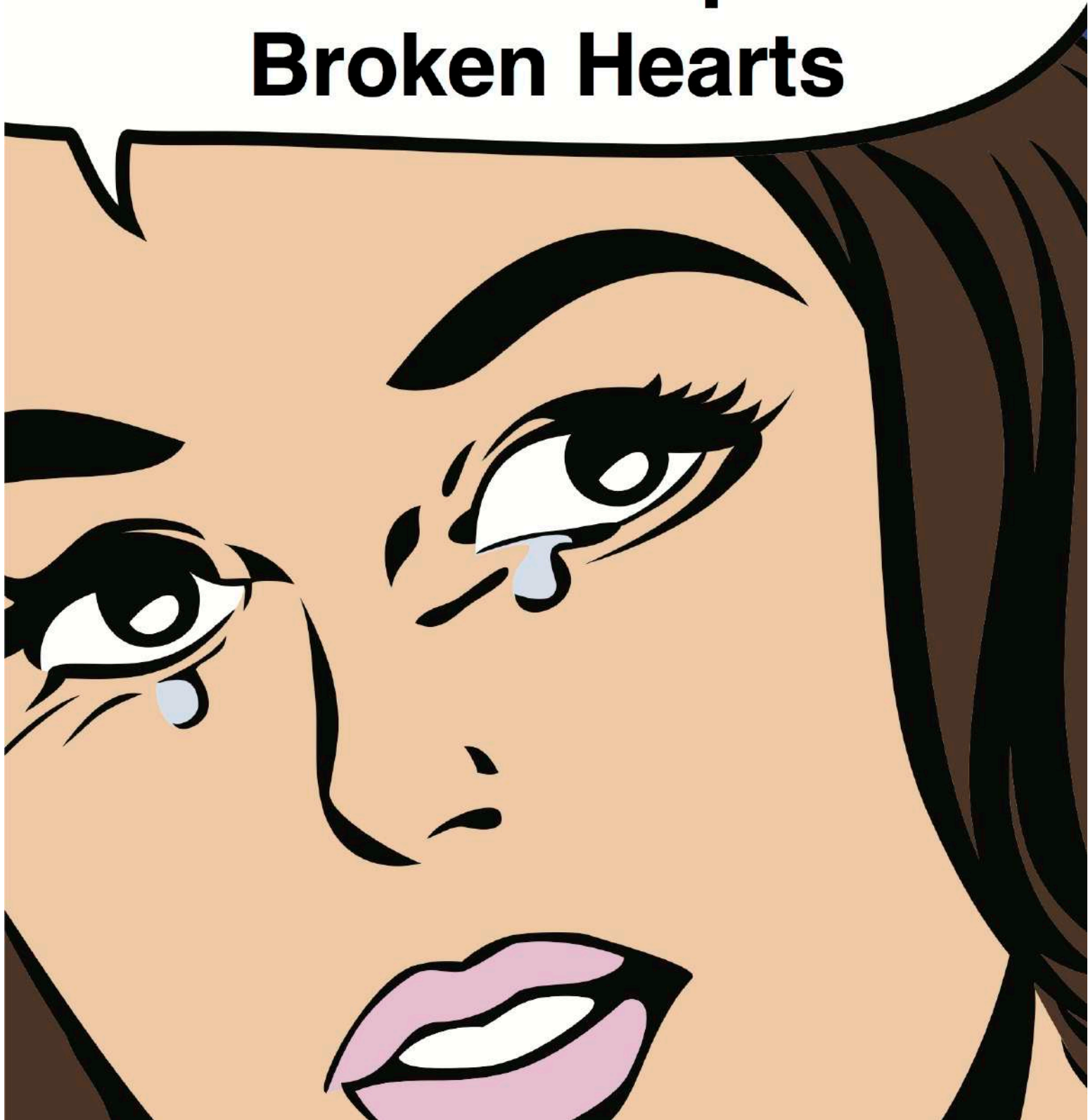


MENDMAKER

**The Survival Guide
For Break Ups &
Broken Hearts**



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MendMaker

The Survival Guide For Break Ups

And

Broken Hearts

Dearest Nanny & Grandad

I dedicate this book to you both.

Your wonderful loving relationship has always been an inspiration to me. Your love, acceptance and commitment to each other enabled me to stay strong during my tough times and keep my belief in romance, marriage and true soul mate love. Thank you for inspiring me to keep my dream alive.

I love you both dearly, now and forever.

Claire x

About:

‘One weekend I hid away in my room and I cried and cried and cried. I told my parents I wanted to die, as



the pain was unbearable. That night I drank another bottle of wine whilst hating the happy people achieving success on Saturday night TV talent shows. It was 3 months after my break up from my fiancé. The pain just wasn't going away and I did not know what to do with it.

I didn't expect I would ever be writing about how to heal a broken heart, I thought that this area of my life was sorted forever. But then it all changed. I felt like utter shit and everyday felt like a fight. After hitting rock bottom I found the strength to get up again and I did everything in my power to discover the stuff that made me feel better, the stuff that healed my heart and now I wish to share it with you' - Claire Anstey

Life is complicated enough when you are dealing with a broken heart, the last thing you need is to commit to a book page by page when you can't even commit to brushing your teeth. So rather than write a long book with hundreds of chapters I created this survival guide. The pages have been divided up into sections and categories based on how you may be feeling at that particular moment in time. Read what feels right for the mood you're in, you don't need to commit to reading the whole book

at once. Each section consists of a piece of writing relating to your emotions and some 'MendMakers'. These are the exercises and personal actions for you to follow that will gradually allow for you to mend that broken heart.

I am also a huge lover of quotes and have included quotes that will lift you from a negative emotional moment, make you think and create a smile.

Inside this book you will find everything I did to heal my broken heart and more.

Come to this book when you are feeling low, when you desperately want to text your ex and eat the entire contents of your fridge. This book is your saviour, use it, love it and join in with the 1000's of others whom are going through the same.

The one thing I learnt on my own journey was that getting your heart-broken is normal - It happens to the best of us. When you live life with your heart on your sleeve you sometimes get burnt - You do not represent Bridget Jones - and this book does all it can to make sure you certainly don't act like her - not in public anyway xxx

And for those that are wondering - Yes I totally still believe in the magic of true love, I am dating and having fun.

Get Involved Online
www.thebreakupsurvivalguide.info

MendMaker

A MendMaker is an exercise you can do or an action you can take that is designed to make you feel instantly better.

These exercises or personal actions will gradually allow for you to mend that broken heart and release the relevant negative emotion.

These MM Categories have been divided up into sections based on how you may be feeling. All you need to do is simply read what feels right for the mood you're in.

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MendMaker

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MM: Anger

For when you want to kick the sh*t
out of them

I actually discovered this exercise from a Louise Hay video. After 2 days in bed crying I decided enough was enough and I watched this video to help me get out of my “I want to die” depression. Louise spoke about an exercise in which you punched all your anger and energy into a pillow. It was a release exercise to get rid of negative emotions that can cause us to hold onto the past and create disease within our bodies. It took me over 2 weeks to take action and to actually punch some pillows, and this was only after I had punched a wall and kicked in the front of my favourite stilettos. - I do not even know why I was wearing such shoes as I hadn't actually left the house but a lot of strange things happened in this dark period that I have no answers for.

I only mention this because I do not want you to wait that long, the quicker you start this anger release exercise the quicker you will feel better - whatever the current result or state of your love life.

This may feel like one of those wacko hippy

exercises at first especially if you haven't ever read any kind of personal growth stuff before but it is more effective than hitting walls and it keeps your hands and your shoes safe.

Find yourself some cushions, I find that the best place for this exercise is your bedroom as you are able to be alone and shut the rest of the world out. The bedroom also holds the memories of passion with your partner and this can cause even more emotion to erupt. This is good as we want to get it revealed and get it out as anger and distress do all kind of crazy stuff to our body and make our mind feel mad as our heart feels broken. Kneel on your bed, grab your cushions and start to punch them. Keep punching them until you are exhausted.

Thoughts and memories may enter your head when you are punching, just let them flow from you and leave you're being, you can imagine these cushions to be anyone or anything you need them to be. Talk to these cushions, shout at them, ask them why, in fact ask them all the questions you need to. You don't even need to make sense. Allow your anger to flow out of you and whack the crap out of these cushions until you can't whack any more.

Your body will feel tingly. You will feel alive, and you will feel stress free and connected to yourself in a way that is really hard to explain without sounding a bit random, but once you try this you will totally know what I mean.

Anger can lie dormant deep inside us, it sits in our tummies waiting for a totally inappropriate moment to ignite into a outburst that gets us into all kinds of trouble and causes us to behave in ways that can hurt us even more. Do this exercise as often as you need to. I would do it at least once a day for a couple of weeks and then whenever you feel sad, angry or slightly mad.

You may find that memories of your childhood or experiences unrelated to this break up come into your mind during this exercise. This is good so just let it happen. All of our experiences make us whom we are today – if something needs to be released let it, it can only be of benefit to you.

Our emotions are important. Notice them, accept them and move through them. You will feel angry inside until you actually express it outwardly from your body, just because you have pushed it to one

side or tried to forget about it doesn't mean that it is gone. Anyone that tells you to deny your emotions in any kind of way is a fool. Yes if you study yourself for years and work on a deep spiritual level you may be able to avoid experiencing anger but if you do experience anger in any shape or form it cannot be denied.

Love your anger. Know why you are angry.

You can only lose something once you own it. So own it, experience it in your own controlled environment where it can hurt no one and then let it go.

Still want to kill your ex? It is time to ponder on these thoughts. Go to page 135

**Don't want to ponder? Want to scream?
Go to page 68**

MM: Destructive Behaviour

Right Now Is The Perfect Moment

Whenever your mind goes off and thinks about the bad stuff of the past or your worries of the future you need to change your mind and deliberately think about the now.

The key is to think about your life in that exact moment. Not what happened this morning and not what will happen yesterday.

MendMaker – Right now is the perfect moment.

Take a deep breath and write down anything that you don't like about yourself right now – if you find yourself writing about the future or the past STOP - it doesn't exist.

This exercise is a great way of starting to train your brain to live in the here and now, and you may get some new revelations.

I found that this was a great exercise to do at my desk when having a desperate emotional moment. I could write it all down in an email and then delete it.

It was a great way to vent and although I often found myself hating myself in my writings it was a great release for me. The more I did this exercise the more the self hating stopped, eventually I was writing about good things and you will do – We just need to get the negativity out first.

