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# How To Deal With a Break Up

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## How To Deal With a Break Up

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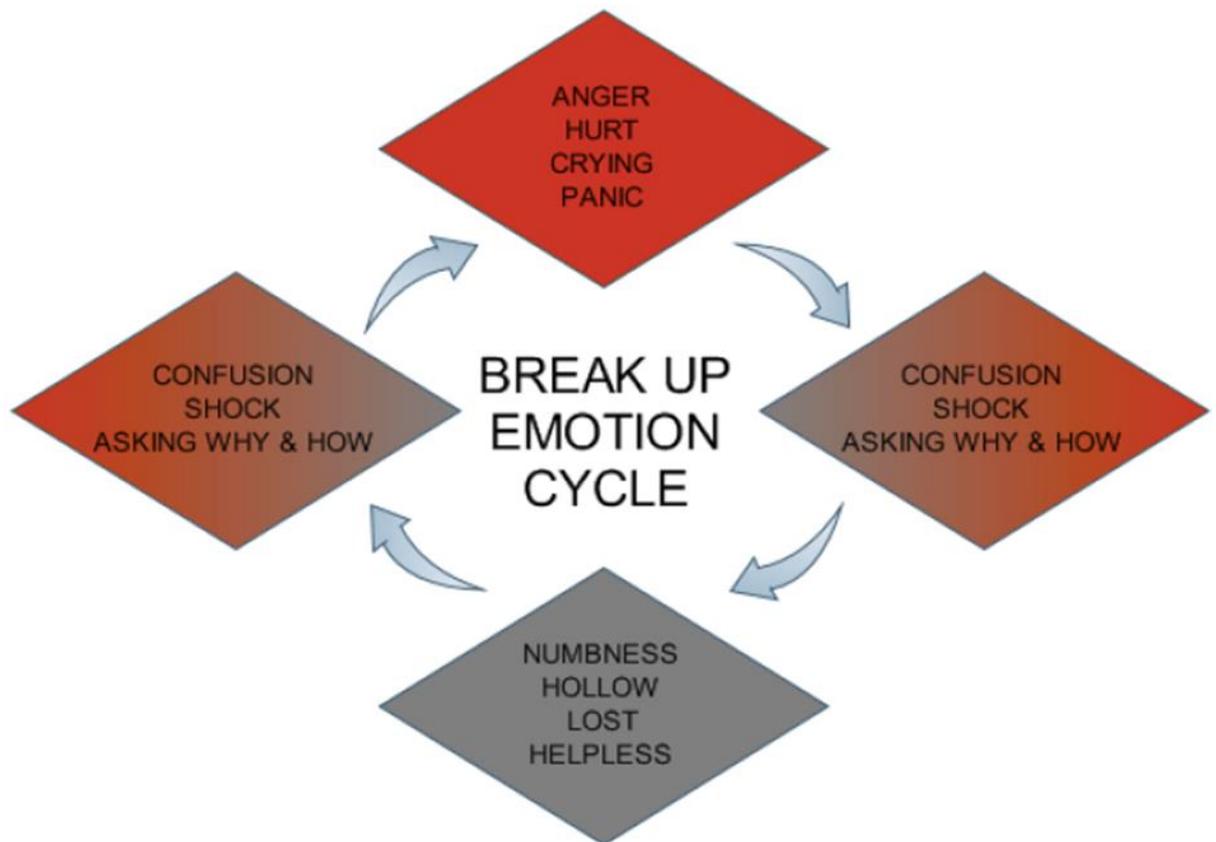
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Listed below are a range of common emotions you will experience during your break up:

### The Break Up Emotional Cycle



You'll alternate from feeling angry, hurt to shocked, confused to finally feeling numb. This cycle will continue throughout your break up until the time between each stage becomes longer and longer.

You'll no longer feel any of these emotions when you are completely over the break up.

There are a few reasons why your emotions may be hindering you from this point forward, and this WILL affect how effective this system will be for you.

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Here are a few strategies on how to deal with a break-up.

### Complete Control Technique

Want to calm your nerves fast and push your worries away in an instant? Here are the hard and fast steps to change your state right now.

1. Be **Grateful**.
2. Get **Focused**.
3. Find A **Solution**.
4. Take **Action**.

This is what works for me when I need to calm myself down and gain perspective on a situation that is causing me stress or grief. This works for a multitude of things.

Job interview, business meeting, people pissing you off etc... anything that makes you upset and stressed or just undesirable to be around.

You don't even have to go through all four or in any particular order. As long as you remember a FEW of these, it'll work.

### 1. Be Grateful

Being **grateful** for everything in your life is a quick and easy way to lift your mood and eliminate your worries.

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What you do is to become **AWARE** of your current environment. Look around your desk or room. Take notice of everything that you have taken for granted.

Eg. The chair you're sitting on. The solid roof over your head. The hot drink in your hand.

These are things other people invented or thought up, for the purpose of making your life easier. How often do you really appreciate everything that's in your life?

Think of your family and friends and how much value they bring to your life.

Can you picture your life without them? Don't you appreciate the things that they do, the company they bring and the stories and jokes they tell?

