



# The Break-Up Guide

A short guide on how to move  
through a breakup (or divorce)  
and get your Spark back.

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# Meet Your Coach, Anita Hisir



Anita Hisir helps women (and sometimes men too) who are craving lasting connection in their relationships but struggle with patterns of self-sabotage.

She helps her clients understand what's at the core of their own sabotaging behavior and builds up a solid foundation of self-trust, self-love and self-confidence so they can not only attract the love they want, but keep it!

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# 1. Be Gentle on Yourself



In the moments after a breakup it's easy to fall into the negative thinking of all the things you “did wrong” and talk yourself into a dark hole of self-loathing, judging yourself of how difficult you are and that you're just too much for someone else to handle. You might be mulling over the fact that this breakup ended in a very familiar way like your past relationships did. You begin to agonize over the idea that maybe you're broken... and cannot be fixed. Maybe your fate is, in fact, to end up alone because every time you enter a relationship the same situations arise and spoil your chances at love.

The more you self-torment and self-shame, the further you are from attracting the love you want. So be gentle on yourself, my dear. You are not broken. You have simply taken a detour to love. This part of the path is called *self-love*. It's the scenic route. This route has many beautiful landscapes and lookout points that will take your breath away. Enjoy the detour, because in life it's the detours that create the most significant memories in one's life.

## **Take the Time to Grieve... with a time limit.**

This first step in healing after a breakup or divorce is often one that many try to avoid altogether. We tend to escape our crappy feelings with our choice of numbing agent (food, alcohol, marijuana, one night stands, compulsive purchases, overworking or over exercising).

Give yourself permission to feel crappy. You're grieving the loss of this person who's been in your life for a while. It's completely understandable that you are not going to show up as your best. And if you do, that's great! Just be patient with yourself during this transition period. Things take time to realign. Allow yourself to be upset. Be okay with crying on the bathroom floor if that feels what's needed, but give yourself a time limit. I mean this two-fold, because you can't push yourself back into the dating pool before you're ready--although that is the tactic many use to get over their ex, which resorts in a messy foundation for a new relationship.

- Give yourself a month or 2 (depending on how long you two were together) to cry out the sadness, to allow time to soothe the pain, and to focus solely on you.
- In a day, give yourself 20 minutes of sad time before plans with the girls, or dinner with mom.

What can often happen is that we get stuck in the wallowing after a breakup. Don't let this happen to you. This is what takes your power away, because suddenly you've fallen victim to the breakup instead of what's really meant to happen: grief, reflect, heal, grow, move on.

## 2. Detach & Separate

In order to get over a breakup and to break free from any entangled attachment from your ex, you must cut the cord completely.

This means **zero communication**.

This is a hard one... I know this personally. I was convinced that my ex and I could support each other through our break up. Boy, was I wrong. All it did was lead him into thinking that there was still hope for our relationship. Just when I thought he “got it” and understood the new nature of our friendship he’d pulled a move on me and I had to remind him that we were still broken up. It just didn’t work. It was messy, and just not very nice to constantly remind him (and me) of the breakup.

Here’s how to get started on the separation process:



Complete separation is hard, I get it. You two shared so much together. Maybe you still do (kids, pets, assets). This can sometimes make separation difficult. That is why having clear boundaries for yourself and for them is so important. If kids are involved, have a way of communicating with them that’s not going to pull you back into the emotional part of them. Communicate via text or email. Keep communication clear and straightforward, and refrain from speaking on any personal news with them for at least 6 months after the breakup, unless it’s important information that affects them / your kids.

## Completion Letters

An exercise I use often with my clients for letting something or someone go is writing a completion letter. This completion letter is not to be sent to them. It's intention is to give you free, nonjudgmental space to get out everything you'd want to say to them face to face. Completion letters are a great way to gain some closure without causing drama or upset to the person you once cared about.

On the next page you'll find a blank page to write down your letter.

Some prompts to get you writing:

- \_\_\_Your Ex's Name\_\_\_, one thing I wish I could tell you to your face is this...
- What I really needed from you in this relationship was...
- One thing I'm sorry for is...
- What you taught me about myself is...
- What you taught me about relationships/love/communication/partnership is...
- I'm grateful for/Thank you for...
- *Any final things you want to say to them before you let them go...*

## Let them Go....

This is the meaningful part of the exercise. You get to actually let them go through this letter. How would you like to do that? Burn the letter? Rip up the letter? Here are some (mostly) environmentally friendly ways to do this:

- Place letter in large glass bowl, put a flame to a corner of the letter and watch it burn to ashes
- Rip up the letter in a hundred pieces and toss it in recycling
- Bury the letter (best if you can write on organic biodegradable paper and pencil for this one)
- Place the letter in a large bowl, pour boiling hot water over the letter and watch the ink disappear.







### 3. Reflect & Grow

If we can look for a positive, it is that relationships aid in our personal growth, and this relationship is no exception.

Each relationship you get to be in also acts as training for you in how to actually be in a relationship. You can extract a lot from your past relationship.



#### **Reflect on the Relationship**

Investigate what happened. **Where did it all go wrong? Where did you go wrong? Where did they go wrong?**

**Recall the great things about this relationship. What did you absolutely love about it that you now find important to have in your next relationship? What good things did they bring to the relationship? What is something you brought to the relationship that you didn't know you had in you?**

**What is the number one lesson here that you've learned from this relationship? (keep it positive)**

**What are you choosing to do better next time?**

## 4. Remember Who You Are

**“I was always \_\_\_\_\_’s partner. Now who am I?”**

When you’ve had some time to move through the grieving part of a breakup, you may notice a small shift in your outlook. You feel a bit more open, a bit more ready to put yourself out there and try on new activities, meet new people, and just start living a bit again. This is a great time to reflect on who you were before your relationship.

