

# Healing

AFTER  
A BREAKUP

*By Zoe & Luna*

The first 72 hours are about Emotional First Aid

PART ONE

@the.real.intuition



# AFTER A BREAKUP

*By Zoe & Luna*

*We are so sorry you have to be here, but we are also incredibly proud of you. It takes a rare kind of bravery to sit with yourself when your world has just shattered. Most people run, but here you are, standing in the middle of your own storm, choosing to heal. That choice is your first victory.*

## **The Biology of Heartbreak**

*Right now, you might feel like a stranger to yourself. Your chest is tight, your mind won't stop spinning, and the "brain fog" makes it hard to function. Please know: this is not your fault. To your brain, this breakup is a physical injury. You are experiencing a profound neurological withdrawal. Your system is screaming for the dopamine and oxytocin that once came from your partner. You aren't "weak" for missing them; your body is simply recalibrating after a massive shock.*

## **The Rhythm of Healing**

*Healing is not a ladder you climb; it is a spiral. Some mornings you will feel like yourself again, only to find that by sunset, a song or a scent has pulled you back into the deep. This is not a sign that you are failing. It is the sound of your heart doing the heavy lifting. You aren't trying to forget; you are trying to integrate. You are moving those memories from an open wound into a part of your story that eventually becomes wisdom. You are walking through the fire so that you can reach the other side.*

*You are not just "getting over" someone. You are returning to the most important person you will ever know: **YOURSELF.***

*Take a deep breath. We are going to take this one small, brave step at a time.*

# DAY 1



## THE TACTICAL SHUTDOWN 1

### THE CLEANSE & CONTAINMENT

- **THE NO-CONTACT RULE (NON-NEGOTIABLE):** YOUR BRAIN IS CURRENTLY GOING THROUGH "DOPAMINE WITHDRAWAL" SIMILAR TO QUITTING A DRUG. EVERY TIME YOU CHECK THEIR INSTAGRAM OR READ OLD TEXTS, YOU RESET THE CLOCK. MUTE, BLOCK, OR DELETE FOR AT LEAST 30 DAYS.
- **PHYSICAL GROUNDING:** YOUR NERVOUS SYSTEM IS IN "FIGHT OR FLIGHT." TAKE A 20-MINUTE HOT BATH OR A VERY COLD SHOWER. THIS "SHOCKS" THE VAGUS NERVE AND FORCES YOUR BODY OUT OF A PANIC LOOP.
- **THE "BRAIN DUMP" JOURNAL:** WRITE DOWN EVERY SINGLE THING YOU ARE ANGRY ABOUT, SAD ABOUT, OR AFRAID OF. DO NOT WORRY ABOUT GRAMMAR. GET IT OUT OF YOUR HEAD AND ONTO PAPER.
- **FUEL:** YOU LIKELY WON'T HAVE AN APPETITE. STICK TO "SURVIVAL FOODS"—SMOOTHIES, SOUPS, OR FRUIT. DEHYDRATION MAKES EMOTIONAL REGULATION HARDER; DRINK 2L OF WATER TODAY.

# DAY 2



## THE TACTICAL SHUTDOWN 2

### THE REALITY CHECK

- **THE "WHY IT DIDN'T WORK" LIST:** WE TEND TO IDOLIZE THE PERSON WHO LEFT. WRITE DOWN 10 WAYS THEY WEREN'T RIGHT FOR YOU OR 10 TIMES THEY MADE YOU FEEL LONELY WHILE IN THE RELATIONSHIP. KEEP THIS IN YOUR PHONE NOTES. READ IT EVERY TIME YOU FEEL THE URGE TO TEXT THEM.
- **SOCIAL SUPPORT:** REACH OUT TO ONE PERSON YOU TRUST. TELL THEM: "I DON'T NEED ADVICE, I JUST NEED YOU TO LISTEN FOR 15 MINUTES WHILE I PROCESS."
- **MOVEMENT:** WALK FOR 30 MINUTES OUTSIDE. SUNLIGHT AND BILATERAL STIMULATION (THE LEFT-RIGHT MOVEMENT OF WALKING) HELP THE BRAIN PROCESS TRAUMA.
- **DIGITAL DETOX:** SPEND THE EVENING AWAY FROM SCREENS. READ A BOOK OR LISTEN TO A PODCAST THAT HAS NOTHING TO DO WITH ROMANCE.

# DAY 3



## THE PIVOT

### THE REALITY CHECKDAY 3: RECLAIMING THE "I"

- **SPACE RECLAMATION:** CHANGE ONE THING IN YOUR LIVING SPACE. FLIP YOUR MATTRESS, BUY NEW SHEETS, OR MOVE A CHAIR. THIS SENDS A SIGNAL TO YOUR BRAIN THAT THIS IS A NEW ENVIRONMENT FOR A NEW CHAPTER.
- **THE 15-MINUTE TASK:** PICK ONE THING YOU NEGLECTED DURING THE BREAKUP (EITHER LAUNDRY, A WORK PROJECT, OR A HOBBY). ACCOMPLISHING A SMALL TASK REBUILDS YOUR SENSE OF "SELF-EFFICACY"—THE BELIEF THAT YOU CAN FUNCTION ON YOUR OWN.
- **FUTURE SCRIPTING:** INSTEAD OF "I'LL NEVER FIND LOVE AGAIN," TRY: "I AM NOW IN A POSITION WHERE I CAN EVENTUALLY MEET SOMEONE WHO IS ACTUALLY COMPATIBLE WITH WHO I AM TODAY."
- **THE "GOODNIGHT" RITUAL:** BEFORE BED, LIST THREE THINGS YOU ARE GRATEFUL FOR THAT HAVE NOTHING TO DO WITH YOUR EX. IT COULD BE THE TASTE OF YOUR COFFEE OR THE FACT THAT YOU SURVIVED THE DAY.

# THE HEALING CHECKLIST

## DAY 1: SURVIVAL & SHIELDING:

"HEALING DOESN'T MEAN THE DAMAGE NEVER EXISTED.  
IT MEANS THE DAMAGE NO LONGER CONTROLS YOUR LIFE."

— AKSHAY DUBEY

01

### *No Contact*

Mute/Archive their chat and "Hide" their stories.  
Hydration Hit: Drink 500ml of water right now.

02

### *Hydration Hit:*

Drink 500ml of water right now.

03

### *The Vagus Reset:*

Take a 10-minute hot bath or splash your face  
with ice-cold water for 30 seconds.

04

### *The Purge*

Spend 15 minutes writing a "Brain Dump"—don't  
stop till the timer dings.

05

### *Basic Fuel:*

Eat one full meal, even if it's just toast or fruit