

SELF-HATE
or
LOVE

A 5-STEP GUIDE TO
HEALING AFTER A
BREAKUP



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BAROZ MEDIA



Everyone is deserving of love.

Step 1: Know that you are worthy to be loved.

Before we go any further. Just know everyone deserves to be loved. Now...who you love is completely your choice. However, knowing who is deserving of your love is where we need to begin. Let's face it. Everyone isn't worthy of your time or love, that is why we are here now. One of you figured out this relationship isn't worthy of my time, and or love. So, let's move on. No need crying over it any longer. Let's set the record straight. I didn't say they didn't love you. I said it didn't work out. So, now we have to figure out why, so we don't make the same mistakes over and over again. Now is the time for reflection. I am sure both parties were involved in this. We can only concentrate on your part in this. So, let's reflect.



I Didn't See it
Coming!
RED FLAG

Step 2: It's time for reflection.

It didn't work. Do you know why? At times we have the answer to the question; however, there are times when the relationship just stops abruptly with no fair warning. The question I always ask my clients, did you see any of the red flags waving? If you go back down memory lane, I'm sure you will see some indication that this relationship was heading down the wrong path. If you had a honest conversation with yourself. Remember (it's ok to talk to yourself) no one is watching, and if they are, so what. You need to figure this thing out, so you don't make the same mistake again. Because I will tell you this, every lesson you haven't learned, you will see it over and over again until you learn the lesson. It helps to speak with a close family member, or friend. Someone who is honest, yet sensitive to your feelings. If you don't have anyone in your life, seek a professional. They get paid to be objective.



Step 3: Forgive yourself and your Ex.

It's ok. It just didn't work out. For whatever reason it wasn't a good fit. This partner wasn't the complete package for you, and that is ok. Whether it was you or them, it's ok. As I always say, don't ever let a failed relationship or marriage define who you are as a person. Every relationship doesn't match. Think of it like socks. There is a matching pair somewhere. Find your matching suit. But, before you go off on another escapade, you first must forgive yourself, and yes...your ex too. Holding on to ill feelings about them or you is not healthy, and in order for you to move on to a healthy relationship, you first must release the old one, and forgive them and you. It just didn't work out. So, instead of beating yourself up about it. Love on you for a bit. Yourself will thank you, and so will your future relationship. Trust the process.



NO REBOUNDS

Step 4: Stop with the rebounding!

You heard me. Just stop! Why are you so desperate to take them back? Why did it end in the first beginning? Did you see red flags? Whether it was you who initiated the breakup or them, you decided to end it. There was a reason. You two made that clear. Either by words or actions, or both. The message was crystal clear, so don't rebound. You must love yourself. Remember step 1? Everyone is worthy to be loved, so start with self. Giving someone access to you when they aren't worthy is not only toxic, but self-hatred. To think more of someone else than you do of yourself is not love at all, and after all...isn't that what you're waiting for-real love? Did the behavior change for the better? If so, why couldn't they do it while you two were together. And if it was you that was the guilty party who couldn't respect the relationship, then you again...need to self-reflect.



Did you or them stop the behavior that was causing the pain? Are they the person you want now? What changed? Is this person measuring up to your expectations, or are you now settling for what they are offering even though it's not what you truly want? Do you find yourself answering their calls after the breakup? Are you still spending time with them even though you all called it quits? Are you still sleeping with them because you are afraid to truly let go? These are all signs of co-dependency. How can you expect to manifest your true love if you're still holding on to the fake love? Let go...it's ok. You won't break. In order for you to truly heal, you must let go of all that hurt you. You need to completely detox from the person and the situation. Just walk away, and don't look back. It's ok. You'll be glad you did.



Step 5: Stop with the stalking.

When you have been in a relationship and have shared moments, energies, laughter, love, and trauma with someone, you sometimes get caught up with the idea, you can't go on without them. They become apart of your identity. Building a relationship with someone takes time. So, does healing. Constantly checking their social media pages to see what they are up to and who, is hurting you more than helping. Remove anything that is a reminder of the relationship and pain it caused. Reminiscing over the good times, is a way to sabotage. While you are reminiscing on the good times, don't forget to think about the times that caused all of the pain. Stop creeping around. You look creepy. Get rid of what no longer serves you. Now...let's begin the healing process so we can manifest that new boo.

About the Author

As a published author, and certified Life Coach, Nita Ro has been counseling and coaching for over 18 years. First, starting with the youth, she quickly evolved into helping women deal with life after divorce. Being a divorcee and mother of two teenage daughters, she felt it was necessary to study the art of love. Her education couldn't prepare her for what was to come. Never questioning whether she could love again, she however, did question who she wanted to love. She believes everyone deserves to be loved. And everyone is worthy of love. However, what kind of love are we in search of? Ro, decided to master the art of communicating, and building healthy relationships. She uses her own expertise to help other women understand this thing we call love. She has worked with women one on one, and in group settings. She has decided to take her teachings virtual. Please email her at nitarohayesconsulting@gmail.com for inquiries, freebies, and courses. She is here to help those who want to manifest the love they deserve.

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