

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

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Hi, this is Francisco Bujan from www.vitalcoaching.com

Here is a key question that was posted on my forum:

Question from S.

"I've just been dumped after a three year relationship, my first serious girlfriend and only person I've ever loved.

Her reasons:

She's not herself around me; she's not happy around me (she's a great pretender); I don't know the real her; she needs to find herself... All generic reasons which don't make sense considering we've been together and very close for 3 years.

What hurts the most is that she says she doesn't know what love is, and is now telling me she thinks she never loved me.

We were so close: every time we talked; every message we shared; every time we were together we were expressing literally and physically our love. And now to hear that said... It hurts me deeper than anything else possibly could.

What's also bad is she's never going to feel remorse. She's completing her uni degree (which has kept her so stressed

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the past couple of years, which I've helped her through a lot) at the same time as breaking up with me.

So this new relief she feels, the new distressed life she now feels, she will mistakenly take that as a sign that ending our relationship was a good thing.

I want her to feel what I'm going through; does that make me evil?

She's got a few close guy friends who I know will be lined up at her door to comfort her.

I do need a power boost.

I've lost all self confidence, motivation and all I feel is an aching sadness that's stopping me from sleeping and eating.

None of my better friends have been through this kind of thing so it's hard to talk about it with them.

Francisco, can you please direct me to a part of your ebook or mp3s which address the first week of a breakup.

The whole ending of this girl I was truly in love with has hurt me so much I'm finding it hard to believe I'll ever recover."

My answer

Hi S.,

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Sorry to hear how you feel. I know it is a challenge and I know as well that you are on the right track to full recovery.

Now, I am sure you are a smart guy. You have survival skills ready to be woken up. These are your emergency resources which wake up in times of challenge and crisis.

Sure, this will require some serious readjustment but within a month, you'll be back close to your true self.

For those of you who wonder about the MP3's and E-book S. mentions, here is the link:

<http://vitalcoaching.com/breakupformen.htm>

Back to your question:

"Can you please direct me to a part of your ebook or mp3s which address the first week of a breakup?"

Well, these entire e-book and MP3 audios are 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?

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

Next question:

"What hurts the most is that she says she doesn't know what love is, and is now telling me she thinks she never loved me."

There is a simple reason why she says that: she wants to move on and feel totally free. She wants as well to make her point that there is no way she'll get back with you.

She exaggerates simply 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 she says.

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The moments you had together were valuable for you and her at that time.

Again, the only reason she says these things is because she wants to create space in her mind and life so that she can start over.

It comes from a natural need to free herself from any regret which could hold her back.

Next question:

"I want her to feel what I'm going through, does that make me evil?"

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

Revenge is a dead end for you and for her!

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

Right now, she is building shields so there are very little chances to reach her 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 do need a power boost"

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If after reading this, you still feel that need and especially want to find extra answers, get in touch and sign in for a couple of extra live sessions one on one with me:

<http://vitalcoaching.com/livehelp.htm>

I'll be glad to help you put these strategies into practice and help you find answers to extra key questions you might have.

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

In the 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.

You are on the right track!

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Live help

Before you go, I want you do something simple:

Check the following link:

<http://vitalcoaching.com/livehelp.htm>

This is the way to access live help if you need it.

After reading this article, you might have questions rising in your mind and think:

"...I wish I could talk about this with someone..."

You can!

No need to isolate yourself with your break up challenges.

Getting targeted feed back and extra strategies for your situation is easy and direct.

I made it very simple for you.

Remember this magic link and know that live help is only minutes away the moment you need it:

<http://vitalcoaching.com/livehelp.htm>

That's it!

Enjoy!

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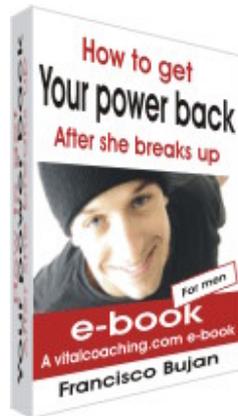
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What's next?

If you are a man and your girl friend or wife just left you, get this e-book + MP3 audios:



<http://vitalcoaching.com/breakupformen.htm>

You will discover dozens of dynamite power kicks and strategies to get your power back after a break up. It will show you how to take your future and love life to the next level.

To access live help, visit:

<http://vitalcoaching.com/livehelp.htm>

You can as well email me directly at francisco@vitalcoaching.com.

Take care

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