The thing to remember is that all of our emotions are important, the good and the bad – it is just about learning the techniques that will enable you to manage them, understand them and banish the ones that do not nourish us.

Can't focus – Go to page 124

**Need to face your future, as now is agh.
Go to page 126**

Quotes

For Revenge & Resentment (Forgiveness)

“An eye for any eye would make the whole world
blind” – Mahatma Gandhi

“Always forgive your enemies nothing annoys
them more” – Oscar Wilde

“When we are unable to find tranquility within
ourselves, it is useless to seek it elsewhere.” –
Francois de la Rochefoucauld

“How people treat you is their karma; how you
react is yours. “ – Wayne Dyer

“The weak can never forgive. Forgiveness is the
attribute of the strong.” – Mohandas K. Gandhi

“Peace of mind comes when we exercise our right
to be honest, especially with ourselves.” — Jack
R. Rose, The Cedar Post

MM: Pain

Heal The Pain Of A Break Up With The Pain Pages?

Regret, sadness, resentment, relief, loss, grief, a mixture of emotions so huge I have created a book out of them.

Whatever emotion you are feeling right now or were feeling a few hours ago will be causing you pain in some shape or form. It could be physical pain, emotional pain or both. The term heartache is very apt as it is not unheard of for our heart to feel like it is physically aching when we go through a break up. For me I lost a huge amount of weight in a few days, my heart ached and my belly hurt. The feeling was so deep I really did feel that it would be easier to go asleep and not wake up. I remember having moments where I would actually understand how and why old lady's can die a few days after their husbands; I would then cry some more as it was highly unlikely that I would ever have a husband to die for. The pain made me very dramatic.

Pain is sh*t, it is not a nice experience and it feels even worse when it has the bitter taste of a break up attached to it. So the question is how do you stop

this pain?

The funny thing about pain is that it is usually pointing to something that you need to heal or look at within your life.

My man had treated me like a fool and lied to me about some pretty serious stuff. Morally I knew what he had done was wrong and that he was weak, but I was weak too as without him I didn't think I was complete. I didn't think I could be happy. And most importantly to me at the time I wasn't like everyone else my age without him at my side. I needed him for all the wrong reasons, reasons I needed to become aware of and heal for myself. What is your pain telling you?

I found it hard to listen to my pain at first. It just hurt too much, but the more I tried the more I began to understand it and with that it faded slightly.

Now this may seem a little weird to you but pain is always telling us something and we owe it to ourselves to listen. A great way I found to do this was with the following silent listening and writing exercise.

MendMaker: The Pain Pages

Find a quiet spot, sit quietly, close your eyes and

turn off all distractions like your phone or the Internet.

Take a few moments to quiet yourself by breathing deeply into your tummy. If thoughts come to you acknowledge them and let them float away like clouds and bring your attention back to your breathing.

When you feel relaxed move your attention to your heart and breathe into the heartbreak. Just allow yourself to fully pay attention to this area of your body and the pain of your broken heart. Do not have any judgment just breathe and listen.

The aim is to be totally focused on yourself and how your heart is feeling, as thoughts start to enter your head, pick up your pen and paper and start writing these thoughts down. You may stop and start and go back to breathing and focusing on your heart in between or you may find you start writing and can't stop for ages. Get it all out. This really is about what works for you. You don't need to worry about what it looks like or even think about what you are writing just get it out.

Write down what the pain of your heart is saying to you. Don't question it – Let it flow out. You can read

it a little later; at this point it is only important to focus on listening to what the pain is telling you and to keep the writing flowing.

Keep going until you have exhausted yourself of your thoughts and writing. There is no time frame on this; you will know when the time feels right. Do not do yourself a disservice by stopping too soon. You deserve to give yourself this time and healing.

Relax and breathe for a few moments once you have decided to stop and when you feel completely back in the room take a few minutes to grab yourself a glass of water and refresh yourself.

Once you have drunk your water take your writing and read over it. Drinking the water is more of a distraction to break your state to be honest – drink whatever you wish, go to the toilet, have a fag, do whatever you need to do before you sit down and read through your Pain Pages.

Now it is time to read over your Pain Pages. As you read do not judge yourself just think about what you can learn and what you have realised.

Once read it is time to let this pain go, place it in your House of Pain box (another MendMaker exercise within this category) and know that it is out

of your system. If you haven't created a pain box you can destroy this pain by stamping on it, tearing it into tiny pieces and then throwing it away.

This exercise is great, I found myself doing it on train rides and all sorts. It allows for an immediate deep release of your hurt. We should never deny ourselves our pain. We can only experience true heartbreak pain because we have experienced true love. The more you do this exercise the more you learn about yourself. This exercise helped me feel dramatically different in a short space of time. I realized that I had beliefs about myself from childhood that had been affecting my choices in relationships. This exercise helped me grow strong and confident and I now know that in my next relationship I would not settle for anything less than a respectful and kind partner.

**Pain not gone away? Still feel alone?
Go to page 30**

**Did this exercise bring it all back? Remember
how courageous you are go to page 124**

MM: Single & On Own

Partner Replacement Get Others To Do What They Used To.

Losing someone you love is shit. It feels shit because you love them, they didn't love you enough, you miss them and let's be honest they did stuff for you and not having them there is extremely inconvenient.

How the hell are you meant to change a light bulb? Who will do your tie in the morning? And who will now take the bins out on a Wednesday night?

Whether you have been with someone 20 days or 20 years it is hard to adjust once they are gone. They did things for you and it made you feel good. It gave you comfort, attention and sometimes you just didn't know how to do something and they did. When it comes to the things that we do for each other in relationships we get into patterns and both parties take on certain duties or roles. When you're feeling down and something breaks or you burn your dinner you are then reminded that you are only 50%

of what you once was and you feel that all that is left behind is the useless 50% and that you just can't cope without them.

This is of course totally untrue but at that moment you reside yourself that you will be eating burnt dinners on your own and in the dark forever.

I held on to my childhood sweet heart for years after we broke up. We loved each other deeply but for 1000 reasons it just wasn't right for us to get back together but I couldn't let him go. It was too hard for us to be friends and hang out together. Every 6 months we would try again but it would go wrong as we loved each other but we wasn't 'IN' love with each other anymore, but when I needed anything he was the first person I called. I called him when my car broke down, when my Nan was ill, I called him from the toilet of my friends house when I had got drunk and woke up with a man my bed. He was always there for me and I needed him. When he took his own life it turned me upside down, it changed my life forever as not only was he gone, for the first time since I was 17 I was alone.

Mend Maker: Role Replacement Recruiting Exercise

The following exercise I did to help me get over this sense of loss and I feel that whether you lose someone in a break up or through death the sense of grief and loss is very much the same. This exercise helped me realise that I wasn't alone, I realised how new people had started to enter my life that were taking over the roles that were once Aarons. Three months before Aaron died I met my friend Andy D and he became the man in my life that I would share my heartache with, just like I had done with Aaron. I had also found Tyson my NLP teacher that became the wisdom that Aaron used to give me, my university friend Lee came and did all my DIY and my brother took many of Aarons roles, to many for me to list and I will never forget his kindness.

For the context of this book we are using this exercise to look at what your partner did for you and what you just can't do by yourself since they have gone. You will then look at whom has taken over this role already and/or whom you can ask to help you.

Yes I agree having your brother change your spare

tire and get hot sweaty and covered in oil is not quite the same as watching your sexy man do it but it gets the job done fast and takes the edge of you feeling lonely and destitute.

Copy the heading from the below list and start by writing out everything that your partner did for you that you miss and that you can't do without them then answer column two or three depending on what fits best. You will be surprised how many people in your life have taken on these roles within your life.

What Partner did for you?	Who Does It Now	Who Could
Took Out Bins	I have too	My new housemate
Was there in Emergency	Nicola & Lucy	
Loved Me	My Family	

OK so yes I understand that this exercise won't bring your partner back and that's what you want right now but do look at your list and try to feel loved

in some way. All these people are around you because they love you and care about you. They will make sure that you don't have many more dinners for one in the dark. It is important that you remember that they are there for you and do not be shy in asking for their help and company, after all I am sure you wasn't shy at nagging your partner to take out the bins was you.

Still feeling lonely go to page 30
Need a laugh go to page 131

Quotes

Lonely & Single

“I don’t need a man to rectify my existence. The most profound relationship we’ll ever have is the one with ourselves.” – Shirley MacLaine

“Being single used to mean that nobody wanted you. Now it means you’re pretty sexy and you’re taking your time deciding how you want your life to be and who you want to spend it with.”
- Sex and the City

You are not alone 531,925 others will be dumped today
531,925 will experience their relationship break up tomorrow - Unknown

“That fear of missing out on things makes you miss out on everything.” By Etty Hillesum

Quotes

Lonely & Single

“If you are single there is always one thing you should take out with you on a Saturday night... your friends.” – Sex in the City

“Despite everything, life is full of beauty and meaning.” – Etty Hillesum, *Lettres de Westerbork*

MM: Pain

House Of Pain

A Place For All Your Sadness

My head felt like it was going to explode. I didn't know where to start and I couldn't control my tears. I would cry at work and burst into tears on the train. I felt so ashamed of being dumped, of failing in my love life. I didn't want to talk to my friends. I knew that they were all there but saying it out loud was just all too much for me.

I was so ashamed that I had been dumped.

But with the pain erupting inside I knew I had to get it out, with his pictures still on the wall I knew I couldn't cry over them anymore but I didn't want to throw those memories away

So I created a special box, a box for my pain and I named it the 'house of pain'.

Inside I placed all of the pictures, the letters and the hurt. I had kept a memory boxes for each year of high school and it just felt so right to find a place for the pain in the same way I had found a place for my

teenage thoughts.

Every time I felt the need I would write about the pain, often by doing an exercise that I have placed in this book and I would allow the pain to leave me and flow on to the paper and then take residence in the 'house of pain' by me popping it in the box. I advise you to do the same.

Create your box and decorate it how ever you wish, you may choose to just leave it blank and hide it in your wardrobe. An old shoebox, a gift box or even a cardboard box from the supermarket, the choice of box is up to you. This is now the house for your pain, your bad thoughts and the negativity within you. You can write it down, let it leave you and place it in its new home.

The day I decided to create this box was also the day I decide to clear up his memory, I spent a few hours gathering what was left and I tucked it up in a bigger box and placed it in my parents loft to deal with another day when I felt stronger and at ease with the break up. This action is not about avoiding the truth or your pain. It is about facing the pain

head on. It is about becoming strong and taking control as you make the choice to remove it from your life.

Need to scream all your pain out?

