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RELEASING A TOXIC EX & RECLAIMING YOUR PEACE *Guide*

This isn't about him. It's about you—choosing calm over chaos, love over drama, and your future over your past. Use these tips as your roadmap to finally let go and move forward with confidence.

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01.

Check Your Lifestyle Patterns

Notice when you're most tempted to look back. Is it late nights when loneliness creeps in? After a stressful day? Get honest about the triggers so you can break the cycle.

💡 "When I feel lonely or stressed, I remind myself: missing him is a habit, not proof that he was good for me."

02.

Double Down on Self-Care

Your body is the foundation of your clarity. Move daily, eat food that fuels you, and protect your sleep. A strong body supports a strong mind.

💡 Think: workouts that empower you, sleep that restores you, meals that make you feel alive—not drained.

[illegible]



Strengthen Your Boundaries

Have your “no” ready before you need it. Whether it’s a phrase, a text, or silence, be clear and firm.

💡 Example: “This isn’t healthy for me. I deserve peace.” Then block, mute, and move on.

04.

Create Roadblocks to the Past

Make it hard to go backward. Delete the messages, unfollow the socials, avoid the spots you went together. Remove the easy exits back into chaos.

[illegible]

05.

Cut Off the Easy Access

If he still finds ways to reach you, change your number, your settings, whatever you need. Protect your peace like it's sacred—because it is.

[illegible]

06.

Write Your New Love Rules

Decide now what you will and won't allow moving forward. Write it down, make it clear. No negotiating with yourself when loneliness hits.

💡 Example: “I will only choose love that is calm, consistent, and available.”

[illegible]



♥ Remember!:

Releasing a toxic ex isn't about proving he was wrong—it's about proving you deserve better. Every block, every boundary, every "no" is a "yes" to yourself.

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