just to be with someone.

When you can check off most of the above list you may be ready, but again only you will really know what you are ready for. Sometimes after breakups we can struggle with trusting another person with our heart and afraid of being vulnerable again, but these feelings are completely natural.

What is important for you to realize when you do get in the new relationship is realizing that the relationship is a "New Relationship". You can not start the relationship comparing the new with the old. Allow your partner an opportunity to show you who they are and learn to love again.

NEXT



STEPS

- Are you struggling after the breakup or divorce?
- Do you find yourself having a challenging time regaining confidence to date again?
- Are you still blaming yourself for why the relationship ended?
- Do you need someone to Coach you through your healing journey?

If you checked off any of the boxes above then I want to help you. Click on the link below to apply, so we can get started!



[APPLY NOW](#)



