

# 13 STEPS TO LET GO OF YOUR EX



PLAYBOOK BY

**F A B**

Find freedom and enjoy life again!



FabYOUlicious

# 1- COMMIT

## Decide that you really want to let go\*

Really decide!

Make a commitment to yourself to do your best

During the transition time,

Limit your contact with him to the minimum

Especially if it was a toxic relationship (not applicable to let go of your kids)

- No message
- No phone call
- No checking his posts on social media
- No sleeping in your car in front of his house ...



*\* Written with the image of a woman letting go of a man but can be applied to a man letting go of any relationship including letting go of a professional relationship, letting go of your kids growing up, letting go of a house, of an object that you loved...*

## 2- FIND YOUR WHY

### List all the reasons you want to let go

The more committed you are, the easier it will be.  
Go back to this list each time you're in doubt.

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# 3- LOOK INTO THE FUTURE

Find out what will be different in your life once you let go



Consider the plus and cons.  
Look at the short and long term effects.  
Be honest with yourself.

## Negative outcomes & feelings

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Positive outcomes & feelings

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## 4- READY?

**Time to make a choice.**

If You are not sure yet. Be gentle.  
And go to step 5



If you are fully committed and ready to let  
go (or at least 80% willing to give your all)  
Jump to step 6

# 5- JUST FOR TODAY

## It's okay to not be okay

If there is still a part of you who wants to hang onto them, love this part of you. Be super gentle.

Sometimes it's okay to wait.

Take it one step at a time.

**Are willing to let go just for today?**

**If YES... proceed to step 6**



**If NOT YET...**

Go back to steps 2 and 3 and see if there is anything you can add to the positive list.

Ask yourself,

**What would I do if I was not scared?**

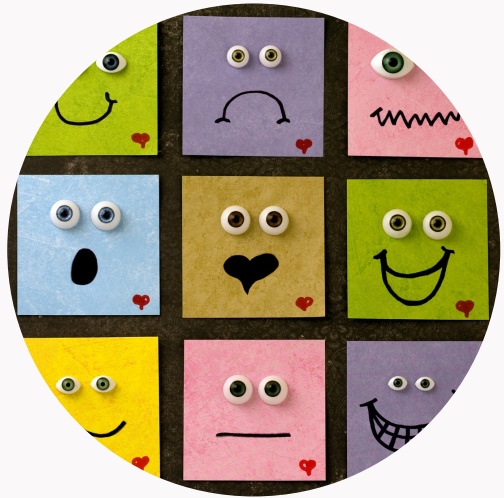
# 6- FEEL YOUR FEELINGS

## Take the time to feel the pain and the emotions of letting go

How does that letting go make you feel? It's okay.  
No judgment. You are doing fine

You can find that in your list of outcomes and  
feelings on step 3:

- scared,
- sad,
- desperate,
- angry
- resolute
- relieved
- mixed feelings... ?



### Did you know that...

When a person has a reaction to something in their environment, there's a 90-second chemical process that happens; any remaining emotional response is just the person staying in an emotional loop. Just naming the emotion and staying with it 90 seconds will usually allow the pain to recede.

# 7- ACKNOWLEDGE YOUR FEELING

There are three components in an emotion:

- Feeling
- Thought
- Body sensation

By changing one you will change the other

**Write a sentence expressing the way you feel**

I feel \_\_\_\_\_  
at the thought of letting \_\_\_\_\_ go

Accept that feeling and allow yourself to feel all of it. It's okay to feel that way. You are stepping on an unknown zone and it might be scary. Take slow deep breaths.

When you feel calmer, go to the next step



# 8- LOOK AT POSSIBILITIES

## How else do you want to feel?

Go back to your list in 3 and look at your list of positive outcomes and feelings

How does these possibilities make you feel?  
Hopeful, happy, excited, peaceful..?

Put in world the best feelings you would like to experience. List all of them and choose the one that resonates true and exciting at the same time.



# 9- EXPERIENCE AND EXPRESS THE NEW FEELING

**How else do you want to feel?**

Write a sentence expressing the way you really want to feel

**I want to feel \_\_\_\_\_  
at the thought of letting \_\_\_\_\_ go**





# 10- MAKE AN AFFIRMATION

**Yes you can!**

Modify the sentence from step 9 to an affirmation

**I feel \_\_\_\_\_  
at the thought of letting \_\_\_\_\_ go**

Right now it might feel like a reach, challenge yourself. Say it out loud and embrace the possibility.

If it is difficult to say it, take a deep breath and try again.

If you still struggle, there is probably something preventing you from embracing the possibility.

If so, contact me at [fab@fabyoulicious.com](mailto:fab@fabyoulicious.com)



# 11- DREAM BIG!

**This is your time...**

Write this sentence down and look at it.

It's called an affirmation.

Imagine how better your life will be once you feel that way 100%



# 12- ANCHORING

## **Make it your new reality**

Read your affirmation at least 3 times a day and each time remember all the positives linked to that.

Say it out loud,

Sing it out,

Meditate on,

Post it everywhere in your house and look at it every day...



# 13- CELEBRATE

**Enjoy the energy shift  
Start living your life**



# BONUS

## What will support you in this process?



### **Give thanks**

Every day list on a notebook at least 3 things you are grateful for



### **Exercise regularly**

Run, dance, swim, walk... What you do doesn't matter.

The fact that you do it does



### **Eat healthy**

Cut sugar as much as possible and focus on a simple healthy diet



### **Enjoy nature and beauty around you**

Every day, find something beautiful. Whether it's a flower, a beautiful music, the smell of the grass, the laugh of a child... enjoy

# BONUS

**Who will support you in this process?**



## **Surround yourself with friends and loved ones**

Go out and have fun even if it's not easy at first. Don't know anyone: go to public places and talk to strangers.



## **Call for help**

You don't have to do this alone



## **Reach out**

I'm here for you  
[fab@fabyoulicious.com](mailto:fab@fabyoulicious.com)