

# Becoming Whole

## Recognize The Difference Between Alone and Lonely

Being alone is a decision and a lifestyle to celebrate.

While being alone feels good when you get to choose it, it can feel frightening and overwhelming when it's not a choice – It may feel like a punishment for being unworthy or unlovable.

In this sense, being alone is not the problem. Being alone doesn't mean being lonely.

1. What does loneliness mean to you?

For many people, loneliness is:

- The result of being without companionship
- A trigger for fear that this loneliness will last forever
- Felt at any time, whether you are by yourself or with others
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2. What else do you feel when you feel lonely?

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3. When are you most likely to feel lonely? Which relationship-related losses bring up feelings of loneliness?

The following are common losses that bring up feelings of loneliness. Loss of:

- Love partner
- Companionship
- Self-esteem
- Children
- Friends
- Family support
- Pets
- Financial resources
- Dreams for the future

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4. Make specific plans to meet loneliness needs

For each relationship-related loss, write down a specific plan to meet your loneliness needs.

Example:

*Relationship-related loss:* Loss of companionship

*Need(s):* To relate and belong.

*Goal(s):* Join a volunteer organization, or a church group, or a group of your interest.

*Plan:* Search the internet for groups near me (for example <http://www.rebuilding.org>) to find a divorce-recovery group)

*Relationship-related loss:* \_\_\_\_\_

*Need(s):* \_\_\_\_\_

*Goal(s):* \_\_\_\_\_

*Plan:* \_\_\_\_\_

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*Relationship-related loss:* \_\_\_\_\_

*Need(s):* \_\_\_\_\_

*Goal(s):* \_\_\_\_\_

*Plan:* \_\_\_\_\_

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### **Increase your feelings of self-love**

Write down a plan of actions you can take to deepen your love toward yourself. The following are some examples. Check the ones you think you can try and add ones of your own:

- Express your thoughts and emotions to yourself through journaling.
- Share affection and love with yourself by saying loving words to yourself while looking in the mirror, giving yourself a massage.
- Take care of your physical health by eating healthier, exercising regularly, and getting quality sleep.
- Engage in a hobby.

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## **Empower Yourself**

It's important to recognize that while feelings of yearning and longing after heartbreak are a natural response, they are not a need for your former partner to return. They are, however, a call for you to take care of yourself.

Feelings of yearning and longing are your mind's need for attachment. It doesn't dissipate unless you invest your energy in someone else—ideally you.

Use the following reminders to empower yourself. Check the ones you think you can use and add ones of your own:

- Before I can truly know what love is, I need to feel that love toward myself.
- Going through heartbreak crisis is an opportunity for me to learn how to love myself
- The emotional emptiness I feel is my yearning for love from myself.
- The task of self-love is a priority in my life.
- I am capable of taking care of myself.
- I can survive this crisis as an adult.
- This emotional excess is just my mammalian brain's way of trying to overprotect me.
- This is not a like-or-death battle and I am in no real danger.
- I can turn my life in a positive direction.
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## Post-breakup journaling prompts

What needs and desires went unmet?

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What fears did you experience throughout the relationship?

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Did your relationship resemble your relationship with one of your childhood primary caregivers? If so, how?

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How did the relationship make you grow?

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How did the relationship constrict you?

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How did you contribute to the end of the relationship?

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How can this experience help you in your next relationship?

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