



FIVE TIPS TO
Reclaim Happiness After A Breakup



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Five Tips to Reclaim Happiness After A Breakup

After a breakup it's normal to feel many things, among them hurt, sad, lost or empty. Breakups create big changes in our lives that impact important and stabilizing parts of it, often including things like our home, our job, our friends and family relationships, our finances, our health, and our sense of identity, to name the obvious ones. These changes can feel overwhelming or even crippling.

Yet it's the not so obvious changes that may hurt us the most...like our sense of self, confidence, trust, security, wholeness, fulfillment, or happiness; our motivation and inspiration in life; our desire and drive; the protective habits we embrace; etc. These more subtle aspects of a breakup can keep us stuck in heartache and struggle, sometimes for years. We don't want to stay there, but sometimes we get stuck, not sure how to heal what we feel or how to move on.

This guide—*Five Tips To Reclaim Happiness After A Breakup*—helps turn what you feel today into fuel for a better tomorrow. These simple tips teach you how to use this breakup as an opportunity to grow instead of it becoming a doorway into endless struggle, so you can start feeling better soon. Sound good? Let's get going...



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. Breakups are worthy of grief. 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 one day instead of holding onto it.

Holding onto grief locks us up inside. It clogs up our mind and confuses our feelings. We may slip into doubt and regret. Or worse, we may lock up our heart, which makes it impossible to get our emotional needs met. Clinging to grief after a breakup also creates a painful inner struggle between wanting what's past but needing to move forward. We have little personal power from there, and virtually no sense of joy.

Grief is an emotional rollercoaster. We may feel small and vulnerable, lonely and hurt, angry and ashamed, rejected, unloved and unworthy. At times we may also feel relieved, free, spacious, grateful, and hopeful...maybe even joyful. It's all okay. Whatever we feel is normal. We all grieve in our own ways.

Sometimes we hold feelings in because we fear if we let them out, we won't be able to stop them. I understand. I've been there. Sometimes our emotions feel so huge that we fear we might never recover from them. And so we try to contain them.

But we feel what we feel, and holding feelings in has painful consequences.



Our feelings point to our truth in the moment, which is important. Plus, we can't contain feelings forever because they are waves of energy. Containing them intensifies them, saps our energy, and can literally make us sick. It's easier and healthier to let our feelings out in short spurts than it is to contain them.

Feelings don't last forever. In fact, when allowed to flow naturally, the wave of a feeling lasts just 90 seconds from start to finish, but each wave will linger longer if we've held them in. They will also linger longer if we let our thoughts interfere, which is why Tip #2 is so important. But before we go there, here are ten healthy, healing ways to tap your grief and let its energy out in manageable doses:

1. watch a sad movie
2. listen to sad music, sing along if you want to
3. hug yourself, a pillow, or a stuffed toy and rock back and forth or side to side
4. get on your hands and knees and growl; let the sound lead you where it will
5. relax the diaphragm and rectum; take 10 deep breaths in and out of the mouth
6. draw your feelings on paper with colors; it doesn't have to make any sense
7. relax your throat; make sounds; use the sounds as a carriage for your feelings
8. freely write your feelings on paper and safely burn it when you're done
9. bend the ear of a trusted friend; ask them to listen with presence, not fix it
10. make a nurturing bath for yourself; give your grief to the water; wash it down



TIP 2 :

Manage your mind



TIP 2: MANAGE YOUR MIND. There's a ton of sensory data coming at us at all times. Our mind is wired to sort through it at lightening-fast speed to make sense of what we're experiencing so we can respond. A sensation (wave of energy) stirs in us and the mind immediately sorts it. In this way, our feelings are fed by our thoughts.

The mind is so fast and so good at sorting data that we trust it to do the heavy lifting for us so we don't have to. But if we were to pay attention, we would discover that its sorting involves inaccuracies—assumptions, distortions, projections, and narratives that don't truly apply. This is in part because when the mind doesn't have a complete storyline, it fills in the blanks with old data. Old data is often inaccurate, but our mind holds it as true and our subconscious mind stores it as true. Then we operate out of these storylines as if they are the truth. We call this part of our psyche our *conditioning* or our *conditioned mind*.

When we have a feeling, our conditioned mind steps in with explanations: *“How can they throw me away so easily? They must have never loved me. It was all a lie! Now they're with that floozy, living a happy life with everything they want and I'm over here dying inside. It's so unfair! I'll never find love like that again. My life is over.”*

Sound familiar? This is how the conditioned mind rants and stirs our emotions.



Yet this is merely a version of what's true, not necessarily *the* truth. In this one rant, the conditioned mind spewed at least five assumptions alone—that they never loved you, it was all a lie, they have everything they want, you'll never love like that again, and your life is over. None of these are *the* truth.

When we believe the assumptive narratives our conditioned mind spins, we latch onto them and endlessly replay them. This is *emotional indulgence* and it keeps us stuck in suffering. While it's healing to express our feelings, indulging in them is not healthy or helpful and wastes our energy, leaving us exhausted.

We want to give our feelings room to move without indulging in the fantasies of our conditioned mind. If you are emotionally exhausted, this may be why. You'll know it is happening if you struggle to stop crying once you start.

One step to stopping this dynamic is to start checking what you tell yourself. Look for assumptions, distortions, and projections in your narratives and correct them. For instance, do you know the story you're telling yourself is true or do you assume it is? Can you verify it as true or is it fabricated from limited pieces of data? Does your story have any distortions? For instance, they are happy now, but does that mean everything is perfect? Are you projecting any past pain into the story you tell yourself?

Check your story. Identify your assumptions. Then open to *not knowing it all*.



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. Yet feelings aren't meant to be permanent conditions. They are fleeting sensations.

