

Beyond the Breakup Storyboard

Objectives	Notes	Block	Rise Content	Resources and Links
Describe the emotional, psychological, and physiological impacts of a breakup, including common stages of grief and patterns of attachment. (Remember, Understand)	Emotional, Psychological, and Physiological impacts of a breakup Emotional Sadness and grief – A profound sense of loss is common. Anger or resentment – Toward the partner, oneself, or the situation. Fear or anxiety – About the future, loneliness, or change. Relief or confusion – Especially if the relationship was unstable. Loneliness – Missing not just the person, but routines and identity tied to them. Psychological Self-esteem issues – Questioning one's worth or attractiveness. Rumination – Obsessively thinking about the relationship and breakup. Identity disturbance – Especially if the relationship was central to one's self-concept. Depression or anxiety – In more severe or prolonged cases. Cognitive	Impacts	Impact Statement- Statistic: 58% of Americans (62% of women and 55% of men) say that breakups are usually dramatic or messy, or both. Intro paragraph about how the things you are feeling are normal, and how we are going to talk about the emotional, psychological, and physiological impacts of a breakup. Interactive Block: Emotional Impacts Sadness and grief – A profound sense of loss is common. Anger or resentment – Toward the partner, oneself, or the situation. Fear or anxiety – About the future, loneliness, or change. Relief or confusion – Especially if the relationship was unstable. Loneliness – Missing not just the person, but routines and identity tied to them. Reflection Which of these emotional impacts resonates with you the most? Think about how you are feeling and try to write down your thoughts. Interactive Block: Psychological Impacts Self-esteem issues – Questioning one's worth or attractiveness. Rumination – Obsessively thinking about the relationship and breakup. Identity disturbance – Especially if the relationship was central to one's self-concept. Depression or anxiety – In more severe or prolonged cases.	23 Relationship Breakup Statistics To Help You Move On - 2date4love

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	dissonance – Conflicting thoughts like "They weren't good for me" vs. "I still miss them." Physiological Impacts • Sleep disturbances – Trouble falling or staying asleep, nightmares. • Appetite changes – Loss of appetite or emotional overeating. • Fatigue or low energy – Emotional stress can physically drain the body. • Immune suppression – Chronic stress can weaken the immune system. • “Broken heart syndrome” (Takotsubo cardiomyopathy) – A real, temporary heart condition triggered by extreme stress. Stages of Grief • Denial – “This can’t be happening.” • Anger – “Why did they do this to me?” • Bargaining – “Maybe if I change, we can fix it.” • Depression – “I’ll never be okay again.” • Acceptance – “I’m going to be okay eventually.” <i>Which of these stages</i>		• Cognitive dissonance – Conflicting thoughts like "They weren't good for me" vs. "I still miss them." Interactive Block: Physiological Impact • Sleep disturbances – Trouble falling or staying asleep, nightmares. • Appetite changes – Loss of appetite or emotional overeating. • Fatigue or low energy – Emotional stress can physically drain the body. • Immune suppression – Chronic stress can weaken the immune system. • “Broken heart syndrome” (Takotsubo cardiomyopathy) – A real, temporary heart condition triggered by extreme stress. Stages of Grief • Denial – “This can’t be happening.” • Anger – “Why did they do this to me?” • Bargaining – “Maybe if I change, we can fix it.” • Depression – “I’ll never be okay again.” • Acceptance – “I’m going to be okay eventually.” • <i>Which of these stages resonates with you most right now?</i> Attachment Styles – Storyline Block <i>What are attachment styles?</i> <i>Take this attachment style quiz to determine your attachment style based on how you are handling your breakup.</i> What's Your Breakup Attachment Style? Breakups can be tough, but how you react and cope can reveal a lot about your	
