



lists, lists, lists

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# Lists, Lists, Lists

When you are getting lost in the memories of the good times, or overwhelmed by the feelings of sadness, loneliness, or grief, review these lists to help shift your mindset back to reality.

Make a list of all the things that annoyed, frustrated, and infuriated you about your ex. Nothing is too small to go on this list. He snores, she bites her nails, they hate your cat, they were a master manipulator, or she's mean to strangers. All of it. Write it down, read over it, and add to it as often as you can. Folks have claimed this list has been a lifesaver in the first weeks and months following a breakup. This list has been renamed by some to be called "The Hate list," "The No-Can-Do list," "Never Again List." You get the picture.

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2)

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## Lists, Lists, Lists...continued

Make of list of all the things you're excited to do without your ex. He never wanted to go hiking? Write it down. She always wanted to party when you just needed a night in? That cooking class you never took for whatever reason? What are you so stoked to discover about yourself, your time, or your interests, now that your ex is out of the way? Make a list here. Then ask yourself what's holding you back.

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## Lists, Lists, Lists...continued

Trust me on this last one. How can you turn this breakup into the best thing that has ever happened to you? This may seem like an IMPOSSIBLE question. Don't be afraid to think outside the box on this one. For example, does the end of this relationship mean you get to leave some old patterns behind? Does it mean you get to grow up within yourself? What does that look like?

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