

Breakup Recovery Worksheet: "Feel It to Heal It"

Part 1: Embrace the Suck

Let's start by acknowledging the pain — not pushing it away.

Prompt 1: What feels hard right now?

(No judgment. Just name it.)

Example: "I miss their presence," "I feel rejected," "I hate being alone."

 **My Response:**

Prompt 2: What are you *trying* not to feel? Why?

(Hint: Avoidance often intensifies pain.)

 **My Response:**

Prompt 3: Write a short letter to yourself using the phrase "This sucks, and..."

(e.g., "This sucks, and I'm still worthy of love.")



This sucks, and...

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Part 2: Body Check – Where is the pain living in your body?

Breakups don't just hurt emotionally — they land physically.

1. Sit quietly for a moment.

Place a hand on your chest, belly, or anywhere you're feeling discomfort. Then answer:

- I feel tension in my:
 - ☐ Chest
 - ☐ Throat
 - ☐ Stomach
 - ☐ Jaw
 - ☐ Other: _____
- It feels like:
(circle all that apply)
 - ☐ Heavy
 - ☐ Tight
 - ☐ Numb
 - ☐ Hot
 - ☐ Achy
 - ☐ Fluttery
 - ☐ Sharp
 - ☐ Hollow
- If it could speak, it would say:

" _____ "

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2. Try this somatic grounding technique:

Physiological Sigh + Tap

- For what and how to perform the physiological sigh
(<https://www.hubermanlab.com/newsletter/breathwork-protocols-for-health-focus-stress>)
- Gently tap the area where the sensation is
Repeat 5 times.

 Now I feel: _____

Part 3: Red Flag Radar – Building Future Insight

Every relationship teaches us. Let's learn from this one.

1. What patterns or red flags did I ignore?

(Even if they seemed small or "fixable.")

- ☐ Inconsistent communication
- ☐ Emotional unavailability
- ☐ Controlling behavior
- ☐ Hot-and-cold dynamics
- ☐ Avoiding accountability
- ☐ Crossing my boundaries
- ☐ Jealousy or possessiveness
- ☐ Other: _____

 Examples from this relationship:

2. What were my unmet needs?

(What did I consistently long for or ask for?)

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3. What signs will I pay attention to next time?

(Be specific: behavior patterns, tone, gut feelings, etc.)

Optional Reflection Prompts (For Journaling or Discussion)

- What does this breakup make me believe about myself?
- What do I know now that I didn't know before?
- What kind of love am I working toward next?