

A woman with blonde hair is sitting in a light pink wicker chair. She is wearing a white button-down shirt and blue jeans. Her hands are resting on her knees, and she appears to be looking down thoughtfully. To her right, a white ceramic coffee cup with a cork lid is visible on a surface. The background is softly blurred, showing a bright, indoor setting.

6 Tips for How to Heal after a Breakup

Recover The Queen ~ Reclaim your crown



INTENTIONALITY

When my relationship ended, I sought healing by "taking a break from dating" for a while and waiting for the pain to subside. But doing nothing for months didn't actually help me heal. In reality, I re-entered the dating world with more fears and insecurities and more guarded than ever before. Recognizing this, I realized that time by itself wasn't going to mend my wounds.

In order to heal and be better equipped to navigate some of the challenges that come with dating, being intentional about my journey was key.

On the following page, I have provided you with a few tips that helped me take advantage of my recovery journey and enabled me to emerge stronger and ready to embrace the love and happiness I desired.

Coach Court

Leaning Into Your Recovery

Break Down

Own your feelings. It's ok not to be ok. Acknowledge and express your emotions constructively through outlets such as journaling or talking with a friend, counselor, or breakup coach.

Self-Reflection

Analyze the story you've been telling yourself to identify any cognitive distortions (see page 4 for more information).

Reframe

Unhelpful thought patterns fuel negative emotions, behaviors and outcomes. Replace unhelpful thoughts with helpful ones that cultivate self-compassion, are more realistic, and help you take productive actions.

Forgive

Forgiveness does not mean what happened is ok, but accepting that you will be ok despite what happened and having a willingness not to hold the negative occurrence against the other person or yourself.

“Time alone doesn't heal all wounds. Intentionality over time does.”



...Continued

Self-Compassion

Often, we are more compassionate and understanding towards others than we are towards ourselves. Thinking in a way that is consistent with the advice we would give to a loved one can help us be kinder and more understanding towards ourselves.

Set Great Expectations

Set goals that are focused on the process rather than the outcome in order to keep yourself motivated and promote hopefulness and positivity.

Practice
self kindness,
and know that
it's okay when
life gets messy.

Robyn Conley Downs





COGNITIVE DISTORTIONS

In cognitive behavioral therapy (CBT), cognitive distortions refer to patterns of thinking that lead to negative emotions and behaviors. These distortions can take many forms, and they can be particularly insidious because they often occur automatically and unconsciously. However, by becoming aware of these distortions, you can learn to recognize when they are happening and challenge them. This can help you make better choices and live a happier life.



Becoming aware of cognitive distortions is an important step in the process of learning to think more realistically, starting to see new possibilities and ditching old unproductive mental models.

On the next page, you will be introduced to twelve of the most common cognitive distortions that will make you better equipped to handle challenging situations, and you'll be on your way to living a happier and more fulfilling life. To begin identifying your thinking patterns, put an X by the ones that you have used recently.

”

The truth will set
you free.

John 8:31-32

12 Most Common Cognitive Distortions

01. All-or-nothing thinking:

This is when you see things in black-and-white terms, without any shades of gray. For example, you might think that you either succeed or fail, rather than recognizing that there is a range of possible outcomes. This type of thinking can lead to perfectionism and unrealistic expectations.

02. Overgeneralization:

This is when you take one negative event and assume that it will happen all the time. For example, you might think "I failed this test, I'm never going to be successful in school." This type of thinking ignores the fact that one negative event does not define your entire future.

03. Mental filter:

This is when you focus on the negative aspects of a situation and ignore the positive ones. For example, you might have a great day at work but focus on the one negative comment someone made to you, rather than all the positive feedback you received. This type of thinking can lead to negative emotions and a distorted view of reality.

04. Disqualifying the positive:

This is when you brush off positive experiences and accomplishments as being not good enough. For example, you might think "I only got an A- on the test, it's not good enough." This type of thinking ignores the fact that you did well and minimizes your achievements.