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	<i>resonates with you most right now?</i>		underlying attachment style. Answer these questions honestly to get an idea of your dominant style. Quiz Questions: 1. Immediately after the breakup, what's your primary impulse? • A. I need to understand <i>why</i> this happened. I'll reach out, try to talk, and figure out what went wrong so we can fix it. • B. I feel a deep sense of loss and pain, but I know I'll get through this. I focus on self-care and lean on my supportive friends. • C. I feel a strong need to pull away and be alone. I might even feel a sense of relief, even if it hurts. • D. I'm overwhelmed with conflicting emotions – I miss them intensely, but also feel angry or betrayed and push them away. 2. How do you typically view your ex in the weeks following the split? • A. I often idealize them, remembering mostly the good times, and might feel like I lost the "perfect" partner. • B. I can acknowledge their good qualities and our shared history, but I also recognize the reasons the relationship ended. • C. I tend to focus on their flaws or the ways they weren't right for me, sometimes even feeling contempt. • D. My feelings swing	
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			wildly – one day they're wonderful, the next they're the worst person imaginable. 3. Regarding contact with your ex, what's your approach? • A. I'll probably reach out frequently, check their social media, or hope for a chance encounter. I find it hard to cut ties. • B. I might have some initial contact to sort things out, but then I establish clear boundaries and focus on moving forward. • C. I go no-contact immediately and rigorously. I prefer to erase them from my life and don't want to hear from them. • D. I might block them one day, then unblock them the next. I might initiate contact, then regret it and pull back. 4. How do you cope with the emotional pain of the breakup? • A. I tend to ruminate on the breakup, replay conversations, and seek reassurance from friends or even my ex. My emotions feel very intense. • B. I allow myself to feel the sadness and grief, but I also engage in activities that bring me joy and connect with my support system. • C. I try to distract myself, stay busy, or intellectualize my feelings. I might minimize the pain or avoid talking about it. • D. My emotions feel chaotic and overwhelming. I might	
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			lash out, withdraw completely, or engage in self-sabotaging behaviors. 5. Looking ahead, how do you feel about future relationships after this breakup? • A. I'm eager to find a new relationship quickly, as being alone feels unsettling. I worry about finding someone else. • B. I feel hopeful about finding love again when the time is right, but I'm not rushing into anything. I'm focused on healing. • C. I feel relieved to be single and prioritize my independence. I might even think relationships are too much trouble. • D. I'm torn. Part of me wants connection, but another part fears getting hurt again and might sabotage potential relationships.	
			Your Breakup Attachment Style Results: Count up your answers for each letter. The letter you chose most frequently indicates your likely attachment style during a breakup.	
			Mostly A's: Anxious-Preoccupied Attachment Style You likely experience breakups with heightened anxiety and a deep fear of abandonment. You tend to ruminate heavily on what went wrong and may desperately try to reconnect or gain clarity from your ex. Your self-worth can feel deeply tied to the relationship, leading to intense sadness, idealization of the ex, and a strong urge for reassurance. Moving on can be difficult, as you fear being alone	

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			and may seek a new relationship quickly to fill the void.	
			Mostly B's: Secure Attachment Style You approach breakups with a healthy sense of resilience and self-worth. While you certainly feel pain and sadness, you're able to process your emotions constructively and rely on your internal resources and external support system. You can acknowledge the reality of the situation, maintain clear boundaries with your ex, and gradually move forward with your life. You believe in your ability to be okay alone and are hopeful about healthy relationships in the future, when you're ready.	
			Mostly C's: Dismissive-Avoidant Attachment Style In breakups, you tend to distance yourself emotionally and intellectually. You might feel relief, even if there's underlying pain, and quickly cut ties with your ex. You value your independence above all else and might minimize the impact of the breakup or intellectualize your feelings rather than truly processing them. While you might seem unaffected on the surface, this detachment can prevent you from fully healing and connecting deeply in future relationships.	