Go to page 59

Would rather shout and call them nasty names?

Go to page 64

MM: Depressed

When Even Your Favourite TV Doesn't Cheer You Up

Feeling down and crap about the breakup made me want to be alone. I didn't want anyone to see me feeling so miserable so I hid and wallowed in it quietly in the comfort of my own home. But then when I tried to cheer myself up again I was so low and felt so crap about myself that I just couldn't find it inside myself to feel happy. Even Sex In The City didn't cheer me up. I just didn't know what to do. Knowing that the dramatics of life and emotional meltdowns were all part of being a cool hip Carrie kind of girl just didn't do the trick anymore.

So that was when I had to draft the real friends in and that is exactly what you are going to do.

Friends love us, they listen to our moans, they let us borrow their favorite dress and they hold our hair whilst we throw up. But sometimes when our shit really hits the fan we hide from them. We tell them that we are ok when all we really need is our friends around us, making us laugh whilst wiping our snot

from our nose as we cry about that boy.

Feeling down makes us feel alone and when you add the break up bullsh*t to the mix too life can feel like a utter disaster. Life is not a disaster, you have plenty of magic and love still in your life and you are going to nourish yourself with it.

You have friends that adore you and this is the time to surround yourself with them. You are going to arrange a MendMaker Sisterhood Sleepover.

Gather all your friends over for a girly night and sleep over. It IS time to fully embrace the love of your friends whilst eating your favorite food, drinking your favorite drinks, and laughing about the good times. Pamper yourselves with face masks and manicures. Watch your favourite chick flicks and sing on karaoke. Do all the things that friends are meant to do, laugh, laugh and laugh some more. And if the mood takes you cry it all out over their shoulders.

We can only think of one thing at a time, I know us women are able to do 6 things at once, but the truth is we can only think of one thing at any one time. For

example you can't be depressed and happy at the same time. Nourishing ourselves with the relationships that are right in our life will make you feel happy, make you feel fulfilled and make you realise that you can and will take on the world – with or without a man in your life.

When we have all our wonderful friends around us they will only let us focus on the good stuff. Even after the wine when your mind slips back and allows your sad emotions to creep through your friends will be there to pull you out of it again.

Enjoy your sisterhood sleep over and book them in as often as you can whilst healing your broken heart. Your sisterhood sleep over is a safe place for you to be whilst your nurse your emotions back to health. Yes you may not want to go out, you may never want to see another man again and that at this moment is fine. But when we feel like this and when you feel down and alone you must and I been **MUST** pick up the phone and get your girlfriends round and enjoy the fact that each one of us has their very own

Carrie Bradshaw, Charlotte York, Miranda Hobbes
and Samantha Jones.

Need instant smiles?

Go to page 130

Feel like Bridget Jones's fat ugly friend?

Go to page 103

Quotes

Anxiety & Panic

“Anxiety is the dizziness of Freedom” – Soren
Kierkegaard

“It’s weird...you know the end of something great is
coming, but you want to hold on, just for one more
second...just so it can hurt a little more.” –
Unknown

“Anxiety is the space between the “now” and the
“then”. – Richard Abell

“I keep the telephone of my mind open to peace,
harmony, health, love and abundance. Then
whenever doubt, anxiety, or fear try to call me, they
keep getting a busy signal and soon they’ll forget
my number.” - Edith Armstrong

“Every tomorrow has two handles. We can take
hold of it with the handle of anxiety or the handle
of faith.” - Henry Ward Beecher

Quotes

Anxiety & Panic

“A crust eaten in peace is better than a banquet partaken in anxiety.” – Aesop

“Friendship makes prosperity brighter, while it lightens adversity by sharing its griefs and anxieties.” - Marcus Tullius Cicero

MM:

Envy & Jealousy

Because You're Jealous & Don't Know Why

What we resist persists – so indulge in it.

I am a great believer in fully experiencing your emotions so that you can own them. Once you own them you can lose them and you do this by working out how to get through them and thus change them to positive ones.

Jealousy and envy feel like such nasty emotions that even my own beliefs struggled at first when I discovered this exercise. Part of me thought that I was a bad person for feeling this way so the idea of indulging in these feelings didn't seem right, even with all the experience and knowledge that I have.

But I trusted and I did the exercise, and I got to the other side understanding why I had these emotions. By allowing myself to fully experience them I opened myself up and allowed myself to create understanding.

I discovered that on the surface I had managed to convince myself that I was feeling bad about feeling

jealous of other people whom I loved dearly. But when I looked deep down I realised that this was just a cover up story that I had fed myself. I was actually feeling bad because I thought that I wasn't good enough to experience what they had. My issue was with lack of self-esteem. My jealousy was hiding my truth and the truth was that deep down I didn't feel good enough to have good stuff in my life and this included marriage, babies and all that adult relationship stuff.

By telling yourself that you shouldn't feel jealous you will never be able to get it out of your system. If you can bring your awareness to it like I did you will allow yourself to understand where this emotion truly comes from.

By deliberately focusing on it and asking yourself why, you get the answers from deep inside and the emotion leaves you.

This MendMaker is an alternative way of getting to the same answer from your ego that you are trying to reach in other MendMakers in this section. You may find you work better by seeing things visually in your mind or by seeing your answers on paper or you may need to physically feel the emotion in your

body. There is no right or wrong and you will find your favourite way of working but do try each MendMaker a couple of times before you start choosing favourites.

MendMaker Exercise:

Find a place alone, close your eyes and relax. You may find that lying or sitting on your bed in the privacy of your bedroom would be good for this. Allow your feelings of envy and jealousy to come to the surface. Really experience them. Go over the situations in your mind that create these emotions. Where can you feel this jealousy in your body, is it in your throat, stomach or chest. What exactly are you jealous and envious about, really feel those reasons and ask yourself deep inside why you are feeling how you a feeling. Keep asking your self the question until you get an answer that frees you. This may sounds a bit hippy but when you get to the right answer you body will change, it will feel lighter and your head will clear. Trust that you will know and keep going until you have this feeling. As the answers come to you the emotion will dissolve and only when this happens is it time to bring your

awareness back to the room and open your eyes.
If you don't get your answers, do not worry.
Everyone is individual and it is important to work at
your own pace. Repeat this exercise until you do get
your answer, it will come. You are making huge
changes within your emotions and growth each time
you do any MendMaker so know that every moment
of time you spend on them is doing you good.

Quotes

Desperation

“Being single used to mean that nobody wanted you. Now it means you’re pretty sexy and you’re taking your time deciding how you want your life to be and who you want to spend it with.”- Sex and the City

“Your attitude can take you forward or your attitude can take you down. The choice is always yours!”

Catherine Pulsifer

Are you ready to make the choice? What is it you want to be, where do you want your life to go from here? Your happiness does not rely on the love of another it relies on the love and respect you have for yourself and your future. Be Your Happiness.

Quotes

Desperation

“Don’t cry because it’s over. Smile because it happened.” Dr. Seuss - 1904-1991

Hard because it hurts, but what did you learn from this relationship? Nothing is pointless if we grow from it. What did your ex teach you about yourself? What did you experience and what wisdom do you now have that you can share with others? Some people go through their whole life and they have never felt the beauty of true love within a relationship. Be thankful in the knowing that you have experienced true love even if you are now experiencing the pain of its loss.

“Anyone can give up, it’s the easiest thing in the world to do. But to hold it together when everyone else would understand if you fell apart, that’s true strength.” – Unknown

You may feel like your hanging on by a thread some days but know that you will make it. You are not anyone. You are you and you are amazing. You have true strength.

MM: Depressed

When Everyone Else's Good News Makes You Feel BITTER

Within 5 months of my breakup two of my best friends got engaged, one got pregnant, one bought her own flat and then my younger brother proposed to his girlfriend. I was deeply happy for all of them but I would be lying if I said it didn't affect me at the time. Thinking that my wedding cake would be turned into their engagement cake was just too much to cope with.

For months every time I would hear of other peoples good news I would get a huge burning of emotion in my throat.

When everything in your world has gone wrong it is so hard not to feel the blow when others talk about their bliss. I would get totally envious and use the "why not me" syndrome. Why does she have everything, why is life so easy for him. I try so hard and I get shat on all the time. Life isn't fair!

Feeling sorry for your self is allowed. But just for a bit, and then it has to stop.

You need to find the empowerment within the change you are experiencing otherwise you just become sorry for yourself and it causes you to give off the most unattractive vibe to others.

What we focus on we get more of, our vibe attracts what we think about most. Your subconscious will start to believe that everything good only happens to other people and that you only want to attract idiots, liars, cheats and fools if you remain in this negative state of mind. It will start to do exactly what you tell it and you will meet more idiots, liars cheats and fools, exactly what you don't really want. You see the subconscious has no filter it doesn't understand your complex mind, it doesn't understand that although you are focusing on a negative such as "good stuff only happens to others" you really mean "I want good stuff too, I want it all the time, I want to be a huge success in love, life and all."

So how do we tell our subconscious what we actually want when we just cant help dwelling on our pain. The key is to join others in their experience of joy. When we allow ourselves to experience their joy

we will be also creating the emotion within our own self and this allows for us to start attracting joyous experiences into our life. Remember you are what you think and feel about most. It is time to really experience their joy. Actually feel it in your tummy, be excited, a fake smile is not good enough. You have to create the emotion inside if you. Be happy when other people have what you wish for. Them having what you want is proof that good stuff, fairytale relationships and dreams do come true. When all your chips are down don't hate them remember that they are doing you a favour by reminding you that these things are still possible. Yes it will be hard at first but celebrate with them knowing that when your time comes they will celebrate with you as well.

MendMaker Exercise:

To help you lift yourself out of your “why me” mood your Mend Maker is your very own personal inventory. A personal inventory enables you stop feeling so sorry for yourself. It is a physical list of all the blessings in your own life. All the things you are thankful for. Your eyesight, your family, and your friends have been supporting you through this tough

time; add them to your list. Add your good looks, your loyalty, kindness and good sense of style.

Write a list 60 things by the end of today and keep adding something daily until you have reached 100.

If you are finding yourself falling back into moments of envy and jealousy keep your personal inventory handy and read it to yourself every time you feel like you have absolutely nothing going for you and when you feel like your life is over and your going to be on your own forever.

It is all too easy for us to fall off the wagon when it comes to keeping our emotions stable whilst experiencing the pain of a break up but little simple steps like taking 5 minutes to read this list will get you back on the straight and narrow.