Be grateful they're in your life.

Think of everything in your life that you are grateful for, because when consciously asking this question you'll find more and more things to be grateful for.

### **2. Get Focused**

Close your eyes and think of something that contains the colour "green" in your current environment.

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Now if you really close your eyes, you might only be able to think of a couple of things that contains green. Or perhaps you won't be able to think of anything green in your room.

Now open your eyes and take a good look around your room or environment. Count how many things contain the colour "green" now? Are you surprised to find there are more than you first thought?

That's because your mind were focused on "green" while you were scanning.

However during the first exercise, I told you just to think of green before you had a chance to scan. Your perspective of the room was altered just because I told you something particular to focus on.

When you are depressed or sad, is your mind focused on all the positives things happening in your life or the negatives?

Most people will say the negatives; we choose to focus on the negatives because that's what our emotions are telling us to do at the time.

But does this mean our life only contain negative experiences?

In order to re-adjust what you're focused on, you need to gain a bigger perspective of the problem.

### **Alter Your Focus**

Millions of couples break up each year.

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You are only one tiny pebble amongst the landslide of the heartbreaks in the world. You might feel like you're about to die and your world has crumbled around you, but there are people dying of famine and other diseases on other parts of the world.

You might be focusing on your ex enjoying herself with someone else, completely ignoring your messages, but what if you have never even been on a date, kissed anyone or experienced being in love.

Wouldn't that be even more depressing?

The point is your heartbreak is NOTHING compared to the sufferings other people's day-to-day dilemmas. Your pain will subside and go away in a few months.

For others, they only have a few months to live. Those less fortunate won't be able to feel love again, or sadness, or happiness. What they wouldn't give to be in your shoes?

Ok, my point isn't to make yourself feel worse or guilty about feeling your current pain.

I'm not trying to lessen the importance of the problem. I do want you to realize that your problems are not as large or messed up as you make them out to be.

You are a bright and fortunate individual with so much to look forward to. Get focused on the RIGHT things and realize this one problem is just that  $\frac{1}{4}$  one small problem amongst a much bigger world.

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If you only had one week to live would you really want to spend it lamenting and crying over your ex? Can you imagine yourself 10 years from now, laughing about all of this?

### 3. Find a Solution

Altering your focus and being grateful is great. However I bet that still doesn't completely eliminate your break up pains.

I mean, you're still depressed about your ex, you still want him/her back.

You can delusion yourself for a while that you are fine without her but eventually the pain will snap you back into reality.

That's why you need this step.

So as you're sitting there, think about what your IMMEDIATE problem is.

It could be you're feeling too sad to do anything productive. Or you're hungry but you can't eat. Or that you know you should sleep but you can't sleep.

Pinpoint what your exact problem is right now<sup>1/4</sup> and we're going to solve this problem by asking a very powerful and efficient machine.

*That machine is your brain!*

**Here is an example:**

Let's say you're tired but you can't sleep.

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An example of how you could solve this problem is to ask yourself what you did in the past that used to put you to sleep. How have you dealt with this situation before?

Think back to a time when you could sleep and you slept like a baby.

Go back to that time and visualize what you did that day, how you felt before you went to bed, what you did before you went to bed, what you were thinking about while you were in bed.

Run through the entire day completely in your mind and be completely thorough if you can.

If you can't think of anything and your mind is blank, focus on how you felt on the days when you could fall asleep and what you thought about while lying in bed.

I know when I sleep like a baby is the times when I've had very eventful days, perhaps with a lot of running around from place to place or needing to solve a big problem which completely exhausted me!

**If that doesn't work, it's time to TRY SOMETHING COMPLETELY NEW!**

Eg. Go for a walk, watch a really slow movie (anything to do with the planets always manage to put me to sleep, not that they're boring, just very relaxing), try to do some work, read a boring book, etc.

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So, think of what problem you're currently dealing with. Maybe you want to stop thinking about her or you want to stop wanting to call her and hear her voice.

**To find a solution to a problem**, you must ask yourself:

- How can I solve this problem right now? What can I use to my advantage? (Eg. If you like to procrastinate, now's a good time to use it if it's something you SHOULDN'T be doing.)
- How have I overcome this problem before?
- How can I make myself feel better right now?
- What are some ways I can \_\_\_\_ ?
- What are some things that will make me feel \_\_\_ ?
- What are other things I can do right now that are more enjoyable?

Once you have come up with a solution...

### **4. Take Action...** *The 3 Second Rule*

Once you have come up with a solution, don't just SIT ON IT. It's easy to dismiss any idea that you come up with and make an excuse why it wouldn't work.

Instead of thinking about whether or not it will work, just do it!

**What is the 3 second rule?**

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After you come up with a solution, you must take action within the next 3 seconds. Don't sit there and give yourself time to come up with why you shouldn't do something. Just do it!

Obviously you need to come up with solutions that would actually be achievable, so don't get too creative and sit on ideas like robbing a bank or running off across the country.

(Although, you CAN fantasize about this as long as you make it really crazy and silly, anything that makes you laugh is a good thing in my opinion.)

The longer you sit there the bigger the problem will become because once again that is what you're focused on.