			Mostly D's: Fearful-Avoidant (Disorganized) Attachment Style Your experience of breakups is often characterized by intense emotional swings and confusion. You might feel a strong desire for connection and intimacy one moment, only to feel overwhelmed and push your ex away the next. This push-pull dynamic can make breakups particularly chaotic and distressing for you. You may struggle with trust, self-sabotage attempts at reconciliation or new relationships, and find it difficult to regulate your emotions, often feeling a mix of longing and fear.	

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			Important Considerations: • This is a simplified quiz: Attachment styles exist on a spectrum, and this quiz offers a general indication. • Healing is possible: Understanding your style is the first step toward healthier relationship patterns. • Seek support: If you're struggling significantly with a breakup or your attachment patterns, consider talking to a therapist or counselor.	
Identify and apply healthy coping mechanisms and self-care strategies to manage emotional distress during a breakup (<i>Understand, Apply</i>)	• s. Do's and Don'ts of getting over a breakup #1 Establish Boundaries Limit Contact, and Mute your ex on Social Media Ask for support Recognize that healing your mind and heart will take time Take some time apart, even if you want to be friends. Don't hang out or text. Mental Health counselor Katherine Ibis suggests waiting between 1 and 3 months before getting back in touch. This gives you time to focus on yourself. This also helps you avoid harmful pattern of offering emotional support to your ex and prolonging the grieving period. Respect each other's needs, even if your ex doesn't want any contact. If your ex contacts you before you're ready, don't		Dos and Don'ts of Getting Over a Breakup Do's and Don'ts block. Lead-In statement: Breaking up with someone can lead to complicated emotions. You may not want contact with them at all, or you may be tempted to contact them. There is no right way to feel. However, we've gathered a few Do's and Don'ts to help you through your breakup so you can come out on the other side. Do: Establish boundaries by limiting contact and muting your ex on social media. Ask for support, and recognize that healing your mind and heart will take time. Take some time apart, even if you want to be friends. Don't hang out or text. Note: Mental Health counselor Katherine Ibis suggests waiting between 1 and 3 months before getting back in touch. This gives you time to focus on yourself. This also helps you avoid harmful pattern of offering emotional support to your ex and prolonging the grieving period.	• Breakups aren't all bad: Coping strategies to promote positive outcomes

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	feel obligated to respond. You both need time and space to heal Maintain some distance if you DO reconnect. Avoid things you used to do, like: • Cuddling or other physical close contact • Spending the night together in the same bed • Treating each other to expensive meals or gifts • Providing consistent emotional or financial support • Sabotaging each other's romantic lives If you will not be able to avoid them, discuss how you will each handle encounters. Keep things polite. If they can't hold the agreement, don't engage them. If you work together, try to maintain the professional relationship. Keep conversations civil and don't gossip You may tell other coworkers, "We decided to stop seeing each other but we're committed to maintaining a good working relationship." Take care of yourself. – Self Care – create a daily routine		Do: Journal. Write down your feelings, focusing on the positive outcomes of the breakup. Research has shown that journaling with a focus on the positive outcomes of a breakup assists with cognitive processing and increase positivity emotions, like comfort, confidence, empowerment, energy, happiness, optimism, relief, satisfaction, thankfulness, and wisdom.	
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	where each day you do something that brings you joy, such as hanging out with friends, having new experiences, or spend time on your favorite hobbies. – Nurture yourself with things like exercise, meditation and cooking good meals. – Do something that helps you process yours feelings, like journaling, talking with a therrapist, or support person. Get enough rest. Get proper nutrition. Express your feelings. You might be feeling anger, sadness, grief, confusion, loneliness. Write down your feelings, illustrate them, or talk with a loved one about them. Movies, music, and books about people going through similar situations help. Don't wallow in your feeling, though. Take breaks from sadness by watching comedy or lighthearted stories. Activities: Write a Sentence or short narrative about your breakup that can reassure you. For example, Ibis suggests writing "I need time and space to reconnect with myself and my needs before I can be in a relaionship with someone. Or, Breaking up is a process and nothing is clear right away."			
