

How to get your power back after he breaks up

How To Get Your Power Back After He breaks Up - For Women



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Intro

The goal of this book is to help you get your power back after he breaks up.

Your break up is a crisis.

There is a whole set of emotions and attitudes associated with this specific situation.

The idea is to bring a new set of solutions to help you break through and get your full power back.

Your number one tool in a break up situation is your survival instinct.

It is not your head.

It is not ideas or concepts.

It is a power which is already in you.

The goal of this book is to help you reconnect with your natural instinctual power.

Good luck and keep in touch

Francisco Bujan

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Break up – For women - Coaching

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How to get your power back after he breaks up

Part 1 – Key strategies to get your power back

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Shift your mind

Okay, what I am going to say is radical.

The truth is that half measures do not work with break up recovery.

You have two options:

- **The first one is to nurture his memory.** You can go to therapy and spend hours talking about the way he made you feel. You can spend months trying to understand why he did it. After a while, all your friends will run away. They will use words like pathetic and loser when they talk about you.
- **The second option is to get your full power back.**

A break up is a battle situation.

It is a crisis.

You have been invested in this guy for months, maybe years.

After you break up, you keep on giving.

You get back nothing.

Your whole mind set needs to shift and be repolarized to one single priority: You!

There is no soft approach here.

He is in your mind and it is killing you.

It is a self destructive spiral which annihilates your life.

Why? Because he is in your mind.

More! He has power over you.

You are not master of yourself anymore.

What you want is a new mind set.

How to get your power back after he breaks up

The old mind set of the victim or loser is killing you.

You want to defend your life and your territory.

How to do that?

You radically shift the way you stand in it.

You wake up your survival instinct and get over it.

When you are not over it, you are under it, right?

Being under means carrying a useless weight which drains you and takes away your strength.

Why is that happening?

Because you have no power.

In fact, he does.

Here are some key mind sets you need to wake up in you.

These are survival strategies.

They are not optional.

If you don't apply them, you are dead!

- **You are not a victim, you are a winner.** In fact this break up might be the best thing which ever happened to you. Put it this way: you are free!
- **He is gone and gone forever.** You won't get back together. In other terms don't hope he'll change his mind. If you meet him by coincidence, don't see this as a secret sign that you two are meant for each other!
- **You don't need him.** This is an illusion. You are perfectly fine with or without him.
- **You will meet new men.** Right now, he does not deserve the attention your give him.

How to get your power back after he breaks up

- **Alcohol or drugs do not help.** Getting drunk is the worst thing you can do. Drinking does not give you your power back. In fact it does exactly the opposite.
- **You owe him nothing!** A relationship is a temple with two pillars. If he takes off, consider yourself 100% free. Let it totally collapse. It's not your responsibility anymore.
- **What he does is none of your business!** You might believe you have rights? You don't! Simple as that. He does what he wants, when he wants, with whoever he wants. You have no control over that.
- **Get real!** There are many reasons he did what he did. Most of them have to do with fulfilling his own needs. Get real about who he is and what he wanted. Don't defend him.

Again, in a break up situation, you need to wake up your power and see this as a battle for survival.

Soft approaches don't work!

It is a waste of your precious time.

You have the power to force yourself into a new mind set.

This new mind set gives you freedom, space and instant recovery.

Sure, you won't get all the negative attention from friends and family.

The question is: what do you want?

This is about your own survival.

Do what it takes to express your full power.

He has too much place in your mind

What stops you from being happy right now is the place he takes in your mind.

He simply takes too much space.

It's not just space.

He has power as well.

Why is that?

Because during the last few months or years, he has been feeding a part of your being.

Now, he is gone.

You need to find other sources of support and validation.

What hurts you is the fact that you love a ghost.

You love someone who is simply not there.

If you want to free yourself, you need to radically shift the way you stand in it.

This is a battle for power

This is a battle for power.

It is a battle for energy.

Your mind is your mind.

So you need to gain back control.

You want to be in charge.

Does he want you to succeed? No.

I will be direct with you: right now he is your enemy.

He is the very reason you are in pain.

There is only one way to get your power back and this is to kick him out of your mind.

What is happening in your mind right now has nothing to do with love.

It is 100% based on a power struggle.

You see, as long as you are focused on him, he gets some attention.

It is not physical attention.

It is psychic attention.

No need to believe in telepathy.

You are emotionally linked to him and he knows that.

He feels it.

If you want to get your power back, you need to kick him out of your mind.

Totally? Well not exactly.

All the memories won't be gone of course.

How to get your power back after he breaks up

What will be gone is the power he has over you.

How do you remove his power?

You give it to someone else.

In fact, you consciously invest in others.

You establish new friendships.

You don't stay at home waiting for him to call. He won't.

What else?

How do you take away his power?

You remove traces of his presence in your physical environment.

Whatever this might be.

Even stuff which has financial value.

Rebuild yourself a personal base where he is not present.

What if he calls you?

There is always a "game" going on when two people break up.

It is a battle for attention and power.

It is very rare for a person to just walk away and never feel the need to get in touch again with an ex.

The day this happens, you need to know why it happens: it's because he misses something you shared in the past and wants to feel part of it again.

Strangely enough this will often happen just in the moment you feel you are ready to move on.

You rebuilt your power.

You let go.

And suddenly he calls you.

Memories come back.

Feelings.

You want to believe in it again.

Don't!

He is not saying: "look, lets' get back together"

What he is saying is: "I miss a small part of what we shared and I want to feel it again for a moment"

It's not an invitation to start all over again.

So, don't get all turned on by this apparent opening.

It is usually a dead end.

Is it wrong to meet?

Not at all.

You need to redesign your boundaries.

There is nothing wrong with going for a drink and having a friendly chat with your ex.

In fact it's very healthy.

As long as you stay in your power and expect nothing from it.

Don't make plans.

They would be limiting for you.

You need to stay free, so don't let him grab any part of your life.

Don't let him give you stuff, pictures, memories, plans, or anything else.

In a situation like this one, he'll often try to control a part of you, judge your actions or blame you for stuff which happened.

If this starts happening, simply put a boundary: "I came here to have a friendly chat with you. That's what I will do"

If you feel there is a risk of him starting along that line before you even meet, don't go.

Who wants another argument?

There are hundreds of things you can do which are much more interesting than having someone blaming you.

Here is a simple rule: spend time with people who value your life and being.

It is simple.

If someone puts you down, don't spent time with them.

How often should you meet?

Well, it's truly up to you.

I would say that having a chat on the phone once a week is okay.

More than that?

He would take too much space in your mind and keep you focused on him.

Remember: what you want right now is to create space, not to have your mind cluttered with past memories.

Memories are fine.

There is nothing wrong with them but when you break up, it is time to focus on your future; so bring in elements which push you forward rather than hold you back.

No contact?

It's an option of course.

Your instinct guides you with that.

Do whatever feels right for you.

Observe the way it makes you feel.

Suppose you don't see him or don't talk to him for 2 weeks.

You feel your life blossoming.

You speak on the phone and everything goes down? Take this as a sign, an indication.

Do what it takes to preserve your emotional security.

Is there a chance of you two getting back together?

That's the most common dream.

When you break up, you have to let go.

There are actually little chances of you two getting back together.

This hope you have in your mind might be the number one force which stops you from moving forward.

The wish for things to be different is like a doubt, fear or hesitation.

It is related with the fear of being alone and the fear that there is nothing in the future for you.

WRONG!

You have a future!

With or without him!

Chances do open up the moment your mind is available.

When is your mind available?

When you have control over your life, not him.

In 95% of the cases, getting back together does not work.

Why is that?

Because the patterns you two shared and which created the "saturation" leading to your break up are still there.

In fact when you get back together you usually recreate exactly the same emotional patterns as the ones which were there before.

You might shift things around for a couple of months, but eventually fall back into the old models and do the same mistakes.

How to get your power back after he breaks up

It's much easier to simply move on and create a new life with someone else.

When you create a new life with someone else all you have to do is create.

If you try again with your ex, you need first to clean up, remove old patterns and redesign your relationship.

This usually requires too much time, skills and energy and partners tend to give up on that.

Are there any situations where it can work?

Yes.

If you have been together for a few years and there is infidelity.

This could be a one time thing perceived by the cheater as an incredible mistake.

You might split for a while and eventually get back together when you have the power to forgive and move on.

"Once a cheater, always a cheater?"

I disagree.

Some people can effectively perceive the destructive effects of an affair and consciously decide to stay away from this.

They consciously choose to be faithful to protect the relationship or the family.

Do you feel pain right now?

Pain can take many shapes and many forms.

Let's look at "missing someone".

Missing someone?

What is that?

It is an emotional gap, right?

When you miss someone something strange happens with your emotions.

It is like some from of energy inside tearing you apart.

It is the same as hunger but then on an emotional level.

You want to hug, hold someone.

You want to kiss, make love, share, talk... Do all these things.

This is the toughest challenge when you break up.

You can go into therapy and nurture these feelings, try to understand them.

It is like mourning, right?

You feel this gap in you and you want to act on it.

What I will say now might surprise you: your mind is a battle field.

When you feel pain, there is a battle of energies going on.

You feel pain because he is in your mind.

The way to get rid of the pain is to get your full power back.

When you saw the title of this book, you read the term power: get your power back.

It is exactly that: get your power back.

How to get your power back after he breaks up

This is the key to successfully moving on.

What is the key?

It is called emotional freedom.

Emotional freedom is exactly the opposite of missing someone.

How do you gain emotional freedom?

By reconquering the territory of your mind.

You feel pain because he is in your mind.

Tough to say, but a part of him wants you to be where you are right now: in pain.

It is a battle.

It has nothing to do with love.

A part of him is burning your mind and emotions and this is why you feel pain.

This has nothing to do with love: it is simple emotional attachment.

Love is empowering.

This is not empowering.

It creates a gap and destroys your being.

You think that by suffering you show you loved someone?

Not true!

When you suffer, you show only one thing: that you are a victim and that you don't know how to let go.

A part of you wants to nurture the past relationship.

The temple of your couple did collapse.

It is gone.

How to get your power back after he breaks up

Your dream does not match the physical reality.

This is why you feel pain.

Missing is an emotional instinctual response.

You can live with someone's memory in your mind and still be totally happy.

You have the power to digest this pain and empower yourself through the process.

How?

By going for change rather than resisting it.

Change is renewal power.

Missing is preserving power.

You try to hold onto something which no longer exists.

It is like trying to eat an imaginary pie.

It won't feed you.

It will create a gap eternally.

A part of you has been "trained" to respond to a person's memory by expressing a desire.

This is why your emotions respond.

You feel desire but realize as well it is only a dream.

What maintains this dream?

Pictures, memories and hopes.

All these elements which stop you from moving forward.

What about guilt?

After your ex bombarded you with reproaches, you might end up with this impression that you did something wrong.

I'll be honest: maybe you did.

Maybe you did not give him the attention he deserved.

Maybe you missed a valentine's day.

Maybe you cheated.

Maybe you abused him emotionally or even physically.

Sure you are not perfect.

Sure you might have committed mistakes.

Now, a mistake is a real mistake only when you repeat it without learning from it.

In fact, experimenting in life is the best way to learn.

That's what you did, right?

You did your best even when you didn't.

What is the answer to guilt?

Forgiveness.

To forgive yourself, you need extra power again.

I know, some people are very good at blaming and you might feel others angry or upset about things you did.

Time to forgive yourself no matter what.

We aren't talking about crimes here.

This is a different chapter... Too long to be treated here.

How to get your power back after he breaks up

The truth is that if you stay stacked on guilt, you won't get anywhere.

To free yourself from guilt, you need extra power.

If he makes you feel guilty, defend yourself.

Sure, apologize for anything wrong you did.

Develop a new behavior.

Learn from it and do move on.

Forgiving yourself is a skill.

It is time to empower your life with it.

Letting go of the dream

The dream is this projection you created when you got together in the first place.

You know all these projects, family, house, careers or travels.

That's the vision for your life.

This vision is a life plan.

It is an ideal concept which has been guiding your choices and actions.

Now he is gone, you need a new dream.

He took off.

It is not your responsibility anymore to maintain the dream.

You can drop it.

You see, a relationship is a whole energy reality.

It is a plan or a spirit.

It is an intelligent entity.

The moment your couple collapses, a new vision is ready to be born.

You need to drop the old and wake up your new vision.

There is more there.

It is a new plan.

It is this new plan which will truly recreate your life and open new doors into the future.

When you are a couple you are asked to defend values.

You do that in the name of society.

You defend that territory with pride.

How to get your power back after he breaks up

You carry the flag of harmony, family, well being, love, romance, etc.

Your friends believe in you.

Your family believes in you.

It is not only your dream which collapses; it is their dream as well.

It's not your responsibility anymore.

Realize that you can't protect the temple of this old relationship.

You need to drop it and create a new vision.

Don't feel responsible in the name of society and family values.

You are not.

You did your best.

He is gone.

Change your mandala.

Change your life vision.

If you stay stacked on an old plan, you will miss the new opportunities.

Don't make this mistake.

You are free and released from your old obligations.

I say it again: you are free!

It is not your responsibility any more.

He is dating someone else

Another tough challenge: you see him with someone else, a new partner.

His life is his.

I'll be direct: whatever power you had over him is now totally gone.

He has the right to do whatever he wants with his life.

He can see who he wants to.

It is simple.

Your desire to control any of that is a misunderstanding.

You have no right and it is very good that way.

The good news is that it is the same on your side.

You owe him nothing.

You are master of your life and actions.

If you are ashamed of him seeing you with someone, please don't!

You can date who you want.

You are now 100% free.

He has no right to control any of your actions.

Realize that!

You are the boss of your existence.

How does that feel?

What if he calls you every day?

That's an invasion of your privacy.

When he breaks up, you need to establish a new set of boundaries.

It is your right to protect your personal space.

So, do what it takes.