**Keep focusing on the good thoughts by going
to page 101**

**Still need to remove those negative emotions?
Go to page 13**

MM: Isolated

Do All The Things Your Partner Didn't Like Or Want You To Do.

Sitting around moping is just not good enough..
Thinking about what you have lost and hiding away
is doing you no good.

It is time to think of all the things you have gained.
You have total freedom.

You can do what you want when you want and this
MendMaker is all about making sure that you do.

Write a list of everything your partner didn't like you
doing. Did he or she not like you wearing a certain
pair of shoes? Did they stop you from drinking on a
school night? Did they not like you hanging around
with a particular friend for a reason you never quite
understood? Write it all down

And then, just do it. Tick off your list one by one.

You are free to do what ever you want. You should have never altered yourself in any way to suit someone else. Yes you are a good kind considerate and loyal person but being loyal and kind to others should not mean that you can not be kind and loyal to yourself. You have to start with you with everything you do in your life .Be kind to yourself by being totally who you are. Our partners should compliment us and never hold us back.

Your partner held you back if you have a list, its that simple and now you are free so go tick of that list.

Feel liberated?

Get your friends involved and go to page 35

Hate your ex for controlling you?

Scream this anger out now. Go to page 59

MM:

Envy & Jealousy

When Everyone Else's Good News Makes Your BITTER

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**Why do you still feel confused?
Find out by going to page 64**

Rediscover who you are by going to page 101

Quotes

Depression

“Some people are settling down, some people are settling and some people refuse to settle for anything less than butterflies.” – Sex in the City

“When one door closes, another opens; but we often look so long and so regretfully upon the closed door that we do not see the one which has opened for us.” Alexander Graham Bell

“I was never one to patiently pick up broken fragments and glue them together again and tell myself that the mended whole was as good as new.

What is broken is broken — and I’d rather remember it as it was at its best than mend it and see the broken places as long as I lived.” Margaret Mitchell

“A man is usually more careful of his money than he is of his principles.” Ralph Waldo Emerson.

Quotes

Depression

“In three words I can sum up everything I've learned about life: it goes on.” — Robert Frost

“Insanity is doing the same thing, over and over again, but expecting different results.” — Albert Einstein

MM: Anger

For When You Need To Scream It All Out

Get in your car and go for a drive. (If you haven't got a car, try a open space just remember you don't want anyone to think you are being murdered so make sure no one is about)

And then when the surroundings feel right scream.

There won't ever be a right time for this so don't wait just take that risk that chance and go for it.

Scream and shout at the top of your voice, shout at the person you need too, actually imagine them in front of you, if you aren't actually driving imagine yourself punching the hell out of them if it helps, physically do the movement, go for it.

It may make no sense but if it feels right just scream it out and shout until you feel physically exhausted

You will feel the pain tingle and move from your body. You will feel fantastic.

For those that really can't find the relevant place or vehicle to make noise it is ok, although this is amazing so do try harder. You can get a similar sense of release from punching your bedroom pillows like discussed in another MM Anger exercise called "For when you want to kick the sh*t out of them" but I can't deny that there is something quite magical about shouting and releasing the noise of your pain.

Cry, shout and imagine you are standing with whatever or whomever you need too when you do this just make sure you pull over and turn of the engine if you need to close your eyes and get some movement going. Get that sh*tty anger and pain out of your body. Scream and go for it until you are exhausted.

I have my dear friend Keeley to thank for this technique. Whilst moaning about how my mind and emotions were going round in circles, for about the 10th time that day she told me to scream whilst we were stuck in traffic. A truly amazing moment and

KP thank you so much for sharing this bl*ody marvelous act of randomness, did she make it up herself? was she taught it by a wise old man in the outback in Australia? or just driven insane by the male specie and my moaning?. I have never asked her actually I will let you make your own mind up.

Want to try the punching exercise?

Go to page 13

Need to relax and lose your anxiety?

Go to page 30

Quotes

Nobody Understands

“Everything that irritates us about others can lead us to an understanding of ourselves” – Carl Gustav Jung

“The risk of love is loss, and the price of loss is grief

-

But the pain of grief
Is only a shadow
When compared with the pain
Of never risking love.”
- Hilary Stanton Zunin

“The one who understands does not speak; the one who speaks does not understand” – Chinese Proverb

“Always forgive your enemies; nothing annoys them so much.” – Oscar Wilde

Quotes

Nobody Understands

“We are all in the gutter, but some of us are looking at the stars.” – Oscar Wilde, *Lady Windermere's Fan*

“Everyone striving to be witty and sought-after, everyone talking and no one listening...” – Lisa Kleypas

MM: Anger

For When You Want To Tell Him Exactly How Much You Hate Him

Getting your emotions out without looking like a wild banshee is key when riding those ba*tard emotional waves of a break up and trying desperately to keep your dignity.

When you can't scream or beat up your pillows a good old-fashioned paper and pen is where anger release is at. It is time to write down what you want to say to your ex.

Not really much explaining to do for this MendMaker Exercise as all you need to do is write you're ex a letter. It is simple, you just need to pick up a pen and put all the words and emotions you have about them down on paper. Tell them exactly what you think of them. Write in capitals, in your best joined up, in blood if it makes you feel any better just get those thoughts, feelings and hardcore wild emotions out. It is also important that you do actually hand write this.

These words and your personal expression of your emotions needs to be impressed onto that paper.

Don't think about what you are writing, don't analyse it or worry about being irrational. This MendMaker is here to get these thoughts and feelings out of your system. What ever comes out is perfect and exactly what needs to leave your system. Write and write until you have nothing left to say.

The paper and ink will be full of negativity after you have finished writing. All the bad stuff you don't need in your life anymore will have moved from your hurting heart to the paper in front of you. So once you feel finished it is time to remove this anger permanently from your life by destroying the letter you have created. How you destroy it is up to you, you can rip it up into tiny bits flush it down the toilet or throw it on a fire – Please just be safe and don't do anything dangerous if you do decide to burn your letter.

As you see the paper disappear imagine all that negativity from your heart going with it. If you would

like imagine a colour leaving your body and chasing the paper down the toilet bowl or into the fire. The colour can be anything you wish. When I did this mine was a nasty dirty green colour, yours will naturally come to you, don't question it just let it flow. Keep your eyes open when you do this. It is important that you totally rid yourself of this anger by allowing yourself to see it disappear in front of your very eyes. The flow of colour that leaves your body represents the negative energy and painful emotions that are actually leaving your body as you do this exercise. By doing this visualization you are deepening the experience and although it may be a very new and strange thing to do try and be open to it as it is very cleansing.

You can do this exercise as often as you wish. If you find that writing really helps you may choose to take it further and create a daily journal. Julia Cameron encourages journaling in her famous book *The Artist's Way*, a book about rediscovering your creative self. A book I would totally recommend to those that discover that there writing sets them free in some way.

Writing and releasing your emotions is very therapeutic and allows for an emotional release without any backlash for the person you are directing your words at. Due to the content of your writing it is important that you keep your written outbursts safe from the eyes of others, there are plenty of online journal websites that enable you to join for free and get writing, no one will ever see it and what's more you can do it at work and look like your totally busy whilst manically writing about your ex and how you want to rip of their head and sh*t down their neck for all the pain that they have caused you.

Fancy having a scream now?

Go to page 59

In need of some quiet inspiration?

Go to page 124

MM: Depressed For When You Just Don't Understand Why You Feel So Crap

Whilst trying to deal with my own envy and jealousy I read on a website forum about the idea that our feelings are messengers. This idea suggested that the envy I was feeling was trying to tell me something. It was trying to tell me about an unmet need I had somewhere. It sounded like madness at first but it was actually my friend's boyfriend whom reconfirmed the idea after I asked his advice on how to deal with how jealous I was feeling.

He said "you are jealous because you know deep down that your relationship wasn't good enough and that you settled and ignored all the signs. You are annoyed at yourself as you know that you have been a bit foolish, your jealousy isn't about other people its about your own disapproval of your own actions"

Quite a profound moment at 5am after a hard night of trying to find the answer in a bottle of brandy and bag of pills , after a big huge 3 hour cry I got so many negative feelings out my system and came to

terms with this new understanding. I resented my circumstances, I knew deep down that I had let myself be treated in a way I didn't deserve and I had become jealous of everyone else's strength in knowing how they should be treated in a relationship and wanted to be strong too. It felt amazing to understand my emotions. I had negative beliefs that wanted to be found so that I could change them. It was a revelation. It felt so good to know that I wasn't a bitter old bint.

Envy and Jealous can stand for many things and I have noted some of the reasons behind these emotions below, these are just there to give your subconscious a little nudge in the right direction, pay attention and know it's time to speak up. Now I am not expecting you to go out and get drunk on brandy and ask your friends boyfriends for help like I did so I have created a MendMaker exercise so that you too can find out what the heck is going on inside if you too.

Deep down like me you know the answer already but it is so scary to admit and you are scared and

that's ok but you will feel such a sense of relief when you find the answer.

ENVY:

Feelings of inferiority, Longing, Resentment of circumstances, Ill will towards envied person often accompanied by guilt about these feelings, Motivation to improve, Desire to possess the attractive rival's qualities, Disapproval of feelings.

JEALOUSY:

Fear of loss, Suspicion or anger about betrayal, Low self-esteem and sadness over loss, Uncertainty and loneliness, Fear of losing an important person to an attractive other, Distrust

MendMaker Exercise:

To find the message in your own emotions try this mendmaking exercise.

Complete the sentence: **I am jealous and envious of because.....**

Once you have completed this sentence ask yourself “But why” and write down your answer. Repeat “But Why” until you feel that you have finally got to the bottom of your emotion and feel relieved of its answer as you unveil it.

You may need to repeat this 50 times, it may take only 3. Do whatever is right for you; there is no exact layout for this MendMaker. Just keep going until you know you have found the reason behind your emotions, you should get to your final “but why” and have the same answer as the one before. Keep going with your ‘but whys’ until you feel you have discovered something amazing. You really should have a bit of a ‘fu*k me’ moment when you uncover it. If you just can’t get any answers whilst doing this on your own. Do the exercise with a friend whom you trust. Just do the exercise verbally rather than using pens and paper. All your friend should be saying is ‘But Why’ over and over and encouraging you to answer each question fully until the answer reveals itself.

Push yourself and go deep into this, saying that you are jealous because you are scared of losing them to some one more attractive is not the belief behind

your emotion. Your belief would be that you don't think you're good enough or attractive enough for them. Your own self-esteem would be causing this jealousy. Once you have found the belief you can work on improving yourself esteem or whatever it is that comes up.

