



FIVE TIPS TO
RECLAIM YOUR HAPPINESS



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After A Breakup™ Guided Personal Development Program

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Five Tips to Reclaim Your Happiness

After a breakup it's normal to feel hurt, sad, lost and empty. Because our life undergoes a major shift, breakups can impact *all* areas of it including our home, our job, our friendships and family relationships, our finances, our health, and our sense of identity, to name the obvious ways.

But it's the *not so obvious* ways that can hurt us the most. Like our sense of confidence, trust, security, wholeness, fulfillment, or inner peace; our motivation and inspiration in life; our desire and drive, the protective habits we develop, etc. These more subtle aspects of a breakup are what keep most of us stuck in struggle, sometimes for many years. But we don't have to struggle on needlessly.

This guide—***Five Tips To Reclaim Your Happiness***—is designed to help you turn your pain into power, your heartbreak into happiness, because this life challenge is an opportunity for personal development, not a doorway into endless suffering. So let's get started...



TIP 1 :

Grieve the loss

TIP 1: GRIEVE THE LOSS. Most of us connect grief with death, but significant loss of any kind calls for grieving. It's our way of honoring the pain we feel from the loss, to acknowledge it instead of ignore it so we can put it to rest instead of hold onto it.

Holding onto grief locks us up inside. It clogs up our minds and confuses our feelings. We start to question ourselves. But worst of all it becomes a struggle for us to open our hearts and speak our truth through the tension and pressure we hold inside. We have no personal power from there.

Clients say they hold feelings in because they fear if they let them out, the crying or pain will *never* stop! I understand. I was once there too. Breakups leave us feeling lonely and hurt, ashamed and unworthy. I don't know anyone who *wants* to feel that way. So why would we *allow* those feelings to surface? Shouldn't we focus on feeling something else instead, like happy?

The problem is *we feel what we feel*. We can't pretend or hide it forever because it's our truth. In the end it's much easier to let feelings out than to hold them in. They *will* stop, but they linger longer if we hold them in.



TIP 2 :

Manage your mind



TIP 2: MANAGE YOUR MIND. Our feelings are held in place by our thoughts. The mind says, *I feel (blank)* to understand or share a sensation in the body. And it's the mind's job to make sense of this data so we can respond well.

The problem is the mind is so fast at what it does, we lose track. And it's so good at connecting data, that it goes overboard...*a lot*. We just don't know it until we start to look. Then we see the errors—assumptions, distortions, projections and narratives we create without knowing the truth.

But until we see the errors in our thinking, we live by faulty information. The mind thrives on a complete story so when it doesn't have one, it fills in the blanks with assumptions. Assumptions are rarely true, but we don't bother to check them; we assume because we are convinced in our minds it is truth.

"It must be," we think, *"because this and that happened, so this must be true."* That is how the mind works. It takes past data and twists it into a complete story to create a *version* of what's true, not *the* truth. We assume, distort, project and create narratives to justify how we feel. Then we believe it. This must stop to heal.



TIP 3 :

Track your feelings

TIP 3: TRACK YOUR FEELINGS. Our feelings are our guide to what's true for us. They help us navigate reality in a way that leads to fulfillment. Feelings aren't meant to be permanent conditions. They are fleeting sensations.

The problem enters when we indulge in our feelings. We end up stuck in low-frequency states like depression, anxiety and unhappiness if we do nothing but cycle in old, heavy emotions. This happens easily for most of us because we place our power in our mind and let our thoughts run the show. But this is a mistake! The rightful home for our personal power is in our heart, not our head.

Sometimes indulging our feelings helps us justify our pain. We resist being at fault so we blame another instead and feel victimized. Don't misunderstand me; not *everything* is our fault! Yet it is important to take responsibility for what *is* our part of the pain so we can do something productive about it. Otherwise we leave our power to change in the hands of someone else when it really belongs to us.

We may also indulge our feelings as a way to get the support, love or attention we crave from others. Yet this is an unhealthy path to meeting our emotional needs and can lead to disconnection or isolation in the long run. Plus, ideally *we* are the person who supports, loves and holds us best. It's time we learn how.



TIP 4 :

Nourish your energy



TIP 4: NOURISH YOUR ENERGY. Whether we attend to it or not, our body is *primarily* an energy system. Ignoring this fact adds to our struggles. But keeping our energy body nourished and vibrant helps us feel better so we can do what we need to do instead of collapse at every challenge.

As you've seen, honest grieving after a breakup opens the door for new *and* old emotions to arise for clearing. Releasing current feelings keeps us present with how we feel today, and releasing old ones takes the back-pressure off of all the feelings we've held in over the years around loss. This is a *good* thing because holding in old emotion saps our energy, keeps us from being truly present and weighs heavy on our spirit. It also makes our energy body sluggish and dull.

Yet depending on how much old emotion we have, releasing it can be exhausting. As much energy as it takes to hold feelings in, it also takes energy to let them out. Crying, sobbing, screaming, laughing, ranting, etc. all take energy because feelings *are* energy.

So it's important to keep our energy body nourished and replenished as we grieve. Otherwise we end up feeling drained, foggy, lethargic and uninspired. Sound familiar?



TIP 5 :

Trust your desires



TIP 5: TRUST YOUR DESIRES. It's easy to slip into self-doubt after a painful experience like a breakup. We wonder if we should just be happy with what we have or if what we want is somehow *too much*. While it's powerful to accept *what is*, it's just as powerful to honor what we *truly desire* in life—our dreams and inspirations—and take steps to align with our highest potential.

The problem is we get caught up in other people's and society's version of what our life *should* look like and we give up on our dreams. As a colleague of mine once said, "Stop *shoulding* all over yourself!"

We are here to express our unique gifts in this reality, to be our most vibrant selves. And there is no ceiling to how big we can dream. There's nothing and nobody to stop us from reaching for our greatest desires...except ourselves. Who knows where it will lead us? But we get nowhere if we let other people's pains, doubts or fears decide our path for us.

You are the only *you* in this entire Universe! That's powerful. And you are the only you with *your* special gifts to share. And you are the only *you* with the dreams and visions you carry that are seeds of amazing things to come. Honor them so they grow into what they're meant to be for you and for all of us.



It's time to remember and restore the true *you* that existed *before* life with your ex; in fact, before *any* of your pain. There *was* a *you* that existed before your pain. That core remains inside you despite what comes and goes in your life.

Reconnect with her; she remembers how powerful you truly are. Allow her to inform who you become now. She is at the heart of your identity despite all changes. She is the part of you that remains whole through time and circumstance. She is your Soul Sister, always rooting for your highest good!

My name is Ceci Zúñiga and I am on a mission to help women set pain aside and reclaim happiness. When you are ready to stop suffering and start truly living, reach out to me and let's talk. I'd love to get you the same results I've gotten myself and my clients because I hate to see any woman needlessly suffer in pain when there's so much more waiting just around the corner.

We women are *powerful* by nature! We are the life-bearers, the nurturers, the creators, the lovers and the compassionate hearts of humanity. We are not here to hide or to be diminished. We are here to thrive and shout out from the mountain tops, "HEAR ME ROAR!" Join me, won't you? The view is lovely from up here!