Be realistic with it: it is simply very challenging to move on when he is on the phone wanting to share with you all sorts of things or even worst, blaming you for the past.

Again, get your full power back and put a limit.

If you don't protect yourself, he'll keep invading you and your space.

Defend your territory.

Create space for new things to happen in your life.

It is your right to defend yourself.

Do what it takes to protect your space.

A call a week is okay.

A call a day is not.

Create space.

Tell him!

How to get over him?

Where is he exactly?

In your mind, right?

Once you removed all traces of his presence, is he still in your mind?

Did you remove everything?

What about some objects or furniture he did bring into your life?

What about the address booklet next to the phone?

What about the coffee pot he gave you for Christmas?

You can go deeper to reclaim your life's territory.

Believe me, the moment you remove the signs of his presence around you, you are already half way there.

No need to be kind.

What are you trying to respect by keeping these things around?

The memory of his spirit?

The memory of his ghost?

He is gone, right?

Remove every trace of his presence.

Do it and replace them by things you choose, stuff which belongs to you.

He wants to give you a new present, the latest cell phone?

Refuse!

Don't take it!

Every object in your life tells a story to your mind.

How to get your power back after he breaks up

Remove all traces of his presence.

Letters, pictures.

All these little memories keep you anchored in the past and stop you from moving on.

You want your mind to be fresh and free?

Go ahead and do it.

You'll feel refreshed and renewed.

Anger and frustration are okay

Anger and frustration are okay as long as you don't physically act on them and do something stupid.

Anger and frustration are the signs of an energy wanting to break free.

Anger is the conflict between an existing mind set and a new mind set wanting to break through.

This is why it is a good sign.

Your anger and frustration are expressions of power.

They are the signs that something wakes up in you.

Be comfortable with it.

Go to the gym.

Go outdoors and scream if you want to.

Don't feel ashamed.

Don't suppress or cover it up.

It is a freeing force and it is natural.

Anger and frustration are visible reflections of your inner power.

They are a warrior's emotion.

You are in a battle field.

Dare to be okay with it.

No need to be ashamed.

There is a strong limit of course: don't hurt yourself or anyone else.

Think about it: breaking plates is by far not the most productive way of expressing your anger.

How to get your power back after he breaks up

Go and do some power building in the gym instead, sign in for karate, kick boxing or something along that line.

This will be much more effective and productive and help you get back in touch with your center.

Make new friends

You might not realize this but being with him for months or years might have isolated you.

In fact, there could be other men having an eye on you who did not dare to approach you.

Now that you are single again, a world of new opportunities opens to you.

Go for it!

Male friends, female friends, it does not matter.

Give your social life a kick!

Go out and meet new people.

The main risk with a break up situation is to isolate yourself.

Don't!

Not needed!

Reconnect with old friends.

Flirt, date again.

You are free!

Stay away from alcohol and drugs

Alcohol and drugs are self destructive spirals.

Stay away from them!

That's not you!

It won't be you!

This is pathetic and you want to handle your break up in a different way.

You are in power.

You are not powerless.

Alcohol takes away your natural resources and stops you from rebuilding your mind.

It makes you over sensitive, vulnerable, drains your energy and is 100% useless in a break up situation.

The main risk in a crisis situation is to take a self destructive spiral.

Drugs or alcohol destroy you.

It is the best way to turn your break up into a big life mistake.

You end up doing stupid things, crash your car or even hurt yourself or someone else.

Picking up the pieces of a broken relationship is a challenge.

You need your full functional abilities to do that.

Stay away from anything which diminishes your resources.

You are designing a new way of handling your break up.

You are designing a new mind set.

How to get your power back after he breaks up

If you add to the existing emotional challenge, you'll make things worse!

Much worse!

Stay master of yourself and don't go into altered states of awareness where you'll lose yourself.

Rebound relationship?

Is it okay to jump straight in the arms of another man?

Sure, it is okay.

However, if you go that way, you need to do it with awareness.

Don't give your life away right now.

You are already dealing with your ex.

The first step is to get your full power back.

Jumping straight into a new committed relationship might fill the gap.

On the other hand you might miss the occasion to discover something about yourself.

This is why after a break up; many women decide to have a relationship-free life for a while.

They simply want to take time to digest what happened and find real answers to essential questions.

If a new man invades your space straight away, you might miss this opportunity to step back and understand the dynamics of your past relationship and break up.

The best alternative in a break up situation is to "date lightly".

You can spend quality time with men.

You can share, flirt and lighten up.

This is highly recommended.

However make sure you fully digested you break up before you commit yourself again.

Why is that?

How to get your power back after he breaks up

Because you need to learn from past mistakes.

If something went wrong in your past relationship, you need to find out what that is.

Your break up happened for a series of reasons.

You need to find out exactly why.

Once you find out why, develop new relationship skills.

It might be better communication with a partner, stronger boundaries, loving in a different way or establishing different priorities.

There is always a lesson to be learned in a break up situation.

Make sure you learn it.

If you jump into a new relationship straight away, you'll miss on this reflection time and keep reproducing the same mistakes.

This "digestion" process might happen very fast or very slowly.

It could take a day or 6 months to understand.

Maybe he did it all wrong and there is nothing you could have done better.

Agreed!

Take a moment though to seriously look into it.

Don't be in denial.

Be realistic.

Learn something solid from your experience and use this relationship experience to design a new, more solid relationship model which works for you.

If you hear yourself talking about your ex with a new date, stop!

First, it is a lack of tact.

Second, it keeps you focused on your ex.

Use your new social circle as an occasion to refresh.

Sure, it is okay to share a couple of stories with some friends but if you need to talk, better choose a special moment with a good friend: one evening, a 1 hour chat, nice terrace.

Don't keep on going in the same emotional dead end.

People tend to get tired and after a while, they simply run away from it.

Stay healthy

Don't let your break up impact on your health!

A break up is tumultuous time: sleepless nights, heavy discussion loaded with emotional content.

All this can drain your strength and energy.

If you stop eating healthy or miss on good night sleeps, you'll add to the load and make it heavier than it is.

Your priority is to keep the challenge to its real dimension.

Don't let the problem expand and impact on the other areas of your life.

A break up is a relationship challenge.

Make sure that your health does not suffer from it.

How do you do that?

3 simple steps:

- Eat healthy
- Exercise
- 8 hours sleep

The "guidelines" for health are always the same, but you need an extra kick of determination to maintain them.

Don't let your break up impact on your health.

Your body is your greatest asset.

You want to be fully functional on that level.

It is your task to protect what is yours.

Don't take a self destructive spiral.

Do what it takes to stay healthy!

Think professionalism!

Exactly the same goes for your career.

The last thing you want is to lose your job at the same time.

When you break up, the risk is to have this situation impact on your effectiveness at work.

Make it a priority to perform at work at 100%.

If you bring your personal problems to work, you'll be soon labeled by your colleagues and superiors.

Your career and work are your territory.

Same goes if you have your own business.

Simply don't let your break up impact on your professional life.

If you work in a team, there are good chances that you'll tell your friends what is happening.

If you keep on talking about it, everyone will get bored with it.

Put it this way: your colleagues are team mates.

They are there to perform.

They are not therapists.

It is not their job to support you with that.

Sure, they can help.

Sure, they'll be happy to give you feed back and talk about it a couple of times.

Now, if the only thing they hear during the break is the latest news of a divorce procedure, this will drain your and their effectiveness.

The solution?

Keep work and personal challenges separate.

How to get your power back after he breaks up

If you need to talk, check with the human resources department and see if they have any support structure available to help you through that.

Book a couple of sessions with a therapist, psychologist or coach simply to wind up.

Your friends or colleagues are not trained to do that.

Sometimes, they'll give you wrong advice and add oil to the fire.

They will as well get tired of hearing your story.

They want to move on!

Give them space.

Keep work and personal challenges separate.

Don't mix them.

A couple of chats are of course okay.

Don't turn your professional space into some form of therapy class.

Keep your professional life separate from your personal challenges.

Finding answers

When you break up, the main question in your mind will be: "Why?"

The main reason people break up is because the relationship becomes too limiting.

Your relationship was simply not giving your ex what he wanted.

He decides to move on and look for it somewhere else.

It can be because of fights.

It can be because you two simply explored everything you could together.

You simply run out of possibilities.

The main skill to keep relationships going is called renewal power.

It is the ability to challenge each other within the relationship.

Renewal power brings in new qualities.

You consciously go beyond the limits of your comfort zone.

Too much security kills the magic and spontaneity.

Security counts only for 1/3 in the relationship's equation.

The rest is thrill, excitement, challenge, romance, change, renewal.

A relationship's life cycle tends to be very short nowadays.

In the western hemisphere, marriages last 7 years in average.

It is quite common to be madly in love for a year and then suddenly enter in a cycle of fighting with your partner.

The relationship's space seems to "saturate" and you simply end up being on each other's way.

What happens there?

Too much control!

Control is a limiting force.

It asphyxiates the relationship.

Controlling is the best way to kill your partner's joy and pleasure to be alive.

Why do you over control?

Because you want to protect the relationship.

You want to keep things together.

This is why you decide that being jealous is okay.

Another common limit in relationships?

Lack of passion and challenge.

Basically you get bored.

This happens to millions of couples around the world.

The security dimension is not enough.

A couple needs new refreshing energies.

Waking up the passion in a relationship is a skill!

Find the answers.

Another common relationship situation is conflicting interests.

You don't agree on key relationship's issues.

Here are the most common sources of disagreement:

- Children
- Marriage and commitment
- Location
- Life style
- Interests

How to get your power back after he breaks up

- Spending behaviors
- Etc.

This is about your break up.

The key is to find out exactly what was missing.

Simply get your answer.

Of course, you can perceive behind these "reasons" a vaster reality or underlying dynamic.

You might summarize it by saying: "it was not meant to be".

We talk about destiny lines here.

Your life is an intelligent entity which designs pathways of evolution.

Some doors open up and others do close.

Sometimes, it is only after a couple of years that you truly see why a door needed to be closed so that a new one could be opened.

Destiny line!

Your life vision!

A break up is part of your story.

Trust your spirit!

Was this relationship a mistake?

If you stayed together for 3 years, the relationship did work!

Splitting after 3 years does not mean that it did not work; it means that it worked for some time and it is now time to move on to something else.

It is very common to have thoughts like: "I failed", "We failed to make it work", or "It was not meant to be".

This is not true.

A relationship happens within a time frame.

What is true today might not be true tomorrow.

When you say today: "I love you", this stays no matter what.

Relationships simply have shorter life spans.

You go through a full relationship cycle in a shorter period of time nowadays.

Why is that?

Everything goes faster.

You need change, renewal and you put yourself first as an individual.

100 years ago, you would stick together because of a need for survival.

It was simply impossible to manage alone.

It was as well not accepted.

Today, most people are okay with being single for a while.

Your material survival does not depend on the "couple cell" anymore.

You can manage on your own.

How to get your power back after he breaks up

This gives you freedom and takes some power away from the relationship.

It gives back power to the individual rather than the couple.

You are okay by yourself.

Society accepts it.

Does it mean that your relationship did fail?

No! Not at all!

The good times you shared are still there.

They are alive in the past and won't be erased from your memory.

The target might be different than what you expected.

Maybe the goal was not to be together forever but actually to share something meaningful for a while.

Don't be afraid of shifting and moving forward.

You can have a dozen successful relationships in a life time.

The fact that something ends does not mean that you failed.

It means that it ends and something new is being born.

It is part of life to go through a cycle of birth, life and death.

When a relationship ends, you simply start a new cycle.

That's what a break up is: it is the end of a cycle and the beginning of a new one.

You can stay focused on the old cycle and fail to see the new one starting, or you can focus on the future and enjoy this force of renewal which moves you forward.

What do you need to start a new cycle?

Freedom and independence.

How to get your power back after he breaks up

You need your mind to be free from the past.

This does not mean that memories are not there, it means that these memories do not control your present life.

Emotional freedom is the key.

You see, a new cycle is an occasion to be “reborn” (sorry for the cliché) into a new reality.

Accept the relationship life span as a natural cycle of birth, life and death.

The moment you realize that this is natural; you’ll realize as well that you can go with the flow.

A break up is a new start as well.

Work with the forces of nature rather than against them.

The “invisible” story

The pain is a gap.

It is okay to fantasize about your ex.

If you think about him and you have gorgeous images and sex scenes popping in your mind, let it happen.

The fantasy world is very different from reality.

It is still okay.

All sorts of things happen in your dreams which would never happen in real life.

So, let it be.

When you feel desire, don't stop it, flow with it.

Observe the moves of desires and energy in your being.

It is okay.

What you want is to harmonize the invisible link you have with him.

What I have to say might surprise you but the way to empower your break up is to relate to your ex in a different way.

He is now an “invisible spirit” in your life.

You remember him but simply don't want to give him power over your life.

Your life is yours.

Strangely enough, you can still love someone after break up.

You can keep on respecting that person and relate to him in a very healthy way... Even if you don't see him!

Your life is full of presences you will never meet.

How to get your power back after he breaks up

He is now one of them.

He is in your mind.

He is in your past and memories.

You enter here in a new dimension: it is the art of mastering your inner world or inner reality.

That's your way of dealing with his "invisible" presence.

How to deal with the pain?

Pain is isolation.

What hurts is the fact that there is no exchange of life force.

The solution? Don't isolate yourself.

You might not want to start a new relationship; this should not stop you from sharing intimacy or connections with new men in your life.

Your ex does not like it?

Of course not!

He is out of your life and you are the one who decides.

You are the boss and what matters is what you want and what you need.

He does not feed you!

He sucks your life force right now.

He puts you in pain.

Don't let him do that.

Break through, break free and connect with other men.

How?

One night stands?

No need to.

You can share intimacy and love without yet committing yourself or jumping into a new relationship.

What matters is that you keep exchanging.

Sure, you can isolate yourself for a couple of days or even weeks to digest.

If it is your choice, it is no problem.