And please remember don't ever be afraid of finding out a negative belief or a weak behavioral pattern. Once it is discovered you own it and you can then change it by taking it to the correct MendMaker in this book.

Please note: We have used this exercise to find the reasons behind your envy and jealousy but this MendMaker can used to get to the core belief of any negative emotion you are experiencing.

Still feeling isolated?

Go to page 152

Want some easy quotes to read?

Go to page 62

Quotes

Guilt

“Don’t spend time beating on a wall, hoping to transform it into a door.” – Coco Chanel

“I have no regrets in my life. I think that everything happens to you for a reason. The hard times that you go through build character, making you a much stronger person.” – Rita Mero

“Selfishness is not living as one wishes to live, it is asking others to live as one wishes to live.” - Oscar Wilde, *The Soul of Man Under Socialism*“

Each of us must turn inward and destroy in himself all that he thinks he ought to destroy in others.” – Etty Hillesum

Quotes

Guilt

“To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment.” – Ralph Waldo Emerson

“I'm selfish, impatient and a little insecure. I make mistakes, I am out of control and at times hard to handle. But if you can't handle me at my worst, then you sure as hell don't deserve me at my best.”
– Marilyn Monroe

MM: Confused Interrogate & Find Your Answers

Thinking that you have found the one feels amazing, when you are falling in love the world around you is sweet and you can take on the world. Finding out that you are the only one that feels this within a relationship can come like a shock. How can something that you thought was going so right go so wrong?

Whether your lover ran off with your best mate, dumped you by text or did the 'It's not you its me' line it all feels the same, bloody confusing.

Some may get the final conversation that they needed for closure and for others this love disappears into the night as they crumble with the bereavement its death leaves behind. For me I just didn't get it, how did I not sense his lies, how did I not realise so many things. How the heck did I fall for someone like that? Confusion then frustration back

to confusion to dumb founded, my emotions would swing round and around making me so dizzy I felt sick for months.

Whilst in my search for sanity I took many classes and courses to help me find my balance. I learnt about a technique involving non-dominant handwriting. Basically you ask questions with the hand you normally write with and write the answers with the other, for most this would be the left hand. This technique is amazing for releasing pain, understanding how situations happened and getting closure.

This exercise allowed for me to ask my ex the questions I didn't understand without even having to see him again. We all have wisdom deep inside, we all know what is best for us but sometimes we choose to ignore it. This exercise enables us to reveal the answers within us that we already know. We don't actually need to ask our ex, a total relief and revelation; we already have everything we need.

It may not feel like it right now but there is a reason

for this break up. For mine my ex just wasn't the right one for me, I deserve truth and honesty and that's why it ended. Not because I am ugly, fat or a loser. The universe and I know that I can have better so the break up was created. I believe that there is a greater good out there, I have no exact idea of what it is but I just know that even the tough stuff is happening for a reason and it all leads to better things, people and relationships. I now trust this process of life. Do you?

We often ignore warning signs early on in a relationship because we so desperately want to be loved. Our fear of rejection takes over and our conscious mind (the part that we think and talk with) chooses to ignore our unconscious (the instinctual feelings we have that warns us when something isn't right). Do you ever remember a time when you ex did or said something that made your tummy pinch? That was your gut instinct warning you, did you take this warning on board? Did you listen to what it was telling you or did you carry on as if nothing has happened? Did you do what so many of us do and create yourself a fake reality where everything was

perfect as you was so desperate to be loved and be in love.

The more we ignore the bigger height we have to fall when the sh*t hits the fan. It is now time for you to listen. This exercise allows us to communicate with this inner wisdom by writing with our left and right hands. To understand the exercise properly we need to understand the conscious mind and the unconscious mind, this is discussed further on in this piece. Once you have answered all the questions and feel a sense of accomplishment of what you have done leave them for a few minutes and then come back to your papers and read over them all.

You may even want to make notes with what you have realised, you may realise that you have some hidden beliefs you need to work on. This exercise made me exhausted as I found that it released lots of emotions and pain that I had ignored for a long time. Emotions and pain from my school days – it had nothing to do with this relationship but it had affected my confidence. If you feel exhausted too it is quite normal just drink plenty of water to keep you

hydrated.

In this exercise your dominant writing hand represents your conscious mind. The conscious mind includes everything that is inside our awareness. This includes things such as sensations, perceptions, memories and our feelings.

‘Consciousness is subjective experience or awareness or wakefulness or the executive control system of the mind’ according to the dictionary and other names or terms for it include the subjective mind.’

Your non-dominant hand represents your unconscious mind. It is the unconscious mind that makes us work without us having to think about it. We are made up of millions of little pieces that all work in unison keeping us breathing, walking and even typing on a keyboard. Imagine if you had to remember everything, you would be exhausted, that is why it is all kept silently within us in our subconscious mind. It is also a reservoir of feelings, thoughts, urges, and memories that are outside of

our conscious awareness. Most of the contents of the unconscious are unacceptable or unpleasant, such as feelings of pain, anxiety, or conflict. The unconscious continues to influence our behavior and experience, even though we are unaware of these underlying influences. It is the voice or feeling you feel in your body and can't explain, it is your voice of reason and our biggest teacher. Other names or terms include inner child, your gut instinct, essential nature, inner self, soul, spirit, spirituality, true being.

I feel that it is important to share the basics of the conscious and the subconscious mind so that you can understand why doing this exercise would help you. You will find that many people talk about these two parts of our mind and call them different names such as they ones I have mentioned. We all have the answers we need deep inside, our subconscious can unlock the key to so many situations and emotions. It knows so much that we don't even need to ask the questions to the person we want the answers from, it enables us to work it out ourselves and that is simply quite beautiful.

MendMaker Exercise:

Find a quiet place to be alone and take a paper and pen with you. Relax and focus on what it is you want to know about your break up. What is it you want to ask your ex? Many of these questions you may feel to embarrassed to say face to face but here you have the perfect chance.

Write down all your questions, keep going until you have exhausted yourself of them for this moment in time. Use your dominant hand (the one you always write with).

Once you have finished writing all your questions place your pen in your less dominant hand and one by one go down your list and answer them. You may find that you write pages and pages for a question so start each answer on a new piece of paper allowing for total freedom with your flow. Please don't think about what you are writing, don't worry about what it looks like, just keep it coming. Write and write and write. I did this on the train once and the lady next to me was trying to work out what the hell I was doing. It is no ones business just yours

and no one will ever see this so keep going until it is all out of your system.

The answers you get will be quite profound, they may make you cry and the answers you get from deep inside may not be what you was expecting or desire. Trust your gut, know that this is your truth and if you follow it you will get to exactly where you are meant to be.

It is hard to hear that we didn't listen to our own warning signs, it is hard to know the truth, it is hard to know that the man we thought was our soul mate was clearly here to teach us a lesson but in time you will understand why and this exercises really does help. Whatever answers you get, know that growth is good. Growing pains do suck but they will melt away eventually.

Discover quotes on confusion on page 83

Quotes Confusion

“I think, therefore I’m single.” - Liz Winston

“You do not need to be loved, not at the cost of yourself. The single relationship that is truly central and crucial in a life is the relationship to the self. Of all the people you will know in a lifetime, you are the only one you will never lose.”

- Jo Courdert

“It’s exhilarating to be alive in a time of awakening consciousness; it can also be confusing, disorienting, and painful.” - Adrienne Rich

Quotes Confusion

“I believe that everything happens for a reason. People change so that you can learn to let go, things go wrong so that you appreciate them when they're right, you believe lies so you eventually learn to trust no one but yourself, and sometimes good things fall apart so better things can fall together.” – Marilyn Monroe

When we decide to look inside and understand our self all our nastiness bubbles to the surface for us to face and remove. Be proud that you are being brave and wanting to improve things. Know that you are strong because you haven't chosen the easy route: you know that the wine, the food and the drugs aren't the answer.

Well done you.

MM:

Envy & Jealousy

For When Everyone Else's
Life Is Great &
You Desperately
Want To Be Like Them

Stop Comparing yourself to other people, their relationships and happiness. It is all in your head, it doesn't exist and why cause yourself more pain.

Comparing yourself to others is something you are going to do when you feel like your world has ended and that everyone you know lives a perfect life with Mr or Mrs right but this reaction cannot become a bad habit.

Comparing yourself to other people's happiness, contentment and perfect relationship just creates a false reality in your mind. We do not know what goes on behind closed doors. The perfect lives we create in our mind do not exist and it is a bad science experiment that just leads you to false results. You are not the same as anyone else so how can you compare your greatness to another's.

Every one is different – remember it

Stop being afraid of yourself – you are important and

perfect as you are. You do not need a relationship or any materialistic stuff to prove your worth. You already have everything you need.

And the grass is not always greener and the irony of all this is that the person you are currently jealous of could be thinking the same about your singleness as the reality of their relationship is not what you think.

The best way to get out of this new annoying habit of comparing your crap life with everyone else's marvel is to start by appreciating the differences and the benefits of your uniqueness.

You are going to write three lists, on three separate pieces of paper and you are not going to stop until each A4 piece is finished. One page is to be filled with all your amazing and unique qualities. What is it that you and others like about yourself? The other is to be filled with your pride. Fill it with all the things you have achieved and all the things that make you proud to be you. You may find this page easier if you start it with the sentence 'I am proud to be me because' the third and final piece of paper is to be filled with all the reasons you love being single.

I don't really want you to focus too much on the people you have been comparing yourself too as this is not about turning the thoughts you have had

about their great life into crap laughable ones but it may help you to look at them with fresh eyes and see what they have to deal with because they are in a relationship, have a mortgage and a cat that you don't want in your life. You are free of all this stress and responsibility so be pleased about it. You don't have to wash your partner's pants anymore and NO MORE FARTING in bed.

And think about this, yes you can compare your life to your best friends as much as you want but do you really really want to swap lives and relationships with them. Your focus should only ever be on you. You should only ever listen to your own hearts desire.

Never judge yourself by other people's standards and situations as you will miss out the adventure that is YOUR LIFE (not theirs)

Quotes

Destruction

“You can’t talk your way out of what you’ve behaved yourself into” – Stephen R. Covey

“Have you ever been in love? Horrible isn’t it? It makes you so vulnerable. It opens your chest and it opens up your heart and it means that someone can get inside you and mess you up. You build up all these defenses, you build up a whole suit of armor, so that nothing can hurt you, then one stupid person, no different from any other stupid person, wanders into your stupid life...You give them a piece of you. They didn’t ask for it. They did something dumb one day, like kiss you or smile at you, and then your life isn’t your own anymore. Love takes hostages. It gets inside you. It eats you out and leaves you crying in the darkness, so simple a phrase like ‘maybe we should be just friends’ turns into a glass splinter working its way into your heart. It hurts. Not just in the imagination. Not just in the mind. It’s a soul-hurt, a real gets-inside-you-and-rips-you-apart pain. I hate love.” – Neil Gailman

Quotes

Destruction

“Bad things are always going to happen in life. People will hurt you. But you can’t use that as an excuse to fail or to hurt someone back. You’ll only hurt yourself.” – Anstey.