The problem enters when we indulge certain feelings, or give them too much power in our life. We can end up stuck in states like depression, anxiety and unhappiness for way too long. As we learned, this happens when we allow our conditioned mind to run the show unchecked, but there are other reasons too.

Sometimes we indulge in certain feelings to justify our pain. We resist being at fault so we blame another instead and feel victimized. Don't misunderstand me. Of course not *everything* is our fault. Yet it is important to take responsibility for what *is* our part of the pain so we can clean it up. Otherwise we leave our power to change in the hands of someone else when it really belongs with 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 and isolation in the long run. Plus, ideally *we* are the person who supports, loves, and holds us best. If we don't know how, it's time to learn. While leaning into trusted others is normal and helpful, being able to hold, comfort and nurture ourselves when we need to is an empowering life skill.



Supporting and validating ourselves when we are alone helps grow our sense of security, stability, self-confidence and worth. It's nice to get support from outside, but the real game changer is when we are there to support ourselves no matter what. And external validation is great but the real win is when we no longer need external validation to feel whole, fulfilled or happy inside. Here are fifteen ways to support and validate yourself. Try each one and see what happens:

1. buy yourself flowers
2. write yourself love notes and hide them in fun places
3. rub your feet, hands, arms, legs, booty, or treat yourself to a massage
4. set up a luxurious bubble bath for yourself
5. buy yourself something sexy or special
6. take yourself out for a treat to a favorite restaurant
7. tell yourself "I love you. You're a good person" in the mirror
8. hold yourself with love
9. show yourself compassion when you feel down
10. reassure yourself when you feel insecure
11. support yourself when you stumble
12. take yourself to see something you want to see—movie, play, art, music
13. flirt with yourself in the mirror—smile, wink and flatter yourself
14. make or buy yourself a special dessert or treat
15. give yourself permission to relax when you're tired or feeling vulnerable



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 and more positive overall so we can do what we need to do instead of collapse at every challenge.

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 from 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 can also make our energy body sluggish and dull, leaving us tired, moody or depressed.

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 some energy to let them out. Crying, sobbing, screaming, laughing, ranting, etc., all take energy because feelings *are* energy. Emoting is a healthy energy expenditure when done with awareness because it helps clear out heaviness and open up space for freshness.

Since grieving takes energy, it's important to nourish and replenish our energy body with freshness as we heal. We release heavy energy while grieving. We refill light energy while nourishing. Otherwise we can end up feeling drained, foggy, lethargic, uninspired and too tired to engage with anyone or anything.



Here are fifteen simple ways to bring more presence, and therefore more energy, into your day so you can start feeling better and stronger:

- infuse your daily routines with a sense of sacredness, every breath a gift
- remember the higher intention of why you do what you do, how it serves your life
- change how you do things, e.g., use your opposite hand
- get present with your truth in the moment, accept what you feel, and honor it
- emote deeper feelings into a journal, a letter to yourself, a trusted conversation, art, or an action that is not directed at anyone or anything specific, e.g., hit a pillow to release anger
- find some beauty in every moment
- find a reason to be grateful for every experience
- build a stronger sense of connection to all that is
- sit quietly in nature with your eyes closed or open in silent observation
- sit with your eyes closed and attend to the sound and flow of each breath in and out of your body
- do something that you enjoy or that inspires you
- take a brisk walk in nature or sit a few moments in the warm sun or cool moon light
- try something new
- dance freely
- sing freely



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 aspirations for love—and take steps to align with our highest vision of what that looks like.

The problem is we get caught up in other people's fears or version of what our love should look like and we give up on our dreams. Sometimes we give in to our own fears too. And sometimes we just don't have it in us to take what might feel like a big risk to reach for our dreams around love.

But we are here to express our unique love 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 around love...except ourselves. Who knows where it will lead us? But we get nowhere if we let past pains, doubts or fears decide our path for us. And sharing our unique love keeps our heart open.

You are the only *you* in this entire Universe. That's powerful! And you are the only you with your special kind of love to share. Honor that special love so it grows and is ready for sharing when you're ready to share it again.



Love is boundless. There are endless ways we can share it with the world around us. The more we share our love, the stronger it grows and the better we all feel. Here are just a few ways to share our love with others outside of partnership:

- share a freshly cooked dish with a friend
- mow a neighbor's yard
- bring flowers to someone for no reason
- pay for a friend's ticket
- buy someone a meal
- donate food or clothes
- volunteer for a worthy organization
- help someone in the grocery store
- buy a stranger coffee, e.g., pay for the car behind you in the Starbucks drive through
- give gloves or socks or a cap to a homeless person in need when it's cold
- donate blankets to a local shelter
- help out at a local animal rescue
- feed the birds
- put water out for wildlife
- send someone a "just thinking of you" card



FINAL THOUGHTS. With these five tips in hand, you can start changing your life today. 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 is a *you* that existed before your pain. That core you remains inside of you despite what comes and goes in your life.

Reconnect with her. She remembers how powerful you 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 circumstances. She is your Soul Sister, always rooting for your highest good.

My name is Cecilia Zúñiga and I am on a mission to help women move beyond breakup pain and reclaim happiness, to start living more fully, and to trust themselves again.

I embrace this role because I've been there. I can relate to how it feels to be emotionally stuck on something that's no longer there. I can relate to that sense of desperation and utter heartbreak. I can relate to the stickiness of wanting *one more chance* to make it work.

While healthy grieving and growth are part of healing through a breakup, it's too easy to get stuck in the pain when we don't have what we need to find our way out, when we're overwhelmed with the changes breakups bring, or when our support systems aren't enough for us. There's no shame in the struggle. Struggle is an opening to evolve ourselves, to grow beyond old limitations and into something new that suits us better...because we're ready.