On the other hand, if you feel the need, go and do what it takes to have this need met.

It is beautiful to hug someone.

No need to limit yourself in some form of emotional starvation.

There is a world of possibilities between a full relationship and a friendship.

Intimacy is okay in itself.

The main mistake you can do?

Going into sex too fast.

One night stands are okay if you want to, but they often generate negative after effects.

The "after sex effect" can be very destructive for you.

The solution? Don't have sex yet.

If you are simply flirting with a guy, enjoy it for what it is.

There is no need to jump too fast into sex.

You can play, have fun, share some kisses and intimacy and still, not loose or abandon yourself in a new connection.

What matters right now is to have your needs met.

So, flirt, light date, get your emotional needs met.

That's the first step.

A man will give you validation and partially fill up that gap.

This in itself is a release and will keep your life force alive.

It is okay. You are not betraying anyone by doing that.

Sexual needs

This is a chapter which goes far beyond your break up.

You can be a in a relationship and have great sex life.

Or you can be committed and still be totally dissatisfied.

Sex is a natural human need.

When your ex takes off, you often end up with a gap on that level.

What to do?

Sexual energy is in you.

Now that you are by yourself, you need to find a strategy to deal with these needs.

Basically, you have 3 choices:

- Suppress them for a while
- Self pleasure
- Find a new sex partner

We enter here into a new area.

Sex in itself is a vast chapter.

A new book would be needed to treat it.

On the long term, it is all about consciously mastering your sex life.

Sexual energy is a natural source of energy in you.

The way you use it impacts significantly on your life.

It is a world in itself and what you want is finding a way to establish harmony and long term satisfaction on that level.

This break up is an occasion to discover more about your own sex life and how you function on that level.

How to get your power back after he breaks up

Explore, read books, talk with friends, open up and gain extra skills on this topic.

Your life could greatly benefit from it on the long term.

Should you be friends with your ex?

We are entering here into long terms strategies.

In a way thinking about these questions comes later.

This is the moment you already have your full power back and wonder how you will relate to your ex in the future.

You can see 4 general ways you can relate to your ex:

- Being angry, bitter or upset
- No contact – Avoiding each other
- Being in good terms
- Actively building friendship

When you break up, you have to choose a ground.

In the early stages, seeing him might be a sensitive topic, so you could be in the “angry/bitter” zone.

After a while, you might move into the “being in good terms” area.

Actively building a friendship is a totally different story.

If you are going that way hoping that you will get back together, forget it.

In most situations, you will be used.

Your ex will use you as a confidant and ask you to feed his life.

Building an active friendship only works in some isolated cases.

In most situations, you might expect more and fantasize about this turning into a new romance.

The truth is that if he gives you the best friend role, this is probably where he will keep you.

So, my advice is simple:

Aim for simply being in good terms after a few months.

This means that if you meet him by coincidence or if you need to interact with him because of children or work, you want to be able to be friendly and diplomatic.

This is on the long term.

And it is not compulsory!

You don't have to force yourself in being kind if this is not what you feel.

In the original stages of the break up, you might be bitter and angry.

That's okay. You don't have to suppress it.

If this is the case, simply stay away from him.

Remember that the long term goal is to build a new life foundation where he is not present.

If you give him the power to influence your moves by being this close best friend, he will probably slow you down or try to stop you the moment you create a new relationship with someone else.

Be mature with that.

Don't be blind!

Recognize the forces at play and realize that having him in your environment might precisely stop you from finding a new love.

If you need to interact with him for practical reasons, it is obvious that a friendly connection is the easiest and most harmonious way to go.

This is what creates a win-win for both of you and requires the minimal input of energy on your side.

Yes! I can live without him

I know that when a break up hits you, you don't expect it.

It means that you have to shift gears.

A break up forces change in your existence.

Change requires energy and focus.

Change always generates some form of stress on your system because it asks you to readapt to a new condition.

I invite you to do something very simple.

Instead of saying or thinking "I can't live without him" start using the empowering mind set "Yes! I can live without him".

There is a way to reinforce positive mind sets in your life and this is one of them.

The next step would be:

- I feel great without him!
- I feel so free now!
- My life is open in front me!

Your life can go only one way: forward.

Sure, change requires essential mind shifts.

This is exactly what you are facing right now.

There is a natural resistance to change because it puts you under pressure.

Yes! You can live without him.

I mean neither your body nor your mind will collapse and you know that!

So, stop reinforcing negative mind sets.

How to get your power back after he breaks up

The more you express them, the more resistance you build up.

Here are some more examples of negative mind sets:

- I miss him
- I want to be with him
- He is the one for me
- We are soul mates
- We were so right for each other
- Etc.

Replace these thought forms by:

- I am fine! I am great actually!
- I decide to be happy!
- There is an infinity of men out there
- I have dozens of soul mates
- Many men are right for me!
- Etc.

I know, sometimes it is too soon to establish these new mind sets.

This is where you head to, though.

The sooner you think and live that way, the better you feel.

A mind set is like a shirt you put on.

It is your decision!

A thought or emotion is not something which is imposed to you.

It is simply a wave on the surface of your mind.

Let me ask you something simple: if for instance you believe you were soul mates, why would life be playing this trick on you?

If he is the one, why would he run away?

The answer is that there are many realities at play.

What you see as the only possibility is just your perception.

It is not the absolute reality!

How to get your power back after he breaks up

In his mind, it's another story and in the mind of the rest of the world, it is still another story.

There is an infinite number of possibilities; so take in the one you decide to embrace.

You are the one taking the decisions, designing your mind sets and life.

This is the big learning experience associated with this challenge.

Your thoughts have the power to project you forward if you use them wisely.

Redesign your mind patterns.

Reshape what you tell your friends and those who care for you.

If you say "I can't live without him!" you obviously create an emotional dead end.

The funny thing is that both you and I know it is not true.

The truth is "Yes! I can live without him!"

It does ask you to readapt to a new set of life conditions.

It requires change, adaptability and key shifts in your existence.

It is however within your range and you know that.

Change is a challenge, yes!

Change can be stressful?

Yes again!

The more you resist that change, the more energy you waste.

It is very simple.

There is only one way to go: with the flow!

Empower your personal base

A break up happens on different levels.

The “material” break up is one of them.

Who gets what?

Where do you live?

Are you kicking him out of your house?

Do you have the material resources to live on your own?

All of these questions add to the emotional load.

Suppose your material base is not threatened.

You have security and enough resources.

What is left is the emotional challenge, right?

The material break up is one key challenge.

In fact it is half of the story.

You want to gain full control over your material base.

You are now a one person enterprise and you want full autonomy.

Protect your personal space.

You are in control.

A break up is a transition.

It is okay to stay half way for while.

Secure what you can.

Get rid of what is not yours.

Secure your personal base.

How to get your power back after he breaks up

Reshape your administrative body: bills, memberships, credit cards, address, etc.

All these elements are what you call your personal foundation.

Express your power in that area.

How?

By gaining full control over these aspects of your life.

Have control over your time frame, your personal space and your administrative body.

In a break up, that's half of the challenge: recovering your full autonomy.

You are now a one person enterprise and you are the master of that ship.

Kick your ex's will power out of the picture.

Recover your full power.

Whatever power he had in the past, take it back from him.

It is your life.

It is your basic human right to be in control of it.

When you are in a relationship, you tend to delegate part of your authority to your partner.

You make concessions, chosen together; make decisions for the future, etc.

When he is gone, your will power and authority are the only thing which matters.

Gain back full control.

This power recovery is an essential step.

Take it back and use it! You are fully in charge again!

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Why you want a coherent strategy

Okay, here is an essential word of warning.

When you go to battle you want a coherent strategy.

Imagine being in the middle of a battle field and having still to decide whether to go North or South; it would be very confusing, right?

Before you step into battle you need to know your targets.

In your case the goal is to recover your full emotional freedom, right?

When I started writing this book, I had to make a choice:

Would I help you move on or would I help you get back together with your ex.

I decided to help you move on!

Why is that?

Because I observed what trying to get back together can do to you.

When you try to get back together, you keep on investing in a sinking ship.

You are focused on recovering a past experience.

When you move on, you focus on your future.

You focus on new potentials and what lies ahead in your life.

I checked literally hundreds of break up situations and realized that in 95% of the cases, getting back together does not work.

You can see a break up as a temporary life mistake; or you can see it as one of your destiny's sign which encourages you to explore your life further.

This is why I opted for the first strategy: moving on.

To tell you the truth, I could have written an book on getting back together.

There are a few of them out there.

The mind sets associated with moving on are very different from the mind sets associated with getting back together.

If you are in the middle of this battle and hesitate between the two directions, you tend to create a state of conflicting interests.

This means that you get confused and in doing so, you put your victory at risk.

This is exactly why you want a coherent battle strategy and follow up on it until you win.

If you change directions half way, you often end up getting nowhere.

What does this mean practically?

You notice that in this book, I talk only about one thing: moving on!

All the strategies I give you are aimed at this target.

Should you forget about trying to get back together? At this stage, yes!

The first priority is to get your power back. It is to recover your full emotional base.

You can't do that if you believe that he has the keys to your happiness and you don't.

The keys to your happiness and long term life fulfilment are in you!

If you already decided that moving on is what you want... Great!

Stick to it!

However, if you get tempted by the other strategy, here is what will happen:

How to get your power back after he breaks up

If you go online and suddenly decide to purchase another book on "How to get back together", you'll end up with two sets of radically different strategies: "How to move on" and "How to get back together"

When you wake up in the morning and see these two volumes on your desk, you'll have to make a choice.

Once you choose for one of these directions, forget about the other one and stick to the set of strategies you chose.

To win, you need coherence, consistency and repetition.

If you head north for two days and then head south for two days, you tend to come back to the starting point, right?

This does not mean that these experiences have no value. They do!

This means that you are still in the choice making stage.

That's when you assess your options and realize exactly what you want.

Taking action and truly moving on is the next stage.

At that moment, choose for one battle strategy and forget about the other one.

The more you hesitate or doubt, the more energy you waste.

Hesitations and doubts are draining forces which do hold you back.

Sometimes you simply need your full concentrated resources to break through a life challenge.

This is one of these moments!

Concentrate all your energy in one coherent direction.

Focus!

This is what it takes to win this challenge.

You are not a victim, you are a winner!

There is a risk when you break up: it is the risk to feel sorry for yourself.

Friends, family, even your ex might project on you this aura of pity.

Kick this out of your mind.

YOU ARE NOT A VICTIM!!!

Capitals, exclamation marks!

Yes! I am screaming.

Shift your mind set!

Your life is open in front of you.

You are free!

Sure you had other plans.

Sure your dreams did collapse.

Sure he's gone.

Sure you loved him.

Is this the end?

No way!

Why Not? Because there is a magical force in you: it is called survival drive.

You have the power to recreate your life any time anywhere.

Use your resources.

You are not a victim, you are a winner!

How to get your power back after he breaks up

You are free and space is open in front of you.

If you go into the victim mode, you are done.

That's the end!

You are not a victim.

You don't need people feeling sorry for you.

Sure, some compassion and understanding are okay but how long will you stay in "it"?

Give yourself a week.

1 month maximum!

The best? Mourn in 1 day! And rejoice!

Yes, rejoice!

Who or what on earth would you respect when putting yourself down?

You don't owe anything to anyone.

It is okay to show your power.

You don't need to make yourself smaller than you are.

It is all about mastering your break up.

Life does have storms.

Go through the break up storm as a winner.

You need power to keep the rudder steady.

You are not a victim.

You are a winner!

Get you full power back.

How to get your power back after he breaks up

It takes strength and determination.

Go for it!

Kick yourself and shift your mind set. Now!

How to get your power back after he breaks up

Part 2 – Move forward

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What you must do in the first week after your break up

Well, the entire book is actually focused on that.

It is about action rather than victimization.

Because your emotional base is shifted instantly when you break up, it takes some time to rebuild your mind accordingly.

Right now, you are standing in front of this mountain and wonder if there is a magic pill which will transpose you to the summit instantly.

You can guess my answer right?

It all starts with a first step (you already took that one by searching for help, getting this book, etc.)

Now, the next step is to apply all strategies described in your program.

The top key ones are to train, go to work and lightly activate your social life.

These three elements are described in detail in your book and this is what keeps you focused.

By taking positive action consistently, you rebuild yourself a new power base.

Give yourself a month to reach your target of being back at 80% of your power.

Why suffer longer than needed from your break up?

The truth is that life is calling!

I know exactly how it feels to have the person you love take distance from you.

Many women I know stay in emotional pain and turmoil for far too long, waiting for a miraculous hand to take them out of this situation.

It is your life and you are the one in charge.

Wanting to recover fast is natural and healthy.

You don't have to punish yourself, him or your relationship.

Staying in the "break up space" attracts negative attention for a while. After that, even your friends tend to give up.

It does not need to be that way.

You can fight your battle and do what it takes to get your power back in no time.

What does it take? A real awareness shift!

You need to realize that your life is under attack.

You want to tap into your survival skills and defend your territory.

These survival skills are instinctual.

They are part of your being and you need to wake them up.

The moment you do, you tap into emergency resources and wake up a new set or power in your being.

This is your life. Don't waste months or years staying in an emotional no woman's land.

How to get your power back after he breaks up

Sure, share and mourn for a few days. Take a week to digest and then, start looking into your future.

What you can do if you just broke up

There are basically three avenues you can take if you just broke up:

- **The first one is to go solo** - You don't look for help. You only rely on yourself and on your inner resources. You might ask some friends for advice and tips on how to handle this situation. You might ask some people for feedback on what to do next.
- **The second one is to get a book or book on the topic** - This option will give you strategies, ideas; mind sets to solve this challenge wisely and effectively.

You are of course free!!!

You decide the way you want to handle this challenge.

What is the best option?

To tell you the truth, it totally depends on your own life skills and the way you feel right now.

A break up can be very smooth or totally devastating depending on the way you look at it and handle it.