“I’m not upset that you lied to me, I’m upset that from now on I can’t believe you” – Friedrich Nietzsche

MM: Single & On My Own OK To Be On Own

Becoming a number one rather than part of a two creates many emotions. No matter how bad the other person treated you it is you that feels like the failure. The voices in your head convince you that it was your fault. They tell you that you are the bad guy and you are definitely useless. When the voices get too much you switch off to protect yourself and you never want to listen again.

Many of us choose to keep busy but in the wrong way and can fall in the trap of immediately searching for the next relationship or focus all our efforts on winning our ex back. Some may choose to surround ourselves with one night lovers and new random others for attention. We need to understand that we only act like this to keep our mind occupied with drama, because once the drama is gone we are left with the one thing we are scared of most at this moment in time - ourselves.

We deliberately choose to get lost in our own madness as somehow we decide that it will be less painful than facing our truth. How and why we decide this still amazes me but take it from someone whom faced her truth and now feels amazing. Yes the giving birth to my new life did hurt at times but it was worth it for the new life I now have.

You can't fill the gap of loving yourself with the half hearted love of a lover whom is not your destiny. Once you realize that the only person you need in your life is your true self your life will change dramatically.

To be comfortable in your own skin and to love yourself is the first step in getting the true love you desire. Your break up was for a reason, you may not understand it now and it may hurt like hell but your perfect prince or princess is out there and by healing yourself you will get on the fast track to relationship bliss.

The following MendMaker is going to take you through the first steps of getting to know the inner you. It will enable you to feel at peace with spending time with yourself and most importantly it will enable

you to start to listen to the voice that lays deep in your soul. Once we start to listen and act on this little voice things start to go our way. This little voice, this knowing that we sense deep inside is called our intuition. Our intuition is our inner guide and it just knows what is best for us. Over time and due to our previous experiences we can lose trust in it and therefore start to ignore it. The thing is your intuition was never wrong. Things only ever went wrong because we ignored it in the first place.

Getting back that trust can be scary but you really do know what's best for you deep inside. The key is to remove your fear that nothing better is going to happen and that no one better is going to come along. You are a treasure and this exercise will allow for you to work up to thinking and believing amazing things about yourself.

MendMaker: Discover you again.

To begin this exercise you are going to introduce yourself to you via a mirror. Now this can be any mirror but I found that the bathroom mirror works well as you can lock the door and set the tap running if you are worried about others listening in. You may have not looked this closely at yourself for

a long time but you are going to do great. When you feel ready take a deep breath and look into the mirror, stare straight into your eyes and just look at yourself. Breath out and relax. Notice the features of your face and look deeply into yourself, imagine that your eyes create a pathway straight into your heart. What do you truly feel? Notice any hesitations or bad thoughts that come into your mind or burn into your chest and up into your throat. If you feel a cry go with it and then after 5 minutes turn to your paper and write it all down.

Everything you feel and think is important. Everything has its place and once we know where your emotions sit and how you view yourself we can look at creating positives where there are negatives.

For the second part of this exercise, again using the mirror you are going to repeat the below sentence and answer it by talking directly at your reflection. By doing this you will be talking directly to your little voice, the inner you that you have ignored for so long.

Look into your own eyes and repeat: "I deserve true love but to get the true love of another and to be

able to meet my perfect partner I must learn to truly love myself”

Reply to your reflection and follow on with your own answers: “ I love you ----- (enter your own name here) because you are.”

It may seem hard at first to think anything nice about yourself but with time and a few deep breaths you will be able to come up with something, and with practice this will become easier. After you have spent at least 5 minutes on this exercise write down your answers.

It is important as individuals that we appreciate and love ourselves. We will never feel truly happy or loved if we keep on trying to get it from outside sources. I found that carrying around my list of positives and the reasons I loved myself was great for my self esteem and it definitely stopped me texting my ex in those weak moments. Keep your written words with you at all times and allow them to remind you of how fabulous you are when you need a pep talk.

When we feel love for ourselves trusting that inner voice becomes easier as we know our self worth

and in time we can trust the process of life once more.

Getting to know and love you again will bring back many things, dreams you forgot, hobbies you loved as a child, new aspirations and ambitions. It is now up to you to investigate these new ideas and book in some “me” time so that you can invest your time and passion into them again. “Me” time is all about showing yourself the true love that you deserve, make sure you book it into your diary lots.

**Discover what the Sex in the City girls said on
page 30**

**Feel inspired? Feel lost?
Take control on page 135**

Quotes

Failure & It's Shame

“Be not the slave of your own past. Plunge into the sublime seas, dive deep and swim far, so you shall come back with self-respect, with new power, with an advanced experience that shall explain and overlook the old” – Ralph Waldo Emerson

“I don't believe in failure. It is not failure if you enjoyed the process.” Oprah Winfrey

“Failure is not falling down but refusing to get up”
Chinese Proverb

“Respect yourself and others will respect you” –
Confucius

“Our greatest glory is not in never falling, but in getting up every time we do” – Confucius

MM: Depressed When You Need To Reach Out For Your Sanity

This exercise allows for the feeling of depression to pass. I was taught it via a friend whom was taught via a friend at her gym. This is not my claim to fame but well worth sharing and a big huge thank you to how it got into my hands. It works quite well as something you can do quickly to change your mood when you are feeling low and want to snap out of it.

Read this exercise through fully once and then go for it.

Part 1 of Exercise

Sit on a chair or the end of your bed with your back straight and your feet flat on the floor. Lift your hand above your head and reach up with both hands. With your arms still in place breathe in deeply. Hold your breath and squeeze your hands into fists so that the muscles in your arms get really tight. Hold

your breath until it starts to get uncomfortable and then breath out slowly. Keep your arms tense and lower your fists to your chest, as if you're pulling down on a gym machine.

Repeat part 1 of exercise 5 times.

On your final repetition cross your arms over your chest, imagine you're Dracula sleeping and you have got the right position.

You are now in Part 2 of this Exercise.

Drop your chin to your chest and breath in four short breaths without breathing out. It feels a bit like your gasping for breath but you are filling your lungs deeply with fresh new oxygen so this is good for you as more oxygen is getting to your body and brain. Hold your breath for as long as comfortable on your fourth breath and then breathe out slowly through your mouth. You should be able to still control your breath here if you can't you held your breath to long.

Repeat part 2 of the exercise for a few minutes. The key is to focus on your breath and imagine all the negative feelings leaving your body with every out breath.

This exercise is quick and easy and a great start for those whom are totally new to meditation. Meditation allows for us to create an inner focus within ourselves. I used to spend so much time worrying about what had happened in my break up. I was crying desperately about what I wasn't going to have in my future, I wasn't going to have a marriage, I wasn't going to have any babies, the dreams of a nice house were gone and so was the man to love and cherish me. Meditation allowed me to focus on the here and now, not what had or hadn't happened. When I was able to focus on me right here right now I realized that everything was ok and all was perfect. Letting go of our worries for the future as a singleton is the hardest but the more you focus on the here and now the easier losing those fears will become.

Whenever you are feeling low and those fears about your future sneak up on you do this exercise. You can even do this in your birthday suit from your bedside.

Quotes: Exhausted & Used

“If you don’t get what you want, you suffer; if you get what you don’t want, you suffer; even when you get exactly what you want, you still suffer because you can’t hold on to it forever. Your mind is your predicament. It wants to be free of change. Free of pain, free of the obligations of life and death. But change is a law, and no amount of pretending will alter that reality.” - Dan Millman, *The Way of the Peaceful Warrior*

“The man who says he has exhausted life generally means that life has exhausted him.” - Oscar Wilde

“Humour can be one of our best survival tools.” -
Allen Klein

“The vision of a champion is bent over, drenched in sweat, at the point of exhaustion, when nobody else is looking.” -Mia Hamm

“I've got a great ambition to die of exhaustion rather than boredom.” - Thomas Carlyle

MM: Failure & It's Shame List All Of Your Achievements

You are not a failure. When a relationship is over it hits us like a death. The loss of a person who you lived for far too much can make you feel like a fool left with nothing.

This is not the truth of whom you are – You have not wasted your time or life on someone else, every experience and route we take has a value – if we choose to learn from it.

Shame is not an emotion you need to experience. This is not the truth of your life and all you have achieved so far. You have nothing to be ashamed of – You lived your life with your heart on your sleeve and that as I see it is brave and honourable.

To enable yourself to see past this current pain and remember the value in your life this MendMaker is a simple list of all your achievements so far.

Now I say simple because I know how wonderful you are – Without sounded like a nut I know the

importance of every single person on our planet (even if you don't value yourself right now).

You may want to sit for a few hours and do your list in one sitting or you may wish to ponder on this for a few days and write down your achievements as you remember them. As with all MendMakers how you choose to do it is up to you – You are your best teacher and healer – At this stage you just need a helping hand from someone like me whom has been there before and recovered.

Enjoy writing your list and make sure you write down at least 100 things – Then keep it somewhere safe so that you can go to it when you need reminding. I kept mine in the back of my diary, it was nice to come across it when I least expected it and it was always on me if I needed it in an emergency.

Still think your rubbish? Go to page 90

Want to kill your ex with violent words?

Go to page 153

Quotes

Self Hatred

“If someone in your life talked to you the way you talk to yourself, you would have left them long ago.” – Carla Gordon

“What lies behind us and what lies before us are tiny matters compared to what lies within us.” –
Ralph Waldo Emerson

Learning to love yourself is the greatest love of all –
How much do you love you right now? – Anstey

“There are no failures – Just experiences and your reactions to them” Meimei

“Be who you are and say what you feel, because those who mind don't matter, and those who matter don't mind.” – Dr. Seuss

Quotes Self Hatred

“Be yourself; everyone else is already taken.” —
Oscar Wilde

“No one can make you feel inferior without your
consent.”
— Eleanor Roosevelt, *This is My Story*

MM: Confused For When You Don't Know Who You Are Anymore

If you were anything like I was you were so wrapped up in being a couple and being there for your partner that now that they are gone you are a little confused on what to do, what you want and who you are. You always put them first and forgot about yourself and now that you only have your 'me myself and I' to worry about your not sure what to worry about first. Some how my life long dream of living in New York changed to opening a bar in India and I definitely changed my outfits to suit my man. So when he was gone, what was I left with?

