



## Exercise 2: Part A: How I lose myself in relationships



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*Take a moment to stop, close your eyes and breathe deeply in and out. This helps us to relax and let go. Imagine everytime you breathe out you let go a little more. Now choose the 5 statements above which you most relate to and write them in the boxes provided below.*

”

Number 1

Number 2

Number 3

Number 4

Number 5



## Exercise 3: Creating Positive Affirmations: How pain and hurt can become positive and healing



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*Write a summary of an event you remember which caused you pain. Then write out negative things this made you feel or think about yourself. On the right, write out positive affirmations which counter each of those negative self beliefs. Take your time.*

”

I remember when...



Negative beliefs:

Positive Affirmations:







## Exercise 5: Part C Closure of my Unsent Letter



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*Not everything can be put into words. Use this space to draw, paint, scribe or sketch those things you need to express, but can't find the words for. You can use other pages if needed.*

”







# Exercise 7: Thoughts Flow Like a River

Learning how to change the flow of your thoughts



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*In this exercise we will explore the consequences of how we think and discover how changing the course of our thoughts can help us to heal, change and become stronger. The red path (left) supports the problem, while the green path (right) helps us grow.*

”

Traumatic Event Leading to Breakup:



Feelings and Thoughts Intensity Rate 0-100 Percent. Body Sensations:

%

Unhelpful Thoughts/Memories:

Facts Providing evidence against Unhelpful thoughts:

Facts that Support Unhelpful Thoughts:

A More Realistic Balanced Perspective:

Outcome Re-Rate Emotion, Evidence to Back-up Understanding of Event:

%

## Exercise 8: Recording: Event, Mood and Thoughts

Daily record of events triggering moods and feelings.



Write the **date**, describe the **event**, what you were doing at the time. Write down your **mood** and feelings (sad, heartbroken etc) and rate their intensity from 1 to 100%. Write down your automatic **thoughts** at the time.



Date	Event	Mood	Thoughts
<input data-bbox="153 555 327 712" type="text"/>	<input data-bbox="363 555 799 712" type="text"/>	<input data-bbox="836 555 1098 712" type="text"/>	<input data-bbox="1134 555 1441 712" type="text"/>
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## Exercise 9: Patterns from the Past Finding a better role model.



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*Read each question and take your time to answer them. Start at the top and do them in the order they are written. If you need more space then feel free to use the back of the page or your journal.*

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Name/Age of partner that triggered your anxiousness/ insecurity/ abandonment/ rejection

your notes

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What is/was the relationship like? What was the reoccurring pattern that you recall?

your notes

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Distress Situation that activated anxious/insecure attachment trauma:

your notes

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What was your reaction to this distress situation? How old do you feel in this distress? I.e. Feelings, thoughts, emotions, actions and behaviour.

your notes

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What was his/her reaction to your distress and what did they say/feel?

your notes

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Imagine a secure role model, someone who you feel is strong and present, what principles would they/you adopt and do differently what might they say to you?

your notes

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## Exercise 10: Part B Emotional Response



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*Fill in the questions below. As before if you need more space feel free to use the back of the page or your journal. Take your time and be honest with yourself.*

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**QUESTION:** What was your emotional reaction to this dismissive aloof behaviour? What were your automatic thoughts?

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**QUESTION:** What was going through my mind just before this incident happened?

**QUESTION:** What does this say about me?

**QUESTION:** What am I afraid might happen?

**QUESTION:** What does this mean about me? My life? My future?

**QUESTION:** What is the worst thing that could happen if this is true?

**QUESTION:** What does this mean about how the other person feels/thinks about me?

**QUESTION:** What images or memories do I have in this traumatic situation?

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## Exercise 10: Part C Earliest Memory



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*Fill in the questions below. As before if you need more space feel free to use the back of the page or your journal. Take your time and be honest with yourself.*

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**QUESTION:** Your earliest memory that activated a familiar traumatic event? Or whatever memory occurs, what age were you? Speak from the child/adolescent you.

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**QUESTION:** What feeling and emotions did you experience?

**QUESTION:** Was there any way you could have stopped this from happening?

**QUESTION:** What were you afraid of?

**QUESTION:** What might have happened if things had got worse?

**QUESTION:** What did it mean about you?

**QUESTION:** What was the worst thing that could have happened if this was true?

**QUESTION:** What did you feel before the past scary event?

**QUESTION:** What images or memories do you have when you think back to this traumatic event?

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## Exercise 10: Part E The Role Negative Feelings Have Played



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*Fill in the questions below. As before if you need more space feel free to use the back of the page or your journal. Take your time and be honest with yourself.*

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**QUESTION:** How does feeling helpless, insecure and frightened operate in your life and keep you fused and dependent in an unhealthy co-dependent relationship?

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**QUESTION:** What are you gaining by holding on to this helplessness & powerlessness?

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**QUESTION:** How do you see it is keeping you stuck and merged in a cycle of thwarted love and co-dependent attachment?

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**QUESTION:** How does being powerless and helpless keep you from recovering from a co-dependent attachment??

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**QUESTION:** How was this relationship affecting your own physical health, needs and wants? How has it kept you dependent whilst refusing help & support from others?

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**QUESTION:** Explain why you have been so scared to let go of a relationship that is causing you emotional despair?

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# Exercise 11: Creating Self Compassion

Understanding how hurts lead to limiting behaviours



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*Based on the example on the previous page, write out your own experiences and feel free to annotate it (red lines, like in the demo). Write out your core negative beliefs in the first box and follow the flow down to the end.*

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