I know many women can take years to recover from a break up.

During that time, they won't date, they will put their whole social life on hold and try to forget while longing every single day to get back to their ex.

2 to 3 years is a long time!!! Far too long if you want to go on with your life!

Imagine the amount of time and opportunities wasted because you are not emotionally ready to move on.

In worst case scenarios, you might not even truly heal because this break up might have totally eroded your self esteem and confidence.

How to get your power back after he breaks up

What I see is that your life is under attack.

If you break up, you are challenged by a situation which can negatively impact on all aspects of your life and personality.

The truth is that there is a direct and simple way to handle this situation.

If you get a break up "road map" you can avoid many break up pitfalls and jump to your next life stage much faster.

This does not mean avoiding the mourning period.

It does not mean avoiding key break up or relationship issues.

This is not denial. You don't try to blind yourself from reality.

No, you simply face reality, learn what you need to learn, develop new life power skills and discover how to move on much faster.

After a break up, especially when he is the one who decides to split, your level of power can be low, sometimes only 20% to 50% of your true potential.

You might have difficulties to eat, work, sleep and stay healthy.

Many women want to try to get back together with their ex.

This is one of the key break up challenge because in 95% of the cases, getting back together does not work.

5 break up attitudes that don't work

When he breaks up, you might naturally fall into these self defeating attitudes.

Here is what does not work:

- **Trying to get back together**

It fails in 95% of the cases for many reasons I already mentioned. Most women waste months trying to get him back when in fact the deal breakers for this relationship tell you instantly that it won't work. Give up on that guy and move on!

- **Self pity**

It is called victimization. You believe that the world is against you and that you are the victim of some unfair curse. You are not! This is the end of a cycle and plenty of opportunities are open for you in your future! Embrace them!

- **Self destructive spiral**

This includes drugs, alcohol, poor eating patterns, low work performance, verbally abusing your friends, etc. All these patterns create a snow ball effect and make the problem bigger than it is. One key rule! Limit the challenge to its real size and don't let it expand to other areas of your life!

- **Rebound relationship**

Light dating, yes! New committed relationship, no! The short period that follows a break up is an essential recovery time which allows you to reset your relationship skills and shift key behaviors. Find answers and make changes before you jump into a new relationship.

- **Broken record syndrome**

How to get your power back after he breaks up

This means to keep on talking about your ex over and over again. This keeps you going in circles with no solution. Stop! It does not help!

These are some of the break up behaviors or attitudes that don't work, ok?

If you express any of these right now, shift your mind and instead express some of the winning mind sets that I describe in the e-book.

This will speed up immensely your break up recovery.

Stop glorifying your ex!

Why?

Because when you say things like:

- He was perfect
- He was the one
- We were so good together
- I never met anyone like him
- Etc

You forget an essential point:

HE DUMPED YOU!

How perfect is that???

Here is another good one:

When you say that you never met anyone like him, my question is:

How many men did you actually meet?

How many men are there on this planet?

Are you sure he is that unique?

He might be unique to you but I can guarantee you that the moment you start searching, you might be amazed of the amount of quality men who are ready to date you.

If you are afraid of not being good enough, then do something about it.

Change what you don't like!

Build up feminine power!

Become a better person!

When you glorify him, you forget about the dark side, and the hard times.

How to get your power back after he breaks up

You forget about a whole part of your story which might have involved pain, frustration, fights, endless tensions and so on.

Besides, putting him down consciously in your mind actually shifts your perception of balance of power between the two of you.

It gives you back trust and confidence.

Yes, absolutely!

Dig in and make a mental list of all his negatives!

In many cases it will make you feel 100 times better + you will realize that he was not that ideal after all...

From broken record to exuding positive energy

If you fall into that trap and hear yourself talking about your ex on and on with your friends, STOP!

That's playing the broken record and you know it takes you nowhere!

The key is to shift yourself talk.

It is to shift the story your tell yourself and then, start sharing that with those around you.

Here is an example of what it looks like when you play the broken record:

"I still don't understand why he did that to me, after all these years of me doing exactly what he wanted. And the kids... That's so selfish..."

What do you hear? Victimization! Blame!

Here is what you can train to think instead:

"It's good we are no longer together - In fact we were fighting so much - Look, my ex is in the past - Why don't we focus on the present and have a good time!"

You exude positive energy when you say things like that, right?

This is the type of attitude you want to train!

That's the type of mind set that positions you as a winner!

And guess what? You are the one CHOOSING your mind sets!

A positive attitude is something you can consciously train and practice until it becomes TOTALLY YOURS!

Finish unfinished business with him

This means getting rid of whatever he left behind, giving it back to him or getting back your own stuff from him.

If you have a business together and you decide that you no longer want to work together take care of that URGENTLY and make it your top priority!

Why?

Because this unfinished business really holds you back.

It polarizes energy and stops you from moving forward.

The moment you finish this business with him by dissolving it, buying it from him or selling it to him, you FREE energy!

That's one of the qualities you need the most to start over: free energy!

If you have children together or still share assets like a property, stocks or a shared bank account, solve that as well.

With children, put in place a solid agreement you are both happy with and which takes care of their well being and security.

Decide who gets them when and who pays for what.

Once these invisible threads are dissolved you feel this fresh wind of potential blowing in your sales!

That's called freedom!

Shift to battle mode!

If your life is under attack, you fight, right?

A break up is a crisis that requires EMERGENCY measures!

These measures might not be implemented forever but they create a bridge of power in this transition time.

Use your WILL POWER!

Your DETERMINATION and PASSION to win is what makes a huge difference.

This is what takes you straight to EMOTIONAL VICTORY!

Now, WIN!

Damage control!

That's exactly what you want to do when you face a break up!

Make sure that this challenge does not negatively impact on the other areas of your life.

You must avoid this snow ball effect and make sure that you defend with passion all aspects of your existence including health, career, social life, emotional balance, etc.

If you do that, you reduce the breakup challenge to its real size and don't let negative mind sets spread.

This is damage control.

It's YOUR life! FIGHT!

Your break up is a positive thing because...

... It forces you to tap into resources you didn't even know you had.

Many women come to me a couple of years after their break up and say things like:

"It's actually the best thing that happened to me... It forced me to totally shift my life around and there is so much I discovered now about men and relationships... WHAOU!"

It is painful when you resist it.

It hurts if you are still looking at the past while your life moves forward at high speed into your future.

Positive power back strategies always work!

Sometimes you apply one of the "power back" strategies and you feel an instant shift!

You know it!

Now, if you can't measure the results and still feel hurt after a few days or even a couple of weeks, it does not mean that the strategies don't work!

They do work!

Imagine how much worse you would be if you were not applying any of these strategies!

Break up = Star wars ???

This is a side note to complement another article I wrote about the energy battle during break up.

In that article I said that emotional pain is a disturbance in your energy field.

This means that your life force does not stream in harmonious ways.

What does it have to do with Star Wars?

Your life force = THE FORCE.

MAY THE FORCE BE WITH YOU!

Remember that Luke Skywalker's and Princess Leia's paths aim at mastering THE FORCE!

They have a special gift! They have a special connection with THE force.

Master Yoda will say things like: "I feel a disturbance in the force..."

These disturbances are linked with the activities of Darth Vader and his friends.

I know... It IS a metaphor for something that happens throughout our lives.

And yes!

A break up battle expresses the same type of dynamics between forces that stimulate your path to freedom and disturbances that want to stop you from reaching it.

4 key steps to get him out of your mind

Here we go:

- **Get rid of all traces of his presence in your personal space!**

Get rid of objects he left behind, presents, picture, letters, and memories. This includes clearing his text messages in your cell phone or deleting his emails in your mail box! - Do it now! This definitely frees your mind!

- **Change yourself talk!**

When you say things like "I need him", "We were meant for each other" or "He was the one", you limit yourself! - This is simply not true! - If you were meant for each other how come he is not with you right now?

- **Stop talking about him!**

The more you talk about him, the more you make him the center of your attention! - If a friend asks you about him, simply say: "Not interesting! - Let's talk about something fun! - He is in the past - He got enough attention from me - I am focused on the future now!"

- **Replace him!**

Light dating other men will definitely reset your male points of reference in your mind. It gives you validation from the opposite sex and makes you realize that other men like you!

What if you don't want to completely lose him forever?

Why not? I mean, what is so scary about this idea?

The good news is that the good moments you experienced together will never be totally gone.

You can always recall memories if you want to.

The truth is that the more you dwell in the past, the less you are able to focus on your future.

Create space rather than limiting yourself!
You will usually notice that when you see him as a friend it just makes you want him back.

See the contradiction?

This means that right now, it is easier to live without him.

You are not running away from anything by saying "no" to an active friendship for now.

By focusing on your own life, you are just embracing the possibilities which are ahead of you.

Right now, he is like a weight which limits you emotionally and has the power to stop you from moving forward.

You will notice that once you rebuild your new life fully, seeing him won't challenge you at all.

At that time, you will probably notice that even the desire to spend time with him might be totally gone as well.

Defend yourself!

Okay!

When he breaks up nothing prepares you in life for that.

You have two ways to go.

- The first one is to go into a victim role for the next month, 6 months or even years!
- The second option is to wake up new fighting skills and realize that your life is under attack!

What do you do when you life is under attack?

You defend yourself, right?

You wake up new survival and fighting tools and go for it!

What are these fighting tools?

They are your survival drive! They are this survival instinct which wakes up when your life is in crisis.

The truth is that if you face the battle, you will win it very fast.

Why?

Because these survival skills are in you already!

They are a set of instinctual reactions you wake up to get your full power back.

These instincts will lead you to refocus and give energy back to what needs it most right now: YOU!

As long as you stay focused on your ex, the past or trying to get back together, you waste your precious time and energy!

As long as you stay focused on him, you give him more power and drain yourself.

How to get your power back after he breaks up

The only single shift you need to make right now is realize it is over, clear your personal space, and make sure that you win this challenge.

Stop idealizing your past relationship

Ok! I agree... Maybe your relationship was super great! It was wonderful!

That's a possibility.

But look at the flaws, the challenges, the fights, the space between the two of you and the fact that you are free from all these now.

You can color your past relationship any way you want.

Idealizing it is a mistake!

Why?

Because this type of self talk is self defeating, victimizing and keeps you focused on the past.

Because it makes you believe that you will never find something as good as that.

This is not true!

On the contrary, you can rebuild a new life and an incredible connection with any man you meet.

Are you sure he was that special?

Well... Let me ask you this simple question:

How many men are there on this planet?

How many of them did you meet?

How do you know that there aren't millions of men out there as good as or even much better than him?

If you can't see them, start searching right now.

You can log on any dating site and see thousands of men ready to

date and fall in love with you.

That's reality! This is what gives you a new edge and an open perspective into your future.

Stop idealizing your relationship and realize that you have an open space of infinite possibilities ahead of you.

Why your friends get tired of hearing about your break up

I'll be direct, okay?

While friendships, family and support network are important, they are often not enough.

Why is that?

Because a friend is not professionally equipped to support you through this challenge.

Friends have their own sets of life challenges and their own life stays their priority.

When faced with a challenge, it is normal for a friend to support you for a while.

They will take you out or invite you for dinner, listen to your story and try to help the best they can.

However, your friends are not break up experts.

They improvise answers to the challenges you face hoping that their words will have an empowering impact on you.

They hope that this will be enough.

When one of my female friends breaks up, I say:

"Do you want me to help you as a friend or as a coach"

If she says she wants help as a friend, I quickly tend to get frustrated.

I get frustrated because I see a massive difference between professional coaching and helping someone as a friend.

As a friend, I have only a fraction of the tools I have as a coach.

How to get your power back after he breaks up

As a friend, I can't be that direct. I can't use tools, strategies, models, tactics and a whole range of approaches available within the coaching space.

As a friend, I sit down, listen and ask a few questions. Often, months or sometimes even years later, my friend's story is still the same.

I meet this woman who broke up 2 or 3 years ago and what she says shows me straight away that she did not recover her full power yet. In fact, she talks as if she was still in the middle of her break up.

As a professional coach, it is a different story.

Why? Because you hire me for my expertise.

You hire me because you are ready for change, not because you just want to share.

My experience comes from traveling the break up path with many women like you.

I had of course my own share of life experiences as well, but this is not what gives me the power to help you with this topic.

I know the pitfalls, the areas where you can get stacked or need a significant power kick.

I won't take the steps for you but I do walk the path with you, side by side.

This is the type of support I commit myself to.

I coach because I care.

This is what a friend can't do after a while. A friend will simply run out of ideas and energy.

They can offer you moral support in the early stages but their social life stays geared towards fun.

Your break up can only be the center of attention for so long. After a while, everyone wants to move on, especially if they don't see a

change.

Here is another trap: negative attention.

When you are in a break up situation, this is what you get. Sometimes, it is real compassion.

Many times, it is only pity.

Pity is not very useful in helping you get your power back.

In fact it does the exact opposite.

It reinforces your position as a victim.

You must shift this victim role as soon as possible.

You want to be a winner. You are no victim.

Should you tell him about these break up files?

ABSOLUTELY NOT!

Why? Because he doesn't actually want you to win this battle.

He is not cruel but in his mind it really boosts his ego to imagine that you will miss him forever and that you will never find any guy who matches him.

He still has this uncontrolled need to be number one in your mind.

When you tell him about these files, you reveal your battle plan and give him the keys to stay in your mind longer.

Remember that this is a battle of psychic energies between you and him.

Keep these secrets to yourself and don't reveal them to him ever or you'll lose your edge in this battle.

To your power!

Get rid of all traces of him in your personal space!

Get rid of objects he left behind, presents, picture, letters, and memories.

This includes clearing his text messages in your cell phone or deleting his emails in your mail box!

Do it now!

This definitely frees your mind!

Change your self talk!

When you say things like "I need him", "We were meant for each other" or "He was the one", you limit yourself!