Now is the opportunity to rekindle some of the past parts of yourself before this relationship began.

**What were you like before meeting this person (keep it positive)?**

**What were the things you enjoyed doing? What excited and intrigued you?**

**What were the things you were focused on / moving towards in your life?**

**How did you grow in this relationship and what do you want to keep with you moving forward?**

**What improvements in yourself would you like to make before you enter a new relationship?**



## 5. Reinvent Yourself

The best way to reinvent yourself (and boost your confidence) is by putting yourself in new situations with new people. In the science of creating positive growth and change your state of mind, you must shift one of these variables:

- your environment (what is the overall vibe of where you spend the most time in your day? Is it motivating you or bringing you down?)
- who you hang out with (You are the average of the 5 people you spend the most time with)
- what you consume (What are you allowing into your mind to be your reality? This includes your own thoughts, what you read, what you listen to, and what you watch).

Yes, it takes courage to put yourself out there again, and sometimes you've just gotta push yourself into these new environments. It's a sure-fire way to getting you into a new headspace and it works for two reasons:

- 1) It gets you out of your role as "\_\_\_\_\_'s" partner, who works as a \_\_\_\_\_ and who's responsible for x, y, and z. Putting yourself in a new place, around new people allows you to rediscover you and how you want to be seen as in this world.

You may have experienced this sense of freedom from your roles when you go on vacation where no one knows you. You can use taking a new class, or joining a meetup group or a fitness group to try on a new identity.

- 2) It gets you active and out of hiding. This is equally important in your healing process. Usually after a breakup, there's a tendency to either fill your time with serial dating, or become a hermit. Getting out there starts moving that blocked-up energy. When you're trying new things and talking to new people who have new ideas, it brings you to a new state of consciousness and you start looking more happy and inviting to others.

Treat yourself to things that make you genuinely happy. Here are some ideas:

- Try an art class like pottery, glass staining, jewelry making, woodworking, laser cutting, knitting → getting crafty is a great form of meditation and being in the present moment.
- Learn a new skill: Toastmasters for public speaking, Improv Classes, Photography classes, Skiing/Snowboarding, SnowShoeing → entering unfamiliar territory is exciting and stretches you in ways you didn't know possible. Plus you can make new friends in these areas :)
- Volunteer and connect with your community: work with prisoners, half-way houses, Lunch for the Homeless, Teaching children to read, Social time with Seniors, Big Sisters/Big Brothers, Beach / Nature clean up, Animal Shelters → volunteering will redirect your focus from “poor me, my life sucks right now” to “I’m making a difference with people”. This sense of giving back connects you to altruistic nature and feels meaningful and purposeful.
- Try out a new form of exercise: cycle class, crossfit, bootcamp, trail running, hiking, rock climbing, bouldering, tennis, badminton
- Get spiritually connected: yoga, sound healing meditation, breathwork, learn tarot reading, learn astrology, join meetup groups to discuss spiritual topics. Whatever floats your boat!
- Attend Networking events in your city in whatever you’re interested in. They often have talks and small conferences for you to learn more and get connected with like-minded people.



## 6. Know Your Value

Whether you believe it at this moment or not, you are valuable. You know how I know this? Because at some point in your life, you've impacted someone with your actions and with your words and you probably don't even know it. Who is that person that comes to mind? If you can't think of one, then take a guess with someone who you're close to. You must have impacted them in some way.... Write down as many ways as you can think of:

What **WOW accomplishments** do you have under your belt? Make a list:

This is the part in the healing journey when you are reminded of how awesome you really are. Life gets busy sometimes, and we tend to forget the amazing things about ourselves because to us they are so normal. Lastly, play a game this week and ask some close friends or family members:

- What are 3 top qualities and characteristics that describe me?
- What is one thing I've done for you (big or small) that makes you appreciate having me in your life?
- What's something that you can always count on me for?
- What's one thing you've learned from me that I probably don't know about?
- What's one thing that only I bring to the table?

Capture their answers so you can always look back on them!



# The Break-Up Guide

A short guide on how to move through a breakup (or divorce) and get your Spark back.



## Be Gentle

Be nice to yourself. Breakups are painful and often leave us feeling lost. Take time to grieve... but put a time limit on it.

## Detach

Separate yourself from them. Unfollow and delete contact numbers for a while. Write a letter of completion to energetically let go of them and create new space in your life.



## Learn + Grow

What are you learning about yourself from this relationship? What did you learn about relationships? About what's now important for you in a relationship to have?

## Remember You

Before you met this person, you were just you. Who was that? Spend time remembering and connecting to who you were.



## Reinvent

Breakups are a great time to reinvent yourself. What did you always want to try but didn't? Who did you want to become but haven't yet?

## Your Value

Remember your value and what makes you unique and lovable. Sometimes we forget this. Ask friends and family for their input.



I hope this this guide has brought you out of the sad feelings of a breakup and feel a bit more solid on your own two feet. Getting the love you want and are deserving of takes time, patience and a whole lot of learning and growing yourself to be ready for your match. You don't know when you'll meet them. For all you know, they could be just around the corner. In the meantime, enjoy the process of being with yourself, growing yourself and loving who you are. You are okay. You are okay just as you are.



*Love and Success on your Path to Love!*

Anita

If you are looking for 1 on 1 guidance through your breakup,  
Or in building strong self-esteem and self-confidence you can email me directly at  
[hello@inhervision.com](mailto:hello@inhervision.com) or [book an appointment for a free session](#).