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	Avoid social media, and only use it to connect with friends. Don't post about the breakup. If you are living with the person and they move out, revamp your space to help you feel new.			
Analyze personal relationship patterns and emotional triggers to gain deeper insight into past experiences. (Analyze)	Ask questions about learner's relationship patterns and explain how they can help people gain deeper insight.		Analyzing your personal relationship patterns and emotional triggers is a powerful and essential step in navigating a breakup and fostering long-term healing. Rather than simply moving on, this process allows you to gain a deeper understanding of yourself, which can transform a painful experience into a catalyst for personal growth. When we understand our emotional triggers, we Self awareness allows us to examine our behavior and reactions, which is an essential skill for improving our decision making, our relationships, and our personal growth. Self awareness helps us manage our emotional responses. We can also be more empathetic towards others when we know our emotional triggerse, which reduces conflict and strengthens our relationships. As you analyze your relationship patterns and emotional triggers, think about this: • What was the "type" of partner you were consistently drawn to? Did they have similar personality traits or exhibit similar behaviors? • How did conflicts typically play out? Were there repeated arguments or communication breakdowns? • Did you tend to lose yourself in relationships? Did you prioritize your partner's needs over your own, or change yourself to fit their expectations? By identifying these patterns, you can gain insight into why your relationships have ended in similar ways and, most importantly, learn how to avoid repeating the same mistakes in the future. This self-awareness is the first step toward consciously choosing healthier patterns. Understanding Your Emotional	Self-Awareness: Understanding Triggers and Stressors by Yvonne Lee-Hawkins Medium

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			Triggers Emotional triggers are specific people, places, sounds, or comments that can activate a strong emotional response, often rooted in past trauma or unresolved feelings from childhood. In the context of a breakup, these triggers can be incredibly painful. Analyzing your triggers helps you: • Process grief more effectively: A breakup can trigger feelings of abandonment, rejection, or unworthiness. Understanding that these are old wounds, not new flaws, can help you address the root cause of the pain instead of just the symptoms. • Manage intense emotions: Once you identify what specifically triggers you—whether it's seeing your ex's social media, hearing a specific song, or being in a certain location—you can take steps to manage your environment and emotional reactions. This could mean setting boundaries like blocking your ex's social media or creating a plan for how to cope when a trigger arises unexpectedly. • Heal old wounds: Breakups can be an opportunity to heal these deep-seated emotional wounds. By facing the intense feelings your triggers provoke, you can begin to process and integrate them, which is a crucial step toward emotional maturity and future well-being. 3. Gaining Closure and Perspective Reflecting on your relationship isn't about placing blame; it's about gaining a nuanced understanding of what happened. This process can help you achieve closure without needing your ex's participation. It allows you to: • Acknowledge your role: Taking responsibility for your own contributions to the relationship's challenges—without falling into self-blame—is empowering. It helps you recognize where you can grow and make different choices in	
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			the future. • Understand the dynamics: By stepping back, you can see the relationship more objectively, recognizing both the positive and negative aspects. This helps you let go of idealizing the past and move forward with a clearer head. • Learn from the experience: Every relationship, even a failed one, offers valuable lessons. Analyzing the experience allows you to identify your unmet needs, your non-negotiable boundaries, and the qualities you genuinely value in a partner. This knowledge is an invaluable tool for establishing more fulfilling connections down the line. 4. Cultivating Self-Compassion and Empowerment The process of self-reflection can be difficult, but it's also a powerful act of self-love. It's about being kind and patient with yourself, recognizing that healing is not a linear process. By understanding your patterns and triggers, you can: • Avoid self-blame: Instead of thinking "I am unlovable," you can reframe it as, "This breakup confirmed my fear of abandonment, and now I can work on that fear." • Empower yourself for the future: By taking ownership of your emotional health, you shift from being a victim of circumstance to being the author of your own story. You learn that you have the power to make intentional choices for your personal growth and future happiness. • Rebuild your identity: A breakup can feel like a loss of self. Through reflection, you can reconnect with your own passions, interests, and goals that may have been lost in the relationship. This is a critical step in building a stronger sense of self and independence. In essence, analyzing your relationship patterns and emotional triggers transforms	
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			a breakup from a simple end into a profound new beginning. It's an opportunity to heal from the inside out, ensuring that the pain you're feeling now lays the groundwork for healthier, more authentic relationships—both with others and, most importantly, with yourself.	