This is simply not true!

If you were meant for each other how come he is not with you right now?

Stop talking about him!

The more you talk about him, the more you make him the center of your attention!

If a friend asks you about him, simply say:

"Not interesting! Let's talk about something fun! - He is in the past - He got enough attention from me - I am focused on the future now!"

"No contact" not helping you that much yet?

Not true!

Imagine how much worse you would be if you were interacting with him more frequently.

"No contact" is not the final answer.

It is a crisis solution which forces you to protect your space and life.

Let go of HIS world too!

When he breaks up, you have to let go of the relationship with him + his world.

His world is his family, his friends, his kids, his business, his house, his assets, etc.

That's his world!

That's his energy reality!

Very often you will feel this desire to keep in touch with his friends or family members.

Don't!

Unless you built something super solid with one of them that no longer depends on him, dissolve that too!

Every time you see this friend of his, he will remind you of your ex.

It keeps you hooked on the past.

Put it this way:

Do these people really want to stick around and be friends with you?

Or are they doing that out of pity?

Don't you think they will soon be investing their friendship and energy into his new date?

Don't fool yourself!

In most cases, these people stay part of HIS world, not yours.

The minute they have to take sides, it is towards him they will lean, no you!

Should you stay in touch with his children?

Imagine that you dated a single father and became a step mother to his kids.

Of course they might like you and be attached to you.

You might miss them too, right?

The thing to remember in these situations is that his kids are part of HIS reality.

Sooner or later, he will meet someone who will be the new step mother.

How will this make you feel if you realize you are now competing with her even on that level?

I know it is tough to say but you own them and him nothing, ok?

Legally, you have zero rights.

When he breaks up, you are no longer part of any decision making process concerning them.

Let's fast forward to a year later...

You met someone!

This guy is great and he likes you too!

How will he feel when he knows that you are still invested in your ex's children?

What if he has children too?

What if he is the one invested in his ex's children and they see each other a lot because of that?

How would THAT make you feel?

See the dilemma and the conflicting interests?

It is normal to dissolve everything that is related with him when he breaks up, not just the direct relationship you had with him.

Part 3 - Find answers

Why it is challenging to move on before you find answers

The first week after a break up is obviously the toughest because you are still waking up to this new reality.

In this first week, it is essential to find answers.

Once you can truly grasp why your break up happened it allows you to move on faster.

Here is why:

There is always a lesson to be learned when a relationship ends.

You want to identify that "lesson".

As long as you don't have that answer or clue, your mind stays focused on this break up going in loops trying to understand.

Finding answers gives you peace of mind.

Now, the answers we talk about are usually simple. They will sound like:

- He met someone else.
- He got bored in the relationship.
- We live too far away from each other.
- I am too young or too old for him.
- He wants children and I don't.
- I betrayed him.
- I have a drug, alcohol or gambling problem.
- I actually asked him to leave because I was unsure if I loved him.
- He wants marriage and I don't.

How to get your power back after he breaks up

- He is just impossible to be with. There is nothing I could have done differently.
- I was too possessive.
- I was too kind and did not challenge him enough.
- We were incompatible on so many levels.
- We have too different visions about life and values.
- Etc.

Once you have the answer, ask yourself these simple questions:

- If I was confronted with the same situation again, what would I do differently?
- Would I change my behavior or attitude?
- What are the new relationship skills I can learn?
- Should I look for someone who is more compatible with me?
- Am I good as I am and he is simply not the right person? Isn't this break up a wakeup call for me to move on?
- What exactly did we miss as a couple to make it work?

When you dive in this, you develop new relationship and dating skills that you will use in the future.

I say it again, there is no need to blame yourself and stay in a "guilt mode" if you feel you did not perform too well in that past relationship.

A mistake is only mistake when you don't learn from it.

If you learn from it, it is simply a life experience which allows you to become a better person.

Remember as well that he is probably responsible at 50% for what happened in the relationship.

You usually share responsibility for a break up.

It is usually not one or the other person's fault.

How to get your power back after he breaks up

I am sure you have good relationship skills and maybe so does he.

Identify exactly what you missed and make sure that you bring these new ingredients in your future dating and relationship life.

Makes sense, right?

If a man wants to break up, he will always find reasons!

If a man wants to break up, he will always find reasons or make them up!

His reasons are usually very simple!

He takes distance because he has another woman in mind, wants his freedom back, can't deal with tensions or simply outgrows the relationship.

Very often he won't tell you why he breaks up.

He will invoke something you did 3 years ago or an aspect of your personality he no longer likes.

Why won't he give you his real motives?

Because his inner motives are part of his battle plan.

If he unveils them to you, he opens up emotionally to you and that's the last thing he wants when he is trying to get his freedom back.

We were so good for each other! - Why did he let go of us?

Because there are other forces at play which were pushing him away from you.

These "rejection" forces happen to be stronger than the "attraction" forces.

Look at it like a combination of forces.

If you didn't find the answer yet, there is obviously some resistance or rejection force you still did overlook or not identify.

Again, the answer is probably in one of the possibilities I mentioned earlier:

- Material needs
- Social status
- Cultural background
- Family approval
- Too much intensity
- Personal background
- Career line
- Etc.

All these potential sources of objection can play a significant role when he decides to break up with you.

Why did he break up? - Some relationship deal breakers
Some possible break up causes which are often overlooked:

- **Cultural background**

This can be a major cause for break ups. He might not mention it but act on it. In his world, having someone from the same cultural background might allow him to relax and feel comforted within his existing mind sets. The same type of limitation can apply if you are from different countries.

- **Family approval**

A mother or father who does not approve of the relationship can be a deal breaker. Family pressure can feel very intense for a guy. Sometimes he will let go of the relationship simply to find some peace of mind.

- **Friends approval**

Same story as family approval. Key friends can have lots of influence on her choices.

- **Wealth and social status**

Yes! Some men chose a woman according to these reasons. If your material base, job or income is not strong enough in his eyes, this can be another deal breaker. Yes! Men will frequently break up over such issue. They might not admit it, because they can feel ashamed of it, but they will give you hints by complaining about your material situation or questioning your life choices.

This is only a sample.

There can of course be many more deal breakers.

You might look at these reasons and think:

"These should not be deal breakers! They have nothing to do with love!"

Well, wake up!

In the perfect romantic dream, it's only about love, right?

Now, in the real world, many of these ingredients can play a significant role in building a solid long lasting relationship.

The ingredients I mention above like family approval or social status can play a weak or strong role depending on your ex's personality and life choices.

In some cases, they won't influence your relationship.

In others, they will be amongst the key factors strengthening or destroying your partnership depending on how high you score with them.

This is simply the way it works in real life.

Did he want to break up long before he took the step?

In many cases, yes!

A break up is an important decision and usually people don't take that decision lightly.

If he was in a relationship with you, it means that he probably enjoyed at least some part of it.

He probably hesitated for some time before deciding to take the step.

During this trial period when he is not sure what to do yet, he listens to his feelings and tries to get a pick into his future.

He says I am too good for him! - What does he mean?

I'll be direct, ok?

When a guy says that you are too good for him, what he is in fact saying is "I have another agenda and you don't match that agenda"

In my experience, this "You are too good for me" is an excuse not to look at what's really going on...

Am I too passionate for him?

Sometimes a guy can feel overpowered by a woman and to protect himself and his own emotional autonomy, he decides to take distance...

If you express too much passion or intensity, that's sometimes how a man will react.

Why does he say that he misses me?

Because it's true!

The decision to break up is a subtle balance of forces between the desire to stay and the desire to leave.

Missing you means that a part of him still feels what was there.

He feels a connection but this connection is not strong enough to stop him from moving forward.

The decision to break up is rarely totally black or white.

Most men will have at least some mixed feelings about this.

It doesn't stop them from eventually still taking the decision though... And going on with their lives.

But we were meant for each other!

Really!?!???

If it's the case, how come it is not with you he decides to be?

Maybe his reality does not match yours.

There are three ways you can look at a relationship.

- Through your eyes.
- Through his eyes.
- Through the eyes of those around you.

Your perspective or your opinion is only one of those three, right?

Other people, especially him might see it from a totally different angle.

I agree with you, sometimes you have so many "signs" that tell you that this was meant to happen.

And guess what, in a life time, these magic synchronicities can keep on happening with many different people.

This is called living in the flow.

This flow is not fixed!

It keeps on evolving and there is a lot beyond the filter of your mind and your own perception that maybe you can't see.

Even if this picture appears perfect to you it does not mean that it is perfect for everyone else especially him.

He was perfect for me... He cheated and dumped me...

I know it's shocking when you see these two sentences side by side.

Well, this is part of a comment that was recently posted to one of my videos.

Here is what I think... And my guess is that you feel the same:

How can he be perfect in every way if he cheats and dumps you???

Right?

He is not perfect in every way!

He might have certain qualities that you like and enjoy, a great personality, a gorgeous body, an intense shiny spark in his eyes.

And then, there is the deception, the cheating and the cold shoulder.

These qualities go hand in hand.

Most people have a shadow side, so does he?

He is NOT perfect in every way... Or you are able to see his cheating and dumping you as another expression of his perfection.

Yes, some people are able to see beauty in EVERYTHING.

That's a skill too! And if you are able to do that, good on you!

My point is: listen to yourself talk when he breaks up with you.

In that specific case, saying that "He is perfect for me in every way" is simply not true!

You are deceiving yourself when saying it!

It's a lie that you tell yourself when you live in the romantic absolute dream.

Perfect? Really? Would he cheat on you if he was perfect for you?

Remember that a human being is made of its bright and shadow side.

The shadow side goes hand in hand with the bright side.

They are like the two sides of a same coin.

You can't separate them.

What to do then? Change yourself talk!

Stop saying that he was perfect for you in every way when he was clearly not.

Instead, say something like: "Yes, sure, we had some good times, and there are some things about him that I really liked..."

This gives a fresher and more real perspective to your story, right?

Yes, but his family likes me!

I'll be VERY direct with that one, ok?

WHO CARES!

They are not the ones making decisions here!

He is!

The fact that his parents were very nice to you doesn't mean they won't be nice to the next girl who shows up!

Remember that!

One year later and he is still in my mind! - Why?

This is totally normal.

Having him in your mind is okay as long as it does not stop you from going ahead with your life.

The reason why he pops up in your mind especially when you start dating someone else is because dating situations call back old memories.

These moments you shared with him are still present in your mind until you reset them with new fresh experiences.

What if these visions of the past distract you from the present moment? What can you do?

Well, rather than accepting his presence, you need to use your will power.

Tell him internally: "Sorry darling but you have to go. I enjoyed what we shared but someone else is about to take your place in my mind. You need to leave now!"

You can have this type of inner dialogue until his spirit no longer bothers you.

This really works but you need to be firm and consistent with rebuilding your freedom.

You need as well to be consistent and get rid of physical traces of his presence like old letters and pictures.

Soon, you'll notice that you might sometimes think of him but the power he used to have is gone.

Another way to force him out is to focus and invest in your new boyfriend.

To this new boyfriend, say things like:

- "Life is amazing with you!"
- "I am delighted we met!"
- "I love your smile!"
- Etc.

When you consciously feed this new relationship and praise what you have now, it naturally forces your ex out of your mind.

The moment you stop feeding your ex with your thoughts and attention, he naturally disappears.

It is your mind! You are the one in charge!

Why love and attraction are often not enough

You see people making choices based on other factors all the time.

Love and attraction are often only a small part of the equation.

As I said earlier wealth, social status, network, cultural background, looks, character, life experience...

All these are intertwined and a guy will make an intuitive decision which is the result of a combination of all these factors.

I know it can be frustrating when you see a pure romantic potential and the reality not matching it.

The physical reality often clashes with the romantic vision of how a relationship "should" be.

Part 4 – Emotional challenges

He broke up! - I feel so diminished and inadequate!

A common reaction about women who are trapped in the break up zone is to question their femininity or ability to keep a man interested and happy.

Your self esteem can take a massive blow when he breaks up with you, right?

This is why the key focus of this material is power!

How to get your power back!

These negative patterns in your head are doubts and doubts are simply cracks in the walls of your mind.

They are weaknesses that allow negative feelings to flourish.

Now, when you rebuild your power, your mental strength and your emotional foundation, you kick these doubts out and gain back this sense of ownership over your life.

A doubt is an attack on your mind. It is an attack on your life.

You can look at it like any other form of attack and realize that these thought forms don't belong to you.

You can wrestle with negative thoughts and easily win this battle because you know that you have all the dignity and power to be respected as a human being.

If you feel a gap... If you feel that your level of energy is not high enough and that you feel psychically vulnerable, you can rebuild strength in many ways!

You can physically work out, develop your social network, refocus on your career, develop new spiritual and mind disciplines and much more.

Power is a quality you can cultivate.

You cultivate it as well through the way you stand in life.

Watch your posture, body language and tone of voice.

Gain back your social confidence by easily interacting and connecting with anyone.

Once your level of power raises back to 80-100% of you true potential, you notice that the limiting thoughts about your feminine power or any aspect of your personality naturally dissolve.

Extra power IS the answer.

I want him to feel what I'm feeling – Am I a bad person?

It doesn't make you a bad person but it sure is a lost battle to go that way.

Revenge is a dead end for you and for him!

If you go that way, you'll waste your time and totally miss the point.

Right now, he is building shields so there are very little chances to reach him anyway.

Look for other alternatives to get your power back.

It's okay to use your anger and frustration by the way.

These are positive sources of freeing fire.

Use these to give yourself a positive kick to train and go to the gym.

Simply don't express these forces in a self destructive way.

Don't hurt yourself or anyone else in the process.

I was doing great until I accepted to see him again

You don't have to be friends with your ex!

It is better to be in good terms but actively building and nurturing a friendship is a whole different story.

You owe him nothing.

Did you try to see him again and noticed that it put you down emotionally?

Conclusion? You are happier when he is not around.

It's okay to put yourself first and respond to what you need.