05. Jumping to conclusions:

This is when you make assumptions about something without sufficient evidence. There are two types of jumping to conclusions: mind reading, which is when you assume you know what others are thinking, and fortune telling, which is when you predict the future without enough information. This type of thinking can lead to misunderstandings and negative emotions.

06. Magnification and minimization:

This is when you blow things out of proportion (magnification) or downplay their importance (minimization). For example, you might magnify the importance of a mistake you made, or minimize the impact of a compliment someone gave you. This type of thinking can lead to an unrealistic view of the world.



07. Emotional reasoning:

This is when you assume that your feelings reflect the way things really are. For example, you might think "I feel anxious, so there must be something to be anxious about." This type of thinking ignores the fact that emotions and thoughts are separate from reality.

08. Should statements:

This is when you have rigid rules about how you and others should behave, which can lead to feelings of frustration and disappointment. For example, you might think "I should always be successful" or "Others should always agree with me." This type of thinking ignores the complexity of the world and can lead to unrealistic expectations.

09. Personalization:

This is when you assume that you are the cause of a negative event, even when there is no evidence to support this. For example, you might think "I made a mistake, so it's my fault that the project failed." This type of thinking ignores the complexity of the situation and can lead to feelings of guilt and blame.

10. Catastrophizing:

This is when you assume that the worst possible outcome will happen, even when there is no evidence to support this. For example, you might think "I'm going to fail this test, so I might as well not even try." This type of thinking ignores the fact that there are many possible outcomes and can lead to feelings of hopelessness.

11. Mind reading:

This is when you assume you know what others are thinking, without any evidence to support this. For example, you might think "They didn't say hello to me, so they must not like me." This type of thinking ignores the fact that you can't know for sure what others are thinking, and it can lead to misunderstandings and negative emotions.

12. Blaming:

This is when you attribute negative events or outcomes to external factors, rather than taking responsibility for your own actions. For example, you might think "I failed because the teacher is unfair." This type of thinking ignores the role that you may have played in the outcome and can lead to feelings of victimhood.



How to Overcome Cognitive Distortions

YOUR GUIDE TO THE PLAN

01

Recognize when you are experiencing a cognitive

distortion: The first step in overcoming cognitive distortions is to be aware that they are happening. This can be difficult because cognitive distortions often occur automatically and unconsciously. However, by paying attention to your thoughts and emotions, you can start to identify when you are experiencing a cognitive distortion.

02

Challenge the distortion: Once you have identified a cognitive distortion, the next step is to challenge it. This means looking at the evidence and examining whether the distortion is really true. For example, if you are experiencing the cognitive distortion of overgeneralization, you might ask yourself: "Is it really true that this negative event will happen all the time?" By questioning the distortion, you can start to see things in a more balanced and realistic way.

03

Practice more balanced thinking: Once you have challenged a cognitive distortion, the next step is to practice more balanced thinking. This means looking at both the positive and negative aspects of a situation, rather than focusing on just one or the other. For example, if you are experiencing the cognitive distortion of mental filtering, you might try to identify at least one positive aspect of the situation. By practicing more balanced thinking, you can start to see things in a more realistic way.

04

Use coping statements: Coping statements are positive affirmations that you can use to counter negative thoughts. For example, if you are experiencing the cognitive distortion of catastrophizing, you might try using a coping statement like: "I have faced challenges before and I can do it again." By using coping statements, you can start to shift your thinking in a more positive direction.



LET'S TALK

Hey Queen! Looking for guidance on your recovery journey? I'm here to help. Breakups can be tough, and getting support is perfectly fine. By reaching out, you're taking an important step toward healing. You can count on me to listen, offer spiritual guidance and encouragement, and carry your burden with you. This journey doesn't have to be a solo one. Let's reclaim your crown together.

[CONTACT ME](#)