When the future we have planned out with our partner becomes a solo trip the fear and pain are a lot to deal with and it can cloud our knowing of who we truly are.

When was the last time you actually reminded

yourself of your individuality and asked yourself what you want from your future? My future as far as I was concerned was over when I got dumped, I was going to be single forever and live with my parents until I died. This of course is bloody ridiculous, even I knew that at the time deep down but seeing any clearer than that when you feel so destitute is nigh on impossible. That is until you actually sit back for a few minutes and change your focus and stop judging your life by everyone else's standards.

MendMaker Exercise:

It is time to rediscover you by asking yourself some questions. It is time to remember your hopes, dreams and desires. Take each question and write it on the top of a piece of paper and then question by question make a big huge list, keep going until the page is full. It may take 10 minutes, it may take a whole day or longer, stick with it as your hopes and your dreams will all come flooding back to you.

And don't deny yourself a new relationship in the future, if you know what you want and you are ready, start writing it down as it is all part of the master plan

that lies within you that you forgot about when you started following the desires of someone else.

Questions:

1: How would you like your life to be? Imagine you have all the money you should ever need for these activities or quests. This really is about you putting your hearts desire on paper. Dream Big, go wild, really do write out your dream life.

2: How do you see your life in 10 years time? Put your hearts desire onto the paper.

3: What would you regret not doing before you die?

If you feel inspired and think of another questions you would like to know the answer write that on a piece of paper and list your answers. Once you have opened these possibilities within you and feel inspired you really wont want to stop.

And the great thing is you don't need to, you really can create the life of your dreams.

Quotes

For When You Can't Let Go

“He who knows others is wise. He who knows himself is enlightened.” – Lao Tzu

“One's first love is always perfect until one meets one's second love.” – Elizabeth Aston

“The truth may hurt for a little while but a lie hurts forever.” – Anstey

“The truth that many people never understand, until it is too late, is that the more you try to avoid suffering the more you suffer because smaller and more insignificant things begin to torture you in proportion to your fear of being hurt” – Thomas Merton

“Don't cry because it's over, smile because it happened.”
– Dr. Seuss

“Insanity is doing the same thing, over and over again, but expecting different results.” – Albert Einstein

MM: Lonely

Because You Feel Lonely

You feel lonely.

And if you are anything like how I was you aren't doing yourself any favours as you don't want to go out, the idea of speaking to boys let alone men makes you feel ill and your fat and ugly anyway.

Feeling lonely is horrid. But how can you stop feeling lonely.

You feel lonely. But do you want to be lonely? That choice is yours.

Saying that feeling lonely is a choice may make you feel a little angry at this moment. You did not deserve what happened to you and you can't help the way you feel. Or can you? The following MendMaker will give you a huge nudge in the right direction and the choice really will be yours.

Mend Maker: Choose to not feel lonely.

The first part of this exercise is about totally wallowing in your loneliness. Let's get all this bitterness and self-pity out and on to some paper. Write down a list all the things that make you feel lonely. Write down the sentence "I am lonely

because...” On the top of the page and then write down all that pops into your head on to the paper. Five lines, ten lines, three A4 pages, write until you have nothing more to say, just go for it.

Now that you have totally wallowed in your loneliness you need to ask yourself whether you actually like all these things and want to be lonely. Have a little think about the benefits of being lonely and ask yourself the question “I want to be lonely because...” and fill in the blanks. Write it out just like you did in the first part of the exercise.

If you managed to come up with any answers you need to ask yourself the question again because do you really WANT to be lonely or at this moment are you confusing it with the fear of being hurt again.

When we have been hurt it creates a fear inside of us and it can make us shy away from risking our heart again. But if we don't take risks we will never live life to the full. It is so important that we build up our emotional strength and lose our fears. This book has been designed so that you can deal immediately with any emotion that you are feeling by reading the quotes and exercises in the emotional categories of the same name. Feel free to jump straight to these

sections after you have finished this exercise. This book is designed for you to go to the section that your emotional self needs the most, you don't have to read everything in order. Simply go to the section your heart and mind needs help with and get working on it immediately.

The next step of this exercise is to ask yourself "What would you like to experience instead of this loneliness?" Again write the following at the top of the page, "Instead of loneliness I would like" and again write as many things down as you wish, whatever comes to mind write it all down. The reason I say to write everything down as it comes and not question it is because when you are in the flow you enable yourself to reveal hidden thoughts and fears that you may not be aware of as yet. Once you know they are there you can work them out and you will be surprised on how fast this enables you to reap the benefits. The exercise may seem very repetitive at first but the question you place at the top of each page is very different. With each new step you are unlocking new possibilities within yourself and you will be able to see that although

times are hard at the moment your world has not ended and you can stop your loneliness in a instance.

The key to this exercise is this final part

Now that you have listed what you would rather experience instead of loneliness we are going to see how you can get it and get it fast. Firstly you need to go back over your list. Write down beside each statement how you feel you can start to create that experience immediately within your life or maybe even where you have it now.

You may have phrased your statements in many ways and there is no right or wrong. I have given a few examples of what I wrote down when I did this exercise for myself. Please note that these are copied exactly as written within my own personal notes.

“Instead of loneliness I would like to experience happiness = I could go to a comedy night with my friends. I am not sure that I can switch on happiness but at least I would laugh for a few hours and that’s a start

Instead of loneliness I would like to not be on my own = I need to get busy and fill my diary up with things to do; I may even go and stay at a friend's or with my parents for a few weeks.

Instead of loneliness I would like romantic meals and to be treated like a princess = Ok so bloody impossible. How can you get romance without a partner? I can book into a spa and treat myself and to get a romantic meal. I need to be dating again, not really ready for that but I will organize some dinners with my mates and I may even try and cook something. Never actually cooked a 3 course meal for guests so it would be a challenge and if anything it will keep me busy”

Like I found, some of your statements may feel impossible to achieve at first but try and think a little out the box and come up with something similar or an alternative if needed. It is all about doing the best you can do right now. Each of these actions and activities are getting you a huge big step away from that feeling of loneliness. You are going to be just fine – keep at it xx

**Still feel lonely? Be inspired on page 30.
Hate everyone and their good news and feel
like a fake doing this exercise? Go to page 47**

Quotes

Envy & Jealousy

“Jealousy is simply and clearly the fear that you do not have value. Jealousy scans for evidence to prove the point – that others will be preferred and rewarded more than you. There is only one alternative – self-value. If you cannot love yourself, you will not believe that you are loved. You will always think it’s a mistake or luck. Take your eyes off others and turn the scanner within. Find the seeds of your jealousy, clear the old voices and experiences. Put all the energy into building your personal and emotional security. Then you will be the one others envy, and you can remember the pain and reach out to them.” ~ Jennifer James

‘Envy is the art of counting the other fellow’s blessings instead of your own’ ~Harold Coffin

Quotes

Envy & Jealousy

Envy is also the ignorance of the problems that others have. You may not feel that it matters as the problem is not the same, but problems are problems and pain is pain. You are not alone in your world of difficulty right now but you can surely help yourself more by starting to count your blessings

“Resentment is like taking poison and waiting for the other person to die.”

– Malachy McCourt

You may be directing your pain towards another and trying to hurt them with your emotion but it is only you that will experience the hurt, it is only you that is creating this negativity. The tough thing is that they are probably doing fine whilst you drown yourself with all your emotions. Take a moment to work out how you are feeling right now and then have a browse in the relevant emotional section of this blog to change the way you feel.

MM: Isolated

Sulk, Cry & Hide Away

You Have 3-5 Days

And then you have to take action, in fact your going to create some interaction.

I totally believe in owning the sadness of your break up. If the relationship was important to you and someone you love deeply has just dropped you like a tonne of bricks you should be feeling immense pain. To know happiness is to know pain, it's a double-edged sword.

I was told once that the body physically reacts to grief for about 2 weeks. It is this automated response that is the reason we loose drastic amounts of weight in hours, it is what allows us to function for days with out food and sleep. But after those 14 days the shock of this emotional change would have released itself from your body and all the grief, sh*t and sadness and physically pain you still feel is totally inflicted by yourself and the power of your own emotional

thoughts. Our mind controls our body and if you choose to let your emotions run riot with self-pity you could be feeling sad, desperate and alone for years to come.

I am brilliant at hibernating I have this amazing voice inside of me that constantly likes to tell me to hide away and save my broken heart. But how will that get me what I want - love and romance. And how will that get me meeting a new man or allow my ex to see that I am so bloody amazing that dumping me was the biggest mistake of his life. You see hiding away is a no win situation, except of course for daytime TV ratings. You my friend are helping out sh*t mind numbing chat shows no end. If you continue to stay at home and watch TV all day you will be the reason behind Jeremy Kyle's existence and no one wants that.

The first 3-5 days.

So where do the 3-5 days come in – Well that's your time to be indulgent. To feel that anger and punch, scream and shout it out (see the anger

section for a selection of MendMaker exercises that will help you get these emotions out your system.)

It is also your time to cry, to watch romantic movies that make you cry even more, to eat absolute sh*t and drink wine until you fall asleep. Women and Men around the world you may now take your Bridget Jones moment. Sing loudly to love songs whilst dancing with yourself in you're under wear, cry and cry but please no buying cats, you don't need to call yourself a spinster. Not just yet as we are going to get you back out there on day 5.

After 3 days.

You need to stop the food and booze indulging. You have had your moment; you have shown the world and yourself how much you loved your ex and how much they hurt you. You now need to know that you are worth so much more.

At day 5.

It is time to decide to take action and recreate your life and your emotional state. It is time to venture back out into the world you used to know.

I know that I said that I was told it takes 14 days for your body to physically deal with the grief of loss but after my many experiences I feel like 5 days is enough. Do you know how fat you would get if you ate crap and litres of gin for a full 14 days? I am thinking of your waistline people and the future dates that WILL come whether it be with your ex (I hope you realise that I do not want you to go back to someone whom treated you like sh*t but for those of you that aren't ready to move on just yet I feel like I should be keeping your options and mind open) or a hot new person you meet at the bus stop. 5 days it is and then even if it is one small step at a time we need to get you back in the land of the living. Your relationship and marital bliss may be dead but you my friend are alive and everything is possible, just not from your sofa.