You don't need to prove anything to anyone.

Take your full life and freedom back.

They are yours and belong to you only!

You are the one who decides what to do with them.

Remember that many people decide to go for "no contact" after breaking up.

This is precisely to give them time to rebuild a life without their ex.

Once your life is totally rebuilt and you have 100% of your power back, seeing him again might feel totally easy.

In the meantime, I would encourage you to be firm and engage only in what empowers you.

Why a break up is an emotional challenge

The first challenge is to bring back your full attention to your own life.

This means shifting from "us" or "couple" to "me!", "individual".

A break up is a crisis situation.

A crisis requires emergency resources.

What are these resources?

You can call them survival drive.

These are natural instincts which wake up when your life is in danger.

It is like an adrenaline rush or a specific shift in your consciousness.

A break up means that the relationship vehicle has collapsed.

This relationship vehicle used to provide you with an emotional base.

This was your life foundation.

It was giving you security.

It is like a temple or a building with two key pillars.

When your partner is gone one of the pillars disappears and this couple unit collapses.

This is why you feel emotionally challenged during that time.

What used to be a secure space with two strong pillars is now a "one person" enterprise.

You are now forced to totally rely on yourself! (Except for family, friends or support network)

How to get your power back after he breaks up

Usually, your physical survival is not threatened. You probably have food and shelter.

What tends to be missing is emotional security. You feel a gap.

This challenge can actually be one of the most empowering moments in your life.

During that period you might realize deep truths about your life and tap into resources you did not even know you had.

This is why it can actually be an exciting time when you look at it from that angle.

It is a time for change and renewal.

The woman he sees now is the step mother to my kids!

Yes!

That's another really tough break up realization.

Your kids might get a new step mother in the process.

But... You stay their real mother and this won't change ever.

Cultivating a new harmonious relationship with your kids is definitely something you need to work on and develop consciously.

Be there for them! Absolutely!

I agree, that having to share them with his new partner is a big challenge but think of their interest first with that one.

What do you think they need the most?

The moment important decisions need to be made, it is still to you they will turn for advice and guidance.

I can't stand the idea of him with another woman

Jealousy can be super draining when you don't master it.

Remember that jealousy is a weapon and that the role of that weapon is to protect your relationship.

When this relationship collapses, there is nothing left to protect.

He is gone, right?

So, refocus your energy on what matters: YOU!

Replace negative jealousy patterns with more empowering mind sets:

"He is free"

"I don't own him"

"He is having a good time, so what?"

"I am free"

These are positive mind sets that tame your jealousy weapon and give it new direction.

Yes! It is like wrestling with thoughts and emotions you don't want but that's what gives you a new edge + the control seat in your mind.

Stay focused! Persevere!

You are on the right track!

Is he with someone else tonight?

He might.

That's again thinking about him.

As long as you are trapped in that pattern, you still "give" him energy.

How about you stepping out of your comfort zone and activating your social power.

There is not much you can do about his life but there is certainly a lot you can do about yours!

The moment you take the step and feed YOUR world, you'll notice that whatever he does no longer touches you.

That's EMOTIONAL FREEDOM!

That's EXACTLY where you want to be.

I tend to think and dream a lot about him at night...

That's normal.

You are still connected.

Reclaiming the territory of your mind is a conscious step by step power build up.

The moment you start dating new men, you will see them gradually replacing him in your mind.

The vision of him or fantasies about him simply means that he's still your "Point or reference" for the male energy.

Realize too that these visions of him won't hurt you.

Even having some romantic fantasies is ok.

You don't have to block all that.

Some of it might even be very pleasant.

Over time though, these visions will naturally fade away and become a distant memory which loses its sharpness.

When this happens, it means that the power he had over you is now dissipated and you are a free woman.

You will definitely notice the shift when this happens as you might see someone else replacing him in your mind.

He's now getting married to another woman!

Yes! I know how it makes you feel...

Especially if he said many times he was not ready for that type of commitment, right?

Listen... Your life is moving on and there is only one way to stand in this: that's no longer any of your business.

Yes, you might need to find answers like "Why this woman?" or "Wasn't I good enough for him?"

Here is what I can tell you!

The fact that you are no longer together does not mean that you were wrong for each other or that you were not good enough.

It means that the cycle of what you could experience together came to an end.

If there is anything in your relationship abilities that you question, look at them clearly and do something about it.

A break up is a crisis and a wakeup call to become a better person if you feel that's the issue.

On the other hand, it has a lot as well to do with compatibility and long term destiny line.

Your destiny lines no longer fit.

You might move to another country, or he wants kids and you don't, or it's an age difference, or there were simply too many tensions.

Yes! He's marrying someone else, so what?

You don't have to sponsor this marriage and go out of your way to tell him how happy you are for him, ok?

How to get your power back after he breaks up

If you struggle with this, it means he's still too present in your mind.

Go back to dating other men, clearing your personal space and refocusing your energy on yourself.

Stay focused and don't let this take you off track.

Emotional divorce versus legal divorce

If you are in a divorce process now, you will quickly realize that you have two sides to a divorce: the legal one and the emotional one.

The legal one has to do with law and sorting money, assets, children and paperwork.

The emotional one has to do with finding answers, shifting perspectives, rebuilding inner strength and relating to your ex in new respectful ways.

Keep the legal and emotional divorce separate.

They are a totally different set of issues.

Don't bring undigested emotions to court!

Don't try to get back to her, by setting up extra legal hurdles.

Simplify everything and get through it as fast as you can!

Partner with a lawyer or mediator who understands that you want out as soon as possible.

The administrative details of this divorce are just that: details!

They don't really matter at the end! It doesn't have to be perfect or fair till the last detail.

The longer you stay in the legal divorce zone, the more energy you waste!

It is much more important to gain back your freedom fast so that you can move on and focus on the future.

The emotional divorce is the sorting out of emotions.

It means clearing what still stands undigested in your mind.

How to get your power back after he breaks up

You win an emotional divorce by developing empowering mind sets and attitudes.

99% of this break up system is about the emotional side of your break up or divorce.

That's the battle you will win by using these strategies!

Difference between therapy and coaching

Therapy originates in the medical field - The main quality you get is healing.

Coaching originates in sports and business - The main quality you get is power.

Both approaches are very helpful when it comes to solving breakups.

If you are not sure what you need, try a session with both and see which one resonates better with you.

I am a coach, so I know that coaching really works well.

The real issue is: do you have the time and resources to invest in it - If you do, my guess is that it will give you exactly what you need.

Depending on your needs, I will coach you from 30 min to a few months.

Many clients come to me for a one time power kick - They get what they need - This is it!

Other clients will stay longer and get weekly power boosts with me in a safe environment where they can share their story + get solid feedback.

By experience, I know that coaching works VERY fast.

We focus directly on your targets and design a solid battle plan every single session.

Sessions are always complete and we always cover the top issues or challenges you might be facing at the time of our call.

We discuss YOUR agenda, not mine.

You tell me what you want and my job as your coach is to support you in getting there, manifesting the results you want.

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How to get your power back after he breaks up

If you like the idea of having a powerful source of support standing there next to you, the best is to take a small step and sign up for a 30 min.

It will give you everything you need to make a sound choice and decide if you need more after that.

I am here to help!

Larger picture - Get rid of 80% of break up pain on this planet

Positive break up strategies are like memes people transmit to each other.

This is like a positive wave that touches really thousands of people.

It is enough for a few people to "get it" for these mind sets to become new standards.

I want you to realize that the steps you take have a positive impact beyond yourself.

This is a positive wave of transformation that offers new solutions to tackle one key life challenge so many people face.

I am not sure how much you care about that part as you must be focused on rebuilding your own strength now.

I simply wanted to give you a hint and make you realize that there is a bigger picture to what you are doing.

I play my part - You play yours.

This transformation is for the best.

Everyone eventually benefits from these positive changes.

The positive steps you take do impact on others!

Part 5 – Dealing with your ex

How to win the energy battle with your ex

This victory is NOT against your ex.

This victory equals conquering emotional freedom.

Everything is energy, right?

You heard that before.

Your mind and body are a complex ecosystem of energies flowing through you.

This is LIFE FORCE!

When you are trapped in emotional pain, this means that energy blockages in your system are stopping the free flow of life force in you.

Pain IS a disturbance in your energy field.

When you want to get your life back, you aim at clearing all disturbances in your energy field.

These disturbances are undigested emotions and experiences.

They reflect an imbalance and this imbalance is linked with what is left of your ex in you.

The struggle that you face when in a break up zone is a conflict between your mind set and a reality that does NOT match this mind set.

I'll put this more simply.

In your mind, you are still thinking about a relationship that is no longer there.

Your emotions still reflect the romantic dream of an ex who is gone.

How to get your power back after he breaks up

Reality on the other hand is a space where you are now standing by yourself with total and full potential to create whatever you want, REALLY!

The moment you accept this present state (freedom) as your NEW reality, you let go of the dream of a past broken relationship.

See how it works?

You are in pain as long as your mind sets don't match reality.

This is what creates an internal conflict and disturbs your energy field.

Part of you is still polarized in dead end patterns that waste your energy.

On the other hand, when you reach this state of total emotional freedom and embrace your present and your new future, conflict stops, disturbances in your energy field disappear.

If you didn't get this, come back to this article and read it again.

This is the key to understanding what really goes on energy wise when you break up.

You still have disturbances in your energy field and the goal is to get rid of those blockages.

This is why you destroy traces of his presence in your personal environment.

Because when you see an object that reminds you of him, this strengthens the mind patterns that block your energy flow.

These objects are the anchors to these disturbances.

If you talk about him too much and feel undigested emotions and anger rising, the exact same thing happens.

You invoke memories and patterns which are disturbances in your energy flow.

I want to tell you again how essential it is to understand how

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energies work in you so that you can conquer your freedom in very CONSCIOUS WAYS.

The science of building emotional freedom in you is VERY PRECISE!

What if he is still in your mind but you don't feel disturbed by it?

It simply means that the mind sets associated with him are not strong enough to significantly disturb your energy flow.

It means that your life power is strong enough to overcome these resistances.

It is like a mountain stream flowing with power and removing obstacles as it follows its course.

In some cases, thinking of him can even feel empowering and energizing to you.

This means that he has become a sponsoring force for you rather than a limiting one.

In that situation, what he represents for you actually stimulates the flow of life force in your being rather than limiting it.

What to say if you meet him for a drink?

Be prepared!

Rehearse a bit before you go.

Here is your "battle" plan:

- Be relaxed
- No sentimentalism
- Stay cool
- Sort out what you need to sort out
- Keep it short
- Leave

Make sure you keep it on a light respectful note.

Don't...

- Beg him to come back to you
- Attack him or blame him
- Try to control any part of his life
- Get jealous if he mentions other women
- Have or hope for sex

Meeting an ex is always a high risk moment where fight triggers can tease you any time.

So, meet him armed with an ABSOLUTE determination to keep it on a light note.

If you feel this meeting is turning bitter, smile, give him a hug or a kiss, tell him you will call him again at another time and LEAVE!

Dare to!

It is simply not worth wasting any more energy fighting.

We end up kissing or even having sex! - I'm so confused!

In fact, he tells you exactly what he wants:

He wants to have the emotional support to have you as a close intimate friend.

The fact that you had sex simply means that having sex is part of what is okay for him.

It does not mean commitment. It does not mean that he wants to get back with you.

Even in this type of break up situations he will often be clear about the fact that he enjoys being on his own and wants to be free!

Listen to what he is really saying!

Why it is a bad idea to have sex with your ex

Because it keeps you focused on him.

Sex binds you. It does not free you from him.

The more sex you have with him, the more you see him as your male partner.

You develop attachment from him.

Yes! Sometimes, you will meet and you will both be in the mood for it.

It might happen.

Now, observe what happens just after that?

What happens in the week after?

Do you get this intense feeling of emptiness?

Do you know why?

Because when having sex you invest yourself in him.

You invest yourself but get back nothing.

You end up trapped between conflicting directions.

You spend the next few days or weeks trying to refocus on gaining back your power until he shows up and steals again your newly gained emotional freedom when you have sex.

Don't go that way! It is a dead end!

I know it is tough but if you want to have sex, focus as much as possible on new partners rather than on your ex.

That way, you will speed up your power recovery!

Why does he blame you and what to do about it

What he's doing now is what many men do when they feel they are truly losing their ex (even if they are the ones who broke up in the first place).

If you check the book, you will see that I talk about that specific break up trap.

He comes back running to you, confusing you, just when he feels you are gaining back your strength and detaching yourself from him.

Blaming you is one way of getting back your attention and confusing you even deeper.

Observe that he is not saying he wants to get back together with you.

What he is doing right now is confusing you so that he can "stay on top".

This has to do with power struggle.

How to react to that?

Well, it is very simple: if someone throws lies and insults at you, would you take them if they are just lies and unjustified?

Of course not.

He is simply trying to provoke you because he can't stand the idea of you moving on that fast.

Seeking conflict or argument is his way of taking power away from you again.

So, see through it and don't play the game.

Anything that sounds like blame or attack, whether it's email, text or phone call, delete it and don't follow up.

I mean it!

Creating conflict is a lose-lose!

You have better things to do than letting someone blame you.

He is simply trying to put the fault on you when in fact he might be the one who gave up on your relationship. It is that simple!

If he calls or tries to contact you and blames or attacks you, put a strong boundary!

Say something like: "Sorry you feel that way! I have quite a different vision of what happened. You are entitled to your opinions and I won't try to change them. It seems we'll have to disagree on that one."

I am pretty sure that you both have some form of responsibility in the break up.

Yes, both!

It is a shared responsibility when it works or when it does not work.

You both have stuff you could have done differently and it is important to learn from a break up and ask yourself sincerely:

"What will I do differently when I have a new relationship in the future?"

That's called constructive introspection.

And yes! There is space for constructive feedback between two partners who break up.

