

HEATHER HART

SELF CARE AFTER LEAVING

workbook

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Hello!



Hi there! Congratulations on taking the first step to reclaiming your life again! These next few days, weeks, and months are going to put you to the test. Lucky for you I've been given this test multiple times over the last several months and years. I got you covered. This plan is only as useful as the work and dedication you put into your healing. Best of luck on your path. I am here if you need me! I believe in you and genuinely believe you are going to heal! You got this!!!

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No Contact

Right now you are making the conscious decision to go no contact with your ex. That may seem difficult, but we're going to take this one day at a time. If you have children or divorce proceedings that require you to stay in contact that's okay, we're just going to plan for it!

Use the space below to make a list of the only situations you will allow yourself to respond or actively reach out. For example, if you have children the only reason I would reply to my ex is if the communication was specific to pick up time and location.

I WILL ONLY RESPOND TO:

Contact Restrictions

Below is space to plan for actions you can take when you feel the need to reach out or respond when it is not in your best interest. It's okay. It happens. The goal here is to make an agreement with yourself now. When those thoughts arise

you will be prepared to redirect your thoughts. How will you do that? For example, when I felt weak, I would start a new paint project, call a friend, go dancing, etc. How will you redirect?

INSTEAD OF CALLING I WILL

Contact Triggers

If you are going through a high conflict situation, you will be tempted to react to things (in person or in writing). This page is dedicated to plan for those triggers. This is the place you need to list out the ways your ex is going to try to get under your skin and hurt you.

Many will throw new partners in your face. Attack your character or insult you as a parent. Think through how he/she has successfully triggered you in the past and make a list of predictions below. This will help you manage your expectations and have a plan to keep composure.


TRIGGER TACTICS:

Support Team!

Healing takes an army. No, I'm not exaggerating! You need friends and family. You need professional 3rd party people, and you need community. It takes the combined effort of people who care about you and know you personally, professional 3rd party, and community that have been in your shoes to help pave the way.

Use the space below to map out your support team. Who will you call on for support and how will these people help you in your healing journey?

For more resources check out my [resources page](#)



Physical Care

It is so important to get out and move your body during times of sadness and potential depression. Make a list of all the things you enjoy doing. It can be intense workouts, light yoga, or a simple walk around the block.

However, planning to move when you feel depression setting in is important. Below make a list of things you can do when you need physical movement to keep you focused on healthy coping.

PHYSICAL ACTIVITIES:

COMMIT!

I _____ , am making the commitment to heal and follow my care plan. As I learn myself, new ways of thinking, and build new habits I will revisit this plan and make adjustments as needed.

I dedicate this next chapter of my life to me. I will learn to love myself. I will learn to care about myself. I commit to pouring into my own cup first, all others second. Because I deserve to be loved. I deserve to be put first. Therefore, I am putting myself first!

Signature: _____