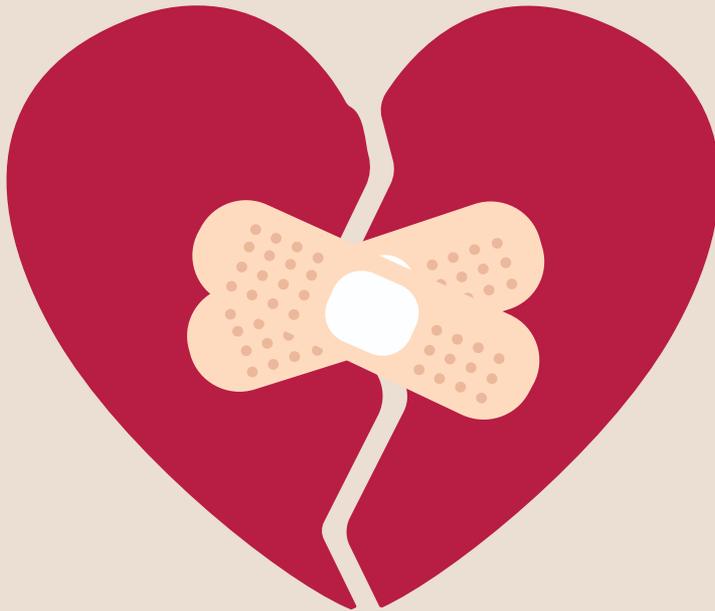


AFTER

The breakup journal

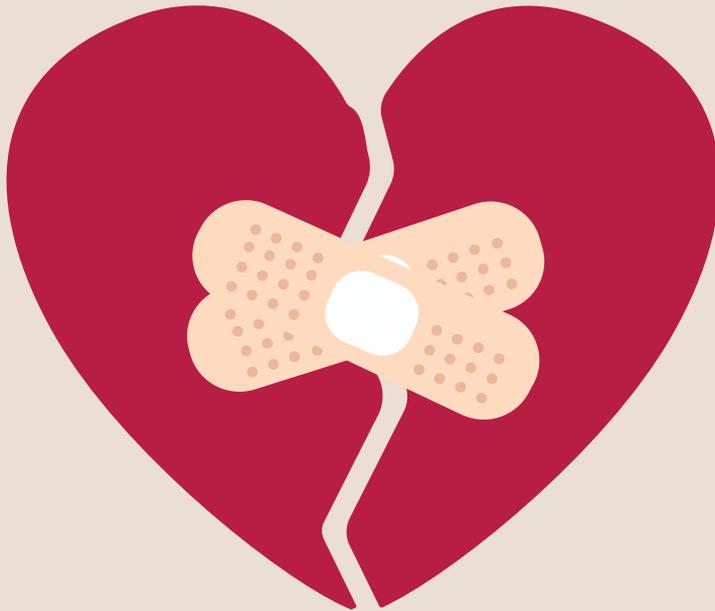


Your Path to a New Beginning

Cindy Theresia & Esther Susanne

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Colophon

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Introduction

Breakups can feel like the end of the world. They leave us with heavy hearts, unanswered questions, and a sea of emotions to navigate. I know that feeling all too well, not just from a distant memory but from lived experience.

I've had my share of relationships that weren't right for me. And after each one ended, I was left feeling devastated, unsure of who I was without that relationship, and completely lost in the aftermath. But nothing prepared me for the heartbreak of my last relationship. It ended in a way I never expected, painfully and abruptly, when I found out my ex was having a child with someone else. The pain was deep. You can imagine the shock, the betrayal, and the hurt I went through. I didn't know what to do with myself.

But in the middle of all that pain, I slowly began to turn inward. To care for myself, listen to myself, and begin the work of healing. That's how this journal came to life. It's not just something I created; it's something I lived. It was a journey I walked through, one day at a time.

After The Breakup Journal is your companion for the next 14 days. It's here to guide you gently through the grieving process, help you process your emotions, and rebuild your sense of self.

Each day offers a quote to inspire you, a meditation to calm your mind, an affirmation to ground you, and thoughtful prompts to help you reflect and speak your truth. You'll also find visualization exercises to help you begin to see and step into a brighter future.

Use this journal in whatever way feels right. Whether you write in the morning, late at night, or in the middle of your day, let it be a space where you can be honest, kind, and real with yourself.

You're not alone. Healing takes time, and it takes heart, but I believe in your ability to move forward. Every word you write is a step toward rediscovery, strength, and a new beginning that's already unfolding.

How This Journal Works

This journal is more than just a place to write; it's your toolkit for healing, growth, and self-love. Each day is structured with simple, yet powerful practices that work together to guide you on your journey. Here's what you'll find and how to use it:

Daily Quote: Every day starts with an inspiring quote to set the tone. These quotes are meant to give you perspective, spark hope, or simply remind you that you're not alone.

Meditation: A brief, guided meditation follows to help you center yourself. These moments of calm will anchor your emotions and provide clarity.

Affirmation: Positive affirmations play a crucial role in reprogramming your mindset. Speak them aloud or write them down to build confidence and self-love.

Writing Prompt: Writing helps you process your emotions and discover insights about yourself. These prompts are designed to explore your feelings, let go of the past, and envision a brighter future.

Speaking Prompt: Speaking your truths aloud is empowering. Each day includes a speaking exercise to reinforce the changes you're working toward.

Visualization: Visualization helps you create a clear image of your healing and happiness. Each exercise encourages you to imagine a brighter version of yourself and your life.

How to Use This Journal

- *Set Aside Time Each Day:* Dedicate 15–30 minutes to your journal practice daily. Whether it's in the morning, afternoon, or evening, make it a sacred time for yourself.
- *Create a Safe Space:* Find a quiet place where you won't be interrupted. Light a candle, play calming music, or bring a cup of tea, whatever makes you feel comfortable.
- *Be Honest and Open:* This journal is for you, and you alone. Be honest with your feelings and thoughts as you work through each day.
- *Take It at Your Own Pace:* While this journal is designed for 14 days, there's no rush. If you need more time on a particular day, give yourself grace and space to process fully.
- *Reflect and Revisit:* At the end of each day, reflect on what you've written and experienced. Feel free to revisit prompts or affirmations that resonate with you.
- At the end of this journal, you'll find *affirmations* to guide you through emotional rollercoasters, embrace new beginnings, and nurture self-love. Use them anytime, as often as you need.