What he tells you though is often not constructive! It is finger pointing and blaming which is not feedback.

It aims at one thing: hurt you, keep you hooked on him, confuse you, and takes away your confidence and power!

Simple, don't let him do that! You are on the right track!

Why he might verbally attack you, or exaggerate facts

An ex might verbally attack you because it gives him a kick to do so.

Some men are naturally aggressive and when trapped in a situation they don't like, they will react emotionally to try to free themselves.

He might react that way when he feels your relationship is becoming too committed or limiting for him. He feels trapped and looks for a way out.

This is why he might insult you or treat you really badly!

Did you do something wrong?

Even if you did, emotional abuse is never justified.

Look at this example that was posted on the forum recently:

He was drunk. He tried to kiss her. She said "No". He left angry and slammed the door!

That's being emotionally abusive.

Most of the verbal and emotional abuse you might get is totally unjustified!

Simple! Don't let him do that by staying away from him!

You need to be strong and firm. Let him know that you are not okay with this type of behavior and that he must respect your space from now on.

If he still pushes, tries to contact you and still shows no respect, you will need to take it to the next octave and apply even more powerful strategies.

He now tells me he never loved me!

There is a simple reason why a man might say that: he wants to move on and feel totally free.

He wants as well to make his point that there is no way he'll get back with you.

He simply exaggerates to stress this fact.

When you step out of a relationship, the past might feel like a dream. When you are out of the context, it can be difficult to recall emotions and feelings.

The love you shared was real no matter what he says.

The moments you had together were valuable for you and him at that time.

Again, the only reason he says these things is because he wants to create space in his mind and life so that he can start over.

It comes from a natural need to free himself from any regret which could hold him back.

Should you just cut off all contact with him?

Having a light contact every now and then like, a short email or phone call once a week is very different than spending a whole evening together holding hands and feeling miserable about what you two think you lost.

There is an exact measure you have to discover.

If in doubt, focus on other social connections rather than your ex.

Remember that he is part of your past, not your future.

Rebuilding something on the ashes of a broken relationship is very challenging.

Most of the times, it is simply easier to move on and find a 100% new and fresh ground.

That's certainly what I would encourage you to do.

Under pressure because your ex wants to be friends?

Yes, often your ex doesn't want to fully lose you.

He wants to turn you into a supportive friend on who he can rely.

Most of the times, he does that because he still cares about this connection and doesn't like the idea of you not being in his life at all.

Do you have to respond to his needs?

Of course not!

You can dissolve a potential friendship by not returning his calls or emails or simply telling him openly that you are no longer there for him.

It is your right!

You owe him nothing!

When he puts you into the friend zone, it can be pretty painful to see him date new women.

You don't have to witness that.

Do whatever it takes to put as much distance between you and him as you want.

The relationship is over! You owe him nothing, ok?

Now...

What if you have children, work together or are still sorting out details of a business or assets you have together?

In that case, stick to being diplomatic and respectful.

Yes! If you need to interact with him for whatever reason, cultivate a connection which is based on those qualities.

How to get your power back after he breaks up

You realize though that ACTIVELY building a friendship is a totally different story, right?

When you are good friends, you hang out together, you support each other, you invite him to parties, you introduce him to your network, etc.

Going that way is ALWAYS an option IF you enjoy it too and you both want it.

Yes, it is possible to turn a past romantic relationship into a solid friendship.

In my experience with coaching women in breakup transitions, having a very active friendship with an ex doesn't happen often.

In most cases, simple, respectful and occasional interactions with an ex will be a much better option and give you more space to rebuild a love life without him.

We still live together

Yes!

This can happen.

I suppose one of you is preparing to move out and it will take a few weeks or days before it happens.

Use this time wisely!

First, stand in total respect towards each other.

Second, see this as a crisis situation that requires emergency measures.

It won't last.

You will soon be free from this set up.

In the meantime, do whatever it takes to reclaim your freedom and stay focused.

You can spend a couple of nights at a friend's place if needed.

Refocus on your work.

Activate your social life and see other people.

Train!

Take a trip for a couple weeks until he's out.

Do all these things that give you energy and rebuild your power!

He lives next door! - How can I forget about him?

Yes! Tough challenge! I can imagine how it feels.

Let's clarify a bit the situation and what you can do about it, ok?

First, he has the right to be where he is. The only thing you have to consider here are his legal rights.

Yes! He can live where he lives now and no, he doesn't have to move away from you if he doesn't want to.

So what to do about it?

Here are two key ideas you have to strengthen in you:

Respect and diplomacy!

These are the two key qualities you have to remember at all times when interacting with him. No fights or arguments. No "us" conversations. No opening up of your feelings to him.

This already gives you clear boundaries on how to relate to him.

What he does is none of your business

This gives you the second guideline you need to stick to at all times.

He is free! He can see whoever he wants whenever he wants.

This is what you have to repeat to yourself.

Pain arises when you try to control something that is no longer yours. This is where lots of tension arises.

Practice these two key attitudes for a week and make sure you start interacting with other men as well.

Having someone new in your life is the final answer in your situation, so start walking towards that direction as soon as you can.

How to get your power back after he breaks up

No contact rule after a break up - See your ex or not?

This is a question I get a lot when coaching my clients on this topic:

Should I cut all contact with my ex?

Well, no contact is a good idea if:

- You fight when you see each other
- It is painful to see your ex
- It keeps you stacked on the past
- It disempowers you
- Your ex abuses or blames you
- If you are a better person when you don't see them
- Etc.

In 90% of the cases seeing your ex when you are in the break up zone will have that kind of effect!

So, the simplest thing is not to initiate contact, especially if when you initiate contact, you secretly wish for an opportunity to get back together.

This is not the way to go!

If you do initiate contact, keep it to the minimal!

Usually, more than one short meeting or call a week will polarize your attention far too much on your ex and stop you from exploring new potential relationships.

I don't want to speak with him - What if he runs into me?

It is simple: respect and diplomacy.

When he calls, you can say: "Hi, how are you?" Let him speak for a few seconds.

Then interrupt him and say: "You know what? Now is not a good time. I have to go to ... or deal with..."

If he insists, repeat: "Sorry now is not a good time..."

And say something like: "I have to go now. Talk to you another time. Take care. Bye"

That's just the general idea.

If you meet him, same story: "Hi!", "Bye, see you later"

Cut any unwanted contact you have with him to 1 minute or less.

That's the best way to not let him in.

You'll be amazed of how good it feels when you apply this simple strategy.

What if I see him and his new girlfriend?

It's simple:

DIPLOMACY + RESPECT

Say hi!

Have a few words on unimportant topics.

1-5 min max!

Good bye!

This is it.

Smile!

Stay confident!

If you were thinking about it, now is NOT the time to have an "us" conversation with him or start throwing arrows at each other!

Got that?

Stay focused!

Keep it short!

Move on!

He came to where we used to hang out with his new girlfriend

Is he trying to hurt you?

Of course not.

This happens a lot with breakup situations.

Yes! You might bump into him.

It doesn't mean he wants purposefully you to see him with another woman.

It simply means that he does go out and happens to be with someone else.

Don't make much of it. This is not a retaliation strategy or a desire to be cruel with you.

What if he keeps harassing you emotionally?

Ok, I agree! Harassing can be a too strong word...

Sometimes, all he does is bother you with questions, needing emotional support, wanting to share stories you no longer care about.

He might want friendship and you might want space.

In some cases, he will be VERY aggressive towards you and even be emotionally abusive without reason.

How do you tackle these behaviors?

You set up new boundaries with him.

Here are a few ideas:

- Set up a 5 min rule when he calls - Check your watch and get off the phone within 5 min max - If 5 min is too much, you can set up a 1 min rule too!
- Don't invite him in if he comes by to drop something.
- Let him know that you are with friends and don't have time to listen to his story right now.
- Etc.

This is called setting boundaries and protecting your space.

You might really see him invading your freedom and draining your energy.

You might realize that every time you speak with him, you feel weak and disempowered after that.

If it is the case, remember that you owe him nothing.

Apply the strategies I describe above or make up your own. It is your right to protect your space and freedom! Use that right!

How to deal with emotional harassment from your ex

That's a key skill in life:

How to set up boundaries when others are systematically invading your space or even abusing you emotionally.

This can happen in relationships or with exes.

It can happen in social circles, at work or with family members.

It takes the form of over emotional reaction to things you do.

You end up feeling like you walk on egg shells all the time, afraid of making mistakes that will call for emotional retaliation from those who abuse you.

This emotional retaliation can take many forms.

Sometimes it is expressed in the form of projected emotional anger.

It can be physical abuse.

Other times it might simply be silent treatment.

You feel there is tension build up but nothing is being said.

These patterns are called coercive power.

They are an expression of threat.

The principle is the same as any form of threat.

When someone expresses coercive power, their goal is to conquer, dominate and get things their way.

People use threat all the time against each other.

If you start observing it in daily life, you will see dozens of examples popping up all around you.

How to get your power back after he breaks up

Any time a person uses threat either against you or someone else, observe what happens.

On one side, you have an angry person wanting to have control or power.

On the other side, you have another person wanting to avoid emotional pain.

If you take this to a wider scale, you will see that nations use the same dynamics against each other.

They use military threat.

This is still coercion, simply expressed on a larger scale.

Now, that we defined emotional threat or harassment, the next question is:

What do you do with it, especially if you are the victim of it?

Well... Suppose that you are the victim of some form of bullying, the reason why it happens is because part of you lets it happen.

In probably 80% of the cases, the person who is victim from this harassment forgets to stand up for themselves.

Suppose that an ex bothers you for instance.

He keeps calling and invades your space.

You can say something like:

"Look, I don't have time for that - I hear you and wish I could do something about it but I can't - Let's talk about this another time - I have to go..."

DONE!

I know it takes courage and power to do that.

You can practice this with anyone who steps on your toes.

How to get your power back after he breaks up

The moment they no longer can reach you, they usually start looking for another victim.

If you are strong and put strategic walls to protect yourself from them, it literally takes you 5 min to shift a negative pattern that might have been there for years!

What if someone else is the victim of this emotional harassment and you want to help?

That's like a whole new skill.

I called the cops - Any hope for us?

If the cops already got involved, it looks like a tense situation.

Not sure if your goal is to help yourself or try to help him. I believe that if you are planning to get your full power back, right now his influence is making it harder on you. Sure, he is in your mind. He is in your past.

If you want to look into your future rather than going backwards, you want to add elements to your life which were not there before.

Look into the future. Look forward rather than trying to get back together something which might have collapsed.

The first step is to get back your full strength and build a new emotional foundation where you feel strong and valued.

You are the center of it.

It's in your hands!

Break the cycle and go beyond the limits of what you already know with him.

We live far apart - He wants an open relationship

Well, in your situation, distance is a deal breaker.

The desire he has to see other women shows that something else is going on and that he is not ready for a full commitment with you.

Even if you were moving next to him straight away, this would still not solve the issue.

The emotional distance he decides to take now would still be there.

If that's what he wants, consider yourself 100% free.

Soon, he might start dating other women as he says he will.

You need to be ready for that and have already your life back when this happens.

Yes! Distance and lack of commitment on his side are deal breakers.

The only way you would solve this is if either you or him change your minds.

Your two visions simply don't match right now.

Should you go for an open relationship?

Honestly, I think that only 10% of couples are actually ready to make an open relationship work.

It can be super challenging for one or both partners.

If your mind is already set anyway on wanting commitment, I would say: No, you don't have to.

Now, if you do want to give it a try, you can say something like:

"Well, I thought about it and I want to give it a try. Yes, let's have an open relationship for a month and see how it feels. "

"We both agree that we can date other people. I might go on dates myself as well. Are we clear on that? I am not saying that it will work, but let's give it a try and check it out again one month from now..."

By the way, if you want to try an open relationship, there is much more you must know.

What about convincing him to change his mind?

With the distance and the fact that you won't see each other much, that will be very difficult. You already tried. His answer was "No thanks".

As you noticed, pressure, demands or trying to reason him do not help.

A commitment needs to happen because he wants it with all his being.

Right now he already pulled back emotionally.

His mother died exactly 6 years ago, should I email him?

You owe him nothing. It is that simple - You are no longer responsible for his well being or comfort.

That's the default attitude.

Now if you want to take a step out of compassion and send him a one line text message or email, that's ok too, but only if you are ok with him not even answering back or saying thank you.

My advice would be: if it hurts you in any way, don't contact him. Someone else is now taking care of him.

Why does he text you for holidays with sexy messages?

He is testing you and does not want to let you fully go or be emotionally free.

He simply does not respect your boundary yet.

He gets a kick at knowing that you are still emotionally hooked on him. He wants to make sure you don't forget about him.

Remember: psychic attention is energy!

When you think of him or he knows he still owns you, it gives him a sense of power.

If you want to get your message through, you need to be consistent and repeat the message a few times in various ways until he gets it. You need to be firm and consistent if you want him to stop. He needs to hear that 3-5 times until it really sinks in.

You can as well simply delete his messages or not return his calls. He will eventually give up if there is no response.

Makes sense, right?

He left all his stuff here! - What can I do with it?

I know! It's pretty upsetting when this happens!

Give him 15 days to pick it up. Get it out of your sight if possible.

Contact him with whatever means you have: email, instant messenger, phone, friends, family or letter.

Repeat the same message a few times to make sure he gets it:

"You have 15 days to come pick up your stuff. After that, I'll simply get rid of it. I did not hear from you and you are obviously gone forever."

It's his responsibility to take care of his things, not yours. So, you don't have to feel responsible for it. You are not a storage warehouse.

Be fare and give him a chance to get it back if he wants to. However, if he does not care about his belongings, why should you?

Will he freak out if his stuff is gone when he wants it back 6 months from now? Maybe... Who cares.

He did not care much when he took off without warning. Did he worry about you or what would happen to you next? Not at all, right?

This is a radical solution but it works and it is your right. It's your house.