Evaluate the effectiveness of different responses to breakups, including emotional boundaries, communication strategies, and support systems. <i>(Evaluate)</i>	First, introduce the different responses to breakups and reveal their effectiveness. Then have learners evaluate scenarios using scenario blocks.		Scenario 1: Becky recently decided to break up with Josh. Things were going okay, it's just that her feelings for him changed. Becky would like to be friends still, but suggests they take a break from contact for at least a month. Josh does not want to break up, and continues to try and convince Becky that their relationship will work out. He continues to text her and call, even though she does not respond. It makes Becky very uncomfortable and she decides to block his phone number. Ask yourself – how do you think Josh's response to the breakup is impacting his self-esteem and personal growth? Based on what you have learned, how would you advise Josh? Scenario 2: Ellen and Wynn timer were dating for 6 months. They mutually decided to end their relationship because they determined their values were not aligned. Wynn timer is incredibly upset, but she thinks that being upset won't do her any good. She focuses on work, surrounds herself with people to avoid being alone, and tries to distract herself. Ask yourself – how do you think Wynn timer's response to the breakup is impacting her self esteem and personal growth? What attachment style do you think Wynn timer is demonstrating? Based on what you have learned, how would you advise Wynn timer? ANS: Emotions don't just disappear because you ignore them. They get buried, only to resurface later, often in more intense and unpredictable ways. Suppressing your feelings can lead to a state of emotional numbness, where you lose touch not just with the pain, but with joy and other positive emotions as well. The grief process is a necessary part of healing; by skipping it, you're essentially leaving a wound to fester rather than giving it the time and attention it needs to heal properly. Barris and Kyle have just broken up. Barris decides to take some time for himself to reflect. Kyle, however, in an attempt to avoid being lonely and feeling	

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			worthless, immediately finds a new partner in Jerry. Jerry notices that Kyle talks a lot about Barris and how the relationship devolved. How do you think Kyle is handling this breakup? What advice would you give him? When you jump into a new relationship too soon, you don't give yourself the time to heal from the previous one. This can be unfair to your new partner, who may have to bear the emotional weight of your unresolved issues. More importantly, it robs you of a crucial opportunity for personal growth. The period after a breakup is the perfect time to identify and address the patterns that may have contributed to your relationship's end. Without this vital self-reflection, you're at a high risk of repeating the same mistakes in the new relationship. Skippy and Dimpy have just decided to break up after a torrid 8 month affair. Skippy responds to the breakup by taking time for themselves. They start to journal the positive aspects of what it might mean to be single. They use self reflection to identify the reasons the relationship didn't work out, and they begin to focus on their hobby making music, and reconnecting with old friends. Dimpy, on the other hand, continues to obsess about the relationship. He spends his time scrolling facebook, and looking at pictures of the two of them together. Who do you think is handling this breakup in a healthy way? Clearly Skippy is moving on in much healthier fashion than Dimpy.	