*"Focus not on the problem but on how to solve the problem instead."*

Let's recap what we have learned so far:

- To achieve what you want, you must have a system in place (this one).
- To execute the steps, you must **CALM** your nerves and regain **CONTROL** of your emotions.
- To do this, apply the **Complete Control Technique**:
  1. Be **Grateful**.
  2. Get **Focused**.
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4. Take **Action** (using the 3 second rule).

### Exercise 1: Taking Action NOW

One of my favourite ways to keep busy is to learn something new and have fun doing it. Now I'm going to introduce you to a very important component to **The Ex Recovery System**.

It's going to be your saviour when you're feeling absolutely miserable, or when nothing is going right.

#### *Instant Emotion Buster*

Every time you're feeling overwhelmed and your heart can't bear it anymore, here's what I want you to do:

**Step 1:** Take out a piece of paper, notepad or even bring up Notepad on your computer. For this exercise, simply use the space provided within your **Interactive Journal**.

**Step 2:** Without HESITATION, write down everything you're feeling and frustrated about. Let it flow from your pen (or fingertips), not worrying about grammar or spelling. Just write.

**Step 3:** Do this until the pain passes OR when 10 minutes are up. What I've found is, after you do this exercise, you will almost always feel 100% better after 5 minutes of writing.

Not only does this help straighten out your emotions, you're also forced to use your Left Brain functions (by writing and constructing sentences).

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You can expand on this by keeping these entries in an Online Journal. What I've found is that by sharing your journey with others, you'll find getting past the pain MUCH faster than doing it alone.

I did this exercise one night when I was really depressed and frustrated about becoming a writer. One really bad night, when I felt I was ready to explode with emotions, I decided to use this technique...

The most interesting thing about doing this is what you'll discover once you read what you have written afterward.

Usually sentences run into one another but some of the most insightful and poetic stuff tends to come out when you are writing from the heart.

You'll also get to see a glimpse of the REAL you, that inner voice in your head that keeps going around in circles about all the fear you've withheld inside.

They'll be laid out in the open and that will be scary, but afterward you'll feel so much better.

When you're done, publish it online or set it aside. **DON'T READ IT YET.**

### Get Up And Out

You thought you were going to be able to read what you wrote didn't you, well nope, not just yet.

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You're going to get up and get out. Ok some of you might be groaning because it's raining outside or its cold or its dark; whatever excuse you have come up with, drop them now.

Don't worry. I don't want you to run a marathon. Just a 15 minute walk around the block.

Use this as an excuse to take the dogs out for a walk, get some things at the shops or post a letter. Come up with reasons to head out for 15 minutes right now.

Once you come back, join me again and you'll get your reward.

Now that you're back from your walk - you ARE back from your walk right? - Do you find you're experiencing a new kind of relief as you sink into your seat?

Moving gets your circulation going and injects your natural endorphins (happy feelings) into your system. This is why going out and moving is a key step to altering your state and focus.

Now that you're back, reward yourself by reading what you had written during the **Instant Emotion Buster** exercise.

Do you feel you're in a different state of mind than when you first began? While you're reading take note of how it makes you feel and whether you still feel the same emotions as you did 15-20 minutes ago.

The act of REWARDING yourself is very important in terms of motivating yourself and taking action.

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Trust me, there will be times when you don't want to do what your rational brain wants you to do, but remember, taking action when you know you should, is what separates men who get what they want and men who only dream about it.

Once you feel ready, I want you to take the **Are You Emotionally Out Of Control Test** below.

Go here to take this quiz online.

### **QUIZ: Are You Emotionally Out Of Control?**

Check **Yes** or **No**:

1. Do you feel **sad** right now? - Yes No
2. Do you feel **anxious** right now? - Yes No
3. Do you feel a great deal of **emotional pain**? - Yes No
4. When you run through the details of your break up, do you want to **burst into tears**? - Yes No
5. Do you think you'll have a **hard time moving on** without your ex? - Yes No
6. If you could talk to your ex right now, do you feel there's a **slight** possibility you might break down and get emotional? - Yes No
7. Every time you're reminded of your ex, do you go through the **details of the break up** in your head? - Yes No
8. Are you finding it hard to picture a happy/positive future **without** your ex? - Yes No

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9. Do you feel you'd say **YES** to anything your ex asks of you?- Yes No

10. Do you still place **blame** for the break up on yourself and/or your ex? - Yes No

### Mostly YES

Instead of telling you to revisit this chapter, I want you to keep in mind these are the emotions you **MUST** get under control if you want to be successful in attracting your ex back in the upcoming chapters.

### Mostly No

- You're ready to move onto the next step.

*This report is an excerpt from Ashley Kay's [Ex Recovery System](#).*

### About the author

Ashley Kay is the author of Ex Recovery System, a guide that helps couples get back together.

Visit [www.exrecovery.com](http://www.exrecovery.com) for more details.

For more free resources on how to create amazing, long-lasting and authentic relationships without manipulation, losing your dignity or giving ultimatums, visit [www.HowToWinAMansHeart.com](http://www.HowToWinAMansHeart.com).