You don't have to sit around with his stuff! It does not belong to you.

What to do with his belongings?

Suppose that he was living at your place and when he breaks up, he leaves bags of his stuff behind.

What do you do?

The best approach is to contact him and give him a deadline: a couple of weeks to a month is usually reasonable.

Say something like:

"You still have a couple of bags at my place - As you can imagine I don't really want this stuff around... Can you pick them up in the next couple weeks? - I would appreciate that - Thanks!"

If you don't hear from him, send him one last reminder and after that either get rid of it or bring it to one of his family members or friends.

You warned him!

It's his stuff, not yours!

He is the one who should be taking care of it!

If he doesn't care, neither should you!

Should you let your ex know you're working on this Book?

My answer?

No way!

You see, this program is part of your "battle" strategy. You must not unveil any of it.

The reason why it works is because these strategies shift the power balance between you and your ex.

They give you this extra "edge" in the break up battle.

Knowing what the problem was is not enough. You still need to develop and strengthen this new more powerful way of standing in a relationship or couple situation.

This is the real skill you want to develop: fully expressing that power when you are with a man.

You will develop these new skills with any guy you meet.

The fact that you understand the relationship pitfalls does not mean that getting back together will work. It means that if you were meeting a new guy, there are some mistakes that you would not make again.

This is very good news.

Stay focused and stick to the direction you chose. Once you have 100% of your power back, everything falls into place including attracting the right man for you.

Dare to express your power. You mentally understand the power dynamics? Now is time to integrate them and really make them part of you.

How to get your power back after he breaks up

Part 7 – Getting back together?

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Will you get back together?

I know it is tough but the truth is that most couples don't get back together after break up.

A break up is a wakeup call. While you might naturally resist the break up and hope for a reconciliation, this rarely happens. There might be some movements backwards and forwards. You might keep on hoping.

It is natural to hope. Now, you need to be realistic as well and invest in what helps you move forward.

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Don't waste your time pursuing him

When you pursue him, it reinforces the unbalance of power between the two of you.

You appear again as the one who needs him while he is fine without you.

The role of the sought is always to not let himself being caught.

Don't waste your time! - Focus on your life instead!

Be very careful when talking about reconciliation

You have to be very careful because it is usually a trap.

You start believing again in your relationship and after a few days or weeks hit again the exact same challenges that did lead to your previous break up.

You realize nothing did change!!!

The situation is still the same.

What happens next?

You usually break up again, except this time, you have even less energy than before to recover your power.

These "Breaking up - Getting back together" direction shifts are extremely draining emotionally!

If your ex talks about reconciliation, here is what you must do:

Sit down and ask him this very simple question:

"Here is the challenge we previously faced in our relationship. How are we going to solve this if it happens again?"

This is the real question he needs to answer before you even try.

You need new skills! It is pointless to try if you don't have these new skills or strategies, right?

Same actions will lead to the same results: a new break up.

In 95% of the cases, couples who want to try again have no new skills, ideas or strategies to give them greater chances of success.

Within days or weeks after getting back together, they face the exact same limitations and break up again.

Remember this next time your ex talks about possible reconciliation.

Give me a reason why I should not ask him back ever

Of course you can ask him out again if you want to...

What I understand is that you do want to move on.

You do want to forget about him but the belief that you could get back together holds you back, right?

So, here are some reasons that will stop you from asking him out in the future:

- **He broke up with you** - This means that he no longer wants to be with you. Unless he gives you clear signs that he changed his mind, he'll probably reject your offer.
- **He might have someone else in his life, be married or be committed.**
- **He might perceive you as needy or clingy.**
- **The reasons he wanted to break up with you in the first place are still there.**
- **He did outgrow the relationship** - He knows everything about you and the sense of excitement you feel when you meet someone for the first time is no longer there.

Now the best way to move on is to understand everything you need to understand from this break up.

This means really seeing the reasons for the end of the relationship so that you can make appropriate changes (if needed) in the way you stand in a relationship in the future.

Sometimes, this means making subtle changes in the way you approach a relationship like getting rid of jealousy and possessiveness, giving him a different type of attention, focusing on fun rather than long term security, etc.

How to get your power back after he breaks up

There can be dozens of reasons for a relationship to "dry out" or become limiting for one or both partners.

Find out exactly what the limiting factor for him was:

- Was it simply falling out of love?
- Meeting someone new?
- Tensions in your relationship?
- Something else?

Take some time to find out.

Take this example:

If you build a house and its roof collapses, you want to understand what went wrong, right?

Sometimes, it is due to the natural aging of the structure. Other times, you can see real mistakes and realize that you need to use other materials or architectural frame for the building. It can as well be the wrong location or bad timing.

This is why it is extremely important to take a moment (a week to a month) to understand what you would do differently if you were in a new relationship.

There is something else to accept as well: natural relationship life span.

Nowadays, this life span is much shorter than it was 50 or 100 years ago.

The average marriage lasts 7 years in the US.

A couple who divorces is not an exception, it is a norm.

Partners simply seem to explore most aspects of their relationship faster and reach this point where they simply want to move out and find something new.

I think this has to do with modern needs in human nature.

How to get your power back after he breaks up

Sometimes, it is easier to simply accept this natural cycle and move on rather than trying to stretch a relationship with focus and determination.

You can see it that way: a relationship which ends after 7 years (or 3 or 12 or 1 year) did not fail; it simply comes to a natural end.

It was successful while it lasted.

The end of a cycle does not mean failure; it can mean call for a new one or a new beginning.

I am aware that not everyone will embrace this idea.

You can blame yourself, think that it was a mistake, feel guilt, pressure and judgment from yourself and society or you can simply let go and think:

"You know what? I did my best. There seems to be forces at play which are stronger. These forces have another plan in mind. Let's see what happens if I simply go with the flow..."

What might stop your ex from coming back to you

The romantic vision of your love life is one side of the story. Now, I believe there are other deeper forces at play when a break up takes place.

It is something we could call destiny line or long term evolution for a given person.

When two persons meet and have a relationship, they share and explore life together for while.

They learn from each other and initiate new things together.

After a while, the potential for this relationship might run out.

If you take a person over a period of a life time, they might have to experience various energies and life situations simply to expand their consciousness.

After a while of being in the same relationship, what one single partner can offer might feel limited.

Their whole being might be calling for something different to further their life experience.

A fixed cluster of energies like a relationship can sometimes stop a person's evolution.

You, as a partner can sometimes "fight" against that person's destiny line.

You might have your own agenda which conflicts with that person's deepest potential.

You can't cheat with someone's destiny line. Their spirit knows where they are supposed to be going and what they need to experience in this life time.

What matters the most in their life is not what you want.

It is what they want.

If something essential is missing in their relationship, they'll keep on searching until they find it.

Sometimes, no matter how much will power, determination and desire you have to keep that person with you, it is not enough.

That person's line of evolution is already set and they move in that direction.

The only thing you can do is support this person in reaching their profound goals.

Sometimes the best way you can help is simply by being out of the way.

I know this might not be a message you want to hear, but I believe this is the type of underlying dynamic frequently triggering a break up or divorce.

It comes from a profound call to move forward.

I told him I can't live without him

Here is what he thinks when you tell him you can't live without him.

He sees lack of emotional independence.

He sees neediness.

He thinks "I am responsible for making her happy".

You suddenly become a burden or responsibility he doesn't want.

Can you see that?

In your mind, you think that sharing these profound feelings let him see how much you love him?

Of course they do!

Yes! He sees a woman who appears to be committed to him but he sees weakness as well.

This weakness is a turn off.

This type of line usually gives you the opposite to what you want. It actually makes him less attracted to you!

What to say instead?

"You want to break up? Sure - Let's put an end to this... I agree with you - I needed some space and freedom to see other people anyway - I think I am going to immensely enjoy the coming few weeks..."

You might think that saying this makes you appear unloving or uncaring?

That's NOT the message he hears!

He sees a woman who is super confident and about to have a really

How to get your power back after he breaks up

good time!

It challenges him!

In his mind, he already thinks of what's he's going to miss if he's not part of it...

I changed but he still does not want me back?

You changed??? Really!!!

That's what he thinks when you say these words.

He needs much more than that!!!

If you were confronted with the same deal breaking situations again, how different would you be?

Suppose that you got easily possessive with him, how will you react next time you see him flirting with a girl at a social event?

Are you sure you have all the mind sets in place to tackle the limiting factors which eventually dissolved your relationship.

A few steps and determination is not enough!

You need to totally mature with your solutions and own them!

That's what REALLY gives you a new edge in a future relationship.

Even if you achieve this profound transformation that would make you the best candidate for him, he might still not give you a chance...

You see, too many memories have already accumulated in his mind.

He can't or doesn't want to clear them up.

So, in most cases, you will get many more chances to make it up, simply not with him.

Change, forgive yourself and move on!

New thrilling opportunities are on their way!

What he really thinks when you tell him you have changed

You have changed? In what way?

Most women say they have changed but when they are put back in the old confronting or challenging situations, they actually respond in exactly the same way as they did before.

When you say "I have changed", he thinks in terms of:

"These are just empty words. I still don't trust it and I don't want to be hurt again..."

If you want to convince him, you will have to explain to him in detail why you have changed and what is different now.

Tell him exactly what you did wrong in the past, recalling a negative experience and tell him exactly how you would respond in the future if this situation happened again.

Telling him that you changed is too vague.

You need to be much more specific and prove to him by action that these changes are real, not just words.

You can start here if you want to:

What exactly did you change?

What exactly would you do differently if you were in a new relationship?

What exactly was the cause of your tensions or break up and how would you deal with these situations today?

I cheated on him - Now I want him back

Before you take any step towards him, you need to go deeper into your values and check on what ground you want to stand in life. Is lying okay? Cheating? etc.

The truth is that it happens a lot in life. I am not sure where you stand with that and your ex has the same question. You apologize but you are not actually taking a definite decision for this not to happen again. He knows that and in his mind, he thinks: "It happened once... It will happen again..."

Relationships are usually based on some form of commitment.

I believe it is your choice.

It is your call.

You are the one who decides where you want to stand with that.

To tell you the truth, another guy might go with it. Your ex however is very clear: he won't play the game based on these rules.

If you want a chance with him, you'll definitely have to shift your mind set.

Why trying to get back together usually means trouble

It means trouble because you go back to the past and reawaken old emotions and issues you might have been trapped into.

The moment he decides to break up, a huge part of him has already given up even if he says that he's ready to give it another try.

In most cases though, he won't even want to try.

He is already moving on with his life and maybe even focused on a new relationship.

If you stay invested in him, you keep giving hope to a ship which is sinking and he's doing nothing to rescue it.

Remember that it takes a very profound shift for a collapsed relationship to be rebuilt.

In most cases couples fail with getting back together because they don't have the time, energy and focus to follow up on their resolutions.

Saying things like

"I have changed..."

"Let's make this work..."

"We are good for each other..."

Is not enough!

You need much more than that!

You need to understand the EXACT limiting factors in your relationship + Find a set of strategies which will tackle that specific challenge.

Once you understand these dynamics and have a battle plan, you

How to get your power back after he breaks up

still need to take consistent action for months until these new patterns become REALLY part of you.

If he is only half into it, no matter how hard you try, you feel that you swim against a powerful current that takes you in exact opposite direction to where you want to go.

My advice is simple: focus on the future, not the past!

I treated him badly - What can I do to win him back?

What he needs to know first is that you won't treat him badly ever again.

It is that simple!

So, you need to go to him and apologize.

Tell him exactly why what you did was wrong.

And... Tell him exactly why it won't happen again and what you would do if you were faced with the same type of challenge again in the future.

Can you do that?

Will you get him back?

Well, if he has already another woman in his life, your chances are slim.

But he certainly won't give you even the slightest chance if he believes he will be treated badly by you in the future.

So, invite him for a drink and tell him in detail why it won't happen again.

By the way, a vague "I have changed" is not enough.

You need to understand in great detail why your behavior was wrong and what is different now.

How to get your power back after he breaks up

Part 8 – Dating again

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Replace him!

Light dating other men will definitely reset your male points of reference in your mind.

It gives you validation from the opposite sex and makes you realize that other men like you!

What can stop you from finding a new partner after break up?

If you have been dating for a while and feel none of your new potential partners are a good match, here is what could be happening:

The first thing is that you might not be relationship ready yet.

What does that mean?

That there could still be unsolved emotions or frustration from your past relationship.

You might as well not have cleared enough your physical space and hold to objects or memories that constantly remind you of your ex.

Another important possible cause is that you sabotage yourself.

Why would you do that?

Because you believe that if your ex broke up with you, a new relationship has solid chances to lead to the same result.

This is a self defeating attitude and many men and women fall into that trap.

A third essential cause could be lack of dating skills or effective dating strategies.

Basically you have been out of the dating world for too long and your dating skills need refreshing.

So here you have it. 3 possible causes that could be stopping you:

- Lack of emotional freedom.
- Self sabotaging.

Lack of dating skills.

Seeking comfort from another ex? - Is this an option?

Going and seeing another ex? (Not the one who just broke up with you)

Is this ok?

Yes, that's a possible option, but not my first choice.

It's ok as long as it is not your only option.

With what I have seen, light dating other men will work best in recovering your power.

When you see an ex, there is often unsolved emotions and business with him; it can be like opening up a whole new box of challenges.

As well, if you need some comforting, an ex might often sink you deeper because he has his own agenda with you.

Think twice before you seek refuge in another ex.

Going out on dates?

Going out on dates?

That's the thing to do!

Even if there was no deep connection with men you met so far, that's no problem.

It will happen!

You are rebuilding your dating game and getting used to being a free woman.

Conclusion

I hope you enjoyed this book!

Feed back? Questions? Success stories?

Email me at francisco@vitalcoaching.com

For instant live help:

<http://vitalcoaching.com/coaching.htm>

For more topics on dating and personal power go to:

<http://vitalcoaching.com>

To your power

Francisco Bujan