Develop a personalized healing plan that includes routines, goals, and wellness practices. <i>(Create)</i>	Have a downloadable template that has learners think about the plan and fill it out.		Based on what you've learned in this course, let's create a personalized plan to help you through this breakup. We can use the template below to get started. Personalized Breakup Healing Plan: A Framework for Healing and Growth This document is a flexible guide to help you navigate the process of healing after a breakup. The goal is to provide a framework that fosters self-reflection, emotional processing, and a renewed focus on your well-being. Part 1: The First 30 Days (Immediate Action)	

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		The first few weeks are often the most difficult. This section focuses on creating a stable foundation to get you through this initial phase. A. Setting boundaries Goal: Create space to process your emotions without the added confusion of your ex's presence. This is a time to focus solely on yourself. • Rule: • Social Media: • Physical Reminders: B. Daily/Weekly Routine Goal: Establish a sense of normalcy and structure to combat feelings of chaos and uncertainty. Morning Routine (The first 30-60 minutes of your day) • DO NOT check your phone first thing. • Drink a glass of water. • Stretch or do 10 minutes of light exercise. • Write down three things you are grateful for or three things you are looking forward to today. Evening Routine (The last 30-60 minutes before bed) • Avoid screens. • Take a warm bath or shower. • Do a short meditation or practice deep breathing. • Journal about your feelings for the day. Part 2: Emotional & Mental Wellness Practices This is where the real work happens. It's about understanding yourself and your emotional landscape more deeply. A. Journaling for Self-Reflection Goal: Process your feelings, identify triggers, and uncover relationship patterns.	
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			Use these prompts as a starting point. • Emotional Dump: "Today I am feeling... and this is why..." • Relationship Analysis: "What was a recurring pattern in this relationship? What did I learn about my needs, my boundaries, and my communication style?" • Trigger Identification: "What specific things trigger strong emotions for me? (e.g., a specific song, seeing a certain place, a social media post). How can I prepare for these feelings?" • The Future Self: "What kind of person do I want to be a year from now? What qualities do I want to cultivate in myself?" B. Understanding Your Patterns Goal: Reflect on your personal history to understand the "why" behind your behaviors and reactions. • Attachment Style: Research the different attachment styles (Secure, Anxious, Avoidant, Disorganized). Which one do you most identify with, and how did it show up in your relationship? • Old Wounds: What emotions were triggered in this breakup that feel familiar from your past (e.g., rejection, abandonment, not being good enough)? Recognize that these are old wounds that a breakup can reopen. Part 3: Physical Wellness & Self-Care Caring for your body is a powerful way to heal your mind. A. Mindful Movement Goal: Release stress and reconnect with your body. • Weekly Goal: Aim for at least [Number] minutes of physical activity per week. This could be walking, hiking, yoga, dancing, or hitting the gym. • Immediate Action: When you feel overwhelmed, go for a 15-	
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			minute walk. B. Nourishment & Sleep Goal: Support your body's healing process. • Nutrition: Focus on preparing [Number] healthy, nourishing meals a week. It doesn't have to be perfect; just a step in the right direction. • Sleep: Aim for [Number] hours of sleep per night. Establish a consistent sleep schedule. C. Self-Care Activities Goal: Rediscover who you are outside of the relationship. • List three hobbies or passions you may have neglected: 1. [Hobby 1] 2. [Hobby 2] 3. [Hobby 3] • Weekly Goal: Dedicate at least [Number] hours a week to these activities. Part 4: Building Your Support System You don't have to do this alone. • Reach Out: Identify [Number] friends or family members you can talk to. Schedule a call or meet-up with one person this week. • Boundaries: Be clear with people about what you need from them. It's okay to say, "I just need you to listen, not offer advice right now." • Professional Help: If you feel overwhelmed, consider talking to a therapist or counselor. They are a valuable resource for guiding you through this process. My Personal Affirmations for Healing: • <i>I am worthy of love and happiness.</i> • <i>My emotions are valid, and it's okay to feel them.</i>	
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			• <i>This pain is temporary, and it will not define me.</i> • <i>I am strong, resilient, and capable of moving forward.</i> • <i>I am creating space for a better future.</i>	
Reflect on and articulate personal growth, values, and relationship goals to support long-term emotional resilience. <i>(Evaluate, Create)</i>				