It seems like a lot to take in at first, it is frightening and scary and the idea of talking to anyone but your mum, best friend and local newsagent may make you feel sick inside but rotting away in your cave will allow you to do just that and even in the sad sorry state you feel in now you know deep down that you are worth much more.

Now to expect you to be ringing up all your mates and arranging nights out on the pull in time for day 6 would be utterly ridiculous. As I write this exercise it is 5 months since my break up and I am now only just starting to notice men I feel attractive too let alone start talking to them. Now don't get me wrong I feel great in all the other areas of my existence but getting back into dating is something that I will do when I feel ready not when someone else thinks it is a good idea and folks that includes me giving you advice in this book. You always need to do what is right for you just remember we are all very good at bullsh*tting ourselves and allowing fear to give us the wrong answers so always listen very closely to your inner knowing.

Mend Maker: Observe, help and be valued. A great reason to get out the house

To get yourself back out there this MendMaker is all about observing the world around you and helping all that you can. You see when you give out good vibes to others you get good vibes back and it's a great way to get a little smile on your face and remove that dark cloud of "I am useless no one wants me" that is causing you to stay inside and out of the way.

Even when awake we walk around with our eyes closed, we don't notice the people or places in our surroundings and more often than not we are lost in our own thoughts, most of which are negative. Your task is to go for a walk, to get outside and observe everything you see. Look at the detail and notice all the good and beautiful people. Be thankful that you have the eyes to see all these millions of things at once.

Now going for a walk may not seem like the worst thing in the world. You may have to go back to work after your 3 days off sick anyway

but this exercise is more than just going for a walk and looking at trees and buildings, I want you to interact with people. When someone moves out of your way or opens a door to you make a point of saying thank you. Say “Hello” to the bus driver, car park attendant, in fact everyone whom you have made eye contact with. Do not try and get out of this by looking at the floor, keep your head held high and get yourself back out there. If you see an old lady struggling with her shopping or a short person reaching for the porn in the newsagent offer your assistance. It will make you feel amazing and they will be reminded that kind honest people still do exist.

Your task is to have spoken too, assisted or thanked 30 people in your walk. Now you may need to do 3 walks to hit your target, you may need to travel into town. The fresh air will do you the world of good and you will feel so much more valued. Do it and don't stop until you reach that 30.

Need a little reminder of all the good stuff in your life so far? Go to page 101

Quotes

Courage

“Courage doesn’t always roar. Sometimes courage is the quiet voice at the end of the day saying, “I will try again tomorrow.” Mary Anne Radmacher

There is courage deep in your heart, sit quietly during this sad time and ask it to appear. You will be just fine, you are strong, you are facing your emotions and you will reach the other side. Know that tomorrow you will feel better than you do today and that today you feel better than yesterday. Small steps will get you there. Small steps build up to that huge leap of faith that will allow for the transformations you wish for in your life.

Quotes

Courage

“Here's to the crazy ones. The misfits. The rebels. The troublemakers. The round pegs in the square holes. The ones who see things differently. They're not fond of rules. And they have no respect for the status quo. You can quote them, disagree with them, glorify or vilify them. About the only thing you can't do is ignore them. Because they change things. They push the human race forward. And while some may see them as the crazy ones, we see genius. Because the people who are crazy enough to think they can change the world, are the ones who do.” – Apple Inc.

MM: Confused

For When You Want To Know Your Future will Be Bright

When your experience of life is making you doubt the point of existing it is tough to shift the mood.

I had struggled my whole life. Now don't get me wrong I have achieved many amazing things but for many years I believed I wasn't good enough so I fought to get what I wanted as it was the only thing I knew to do. And then when I met him I thought I had it all. My man had his visa after a year long slog on my part and we were setting up home and I was so looking forward to the amazing Indian wedding he had promised me. Finally I was just like everyone else. Once again I had won. Then he left me.

I fell from the great height of happiness to a living tragedy. And not for the first time in my life either.

One moment I would feel like giving up and the next I would know that I was worth more. One minute I could cope the next I couldn't. One day whilst standing on the edge of the platform waiting for the train I knew I had the ability to change everything by jumping in front of it. I

totally freaked my self out with this realization. I lost my childhood sweetheart through suicide – This is something I would never do, but the thought entered my head and it scared the life out of me.

Our lives are our choice. My partner chose to mislead me, be selfish and run away. I can't control another person and nor can you. We cannot judge ourselves due to someone else's actions. The only actions we can judge are our own. We can only judge ourselves with understanding, choice and acceptance.

Do u choose to keep feeling depressed about your break up or do you choose to try and move forward?

The following exercise was a meditation I did in a Science of Mind class and it really enabled me to vision a bright future. A future that I was in control of and that would include the best relationship I have ever had and a love that would nourish me in ways I never knew existed.

Mend Maker Exercise:

Close your eyes and take a deep breath. Breathe slowly focusing on each in breath, a small hold and then its release.

Repeat this breathing process and work through your body relaxing and releasing allowing for you to feel heavy. Start with your toes and work all the way up to your neck and the top of your head. When you feel ready let the visualization begin.

See yourself walking into a big library. How does it look feel and smell? Is it a local library or the library of a big old-fashioned house?

See a chair in the middle of this room. This is your chair so it can look and feel exactly how you want it to. Go sit in your chair.

Sit in your chair and feel comfortable. Look around the room taking in all that you see. Take as long as you wish to do this before noticing the book on the table beside your chair.

As you look at the book notice its title, it is the story of your life.

Pick up the book and start to turn the pages. Notice that the book is not finished. The story of your life only goes up to today's date.

You are the storyteller; you are the master of your own fairytale. Take a moment and ask yourself what is it that will be appearing on the future

pages. How do you choose to write the rest of your life?

See all these moments, achievements and successes in your life. Spend as much time as you wish going through each memory, each moment. Feel it, experience it in your mind and know you have the ability to create this future.

When content with how your story has continued, close the book and place it close to your heart. Only you know the truth of your amazing future.

Focus on your breathing, on each in breath breathe in all those happy thoughts you just experienced and suck them up through your body until they feel like they are released through the top of your head and then when ready bring your focus back into the room and open your eyes.

It is amazing the life that we can create, and you will create it. I know you can do it.

Can't think of your future right now, your head still in the past? Go to page 130

Read about pain on page 134

Quotes To Cheer You Up

“I think, therefore I’m single.” - Liz Winston

“GUYS ARE LIKE ROSES WATCH OUT FOR THE
PRICKS” - Claire Anstey

“When women are depressed, they eat or go
shopping. Men invade another country. It's a whole
different way of thinking.”- Elayne Boosler

MM: Depressed For When You Need To Laugh

Feeling down is crap; whatever anyone says or does just makes you worse. How can people just be so offensive, do they not understand the pain you are going through. Can they not see that you are the lowest form of human ever and that life is mean and cruel to you because you deserve it?

When I felt depressed I would go through moments of hating myself and then hating the world around me. How could I be so nice and try so hard and always have everything in my life go horribly wrong? These thoughts would go over and over in my head and then before I knew it I had spent the whole weekend in bed watching re-runs of friends feeling like a saddo as they had a great life and my life was awful.

If this is something that you can relate to then this MendMaker is going to get you laughing

again, remember laughing? Oh what a joy it was way back when you was a happy couple.

Ask yourself this 'When was the last time you laughed?'

When I got asked this question I couldn't remember, how is it for you?

I first wrote about this exercise in my debut book "Sort Out Your Crap Life" and found that it really helped when I went through my break up.

MendMaker Exercise:

Your task is to book a time every day where you can do something fun for 30 minutes. At first you may have to force yourself to do this, you may have to even force your giggles but you will get there. Your 30 minutes can include your favorite comedy show, dancing around to your favourite music or calling a friend that makes you laugh. You really can do anything, only you know what you call fun and it has to be fun. It has to be something that you know makes you laugh. When we struggle to smile and can't remember

the last time we laughed THIS exercise makes a huge difference.

Whilst nursing a broken heart we could go weeks without laughing and that is just not good for our soul or our healing. Becoming aware of our lack of laughter enables us to deliberately create it until it becomes natural for us again.

Our thoughts and actions can physically change the networks in our brain. If you do more happy stuff you will end up creating a happy brain and with a happy brain comes a happy heart.

Set a reminder in your phone for 30 minutes of laughter everyday.

Want to get your friends involved in your fun? Go to page 35

Quotes

Pain

“Your heart only feels the pain you want it to...
Show yourself some love and take away the
pain” – Claire Anstey

“Sadness flies away on the wings of time.” Jean
de La Fontaine

“We enjoy warmth because we have been cold.
We appreciate light because we have been in
darkness. By the same token, we can experience
joy because we have known sadness” – David
Weatherford

No guy is worth your tears & when you find one
that is, he won't make you cry x – Unknown

“You've gotta dance like there's nobody
watching, Love like you'll never be hurt, Sing
like there's nobody listening, And live like it's
heaven on earth.” – William W. Purkey

MM: Destructive Behaviour For When You Hate Absolutely Everything About Yourself & The World

When we have been rejected it hurts and raises all kinds of self-doubt. If they do not want you, why will anyone else want you? That little bit of self-esteem you did have is utterly ripped to shreds by our own self-talk.

We doubt ourselves and we doubt our ability to ever have a relationship again. Our thoughts seem entirely believable and convincing. The more we believe them the more it hurts and the lower we fall into a well of destruction. But these thoughts are not factual. Our imagination runs riot and we create issues in the future that haven't even happened, we elaborate on the past and make up our own version of actual events. The past is over and the future hasn't happened yet so both serve no purpose to us

when we look at them with fear, sadness and regret. Our fears and our upset are all figments of our imagination. Some of the pain and emotions you feel right now are related to thoughts about situations and events that actually haven't happened. They are made up, they are pretend and so are the emotions you feel about them

When we realise that these thoughts are not real the pain will go away. It disappears as quickly as it arrived and we will feel a lightness and clearing within our mind.

So how do we stop these destructive thoughts and how do we make our imagination behave?

The key is focusing on the here and now, releasing your thoughts of yesterday and trusting that the future will be better.

MendMaker: Past, Present, Future.

Write down and list all your negative thoughts, bleed yourself dry of them. It is important that

you write down every single one down that you have in your head at this moment.

Then go through your list and with a blue pen ring the ones that talk of the past, ring the ones that talk of the future in red and green ring the ones that you believe talk about the here and now.

Go through this list until every negative thought on your page has been ringed, past, future or now with its appropriate colour.

Take a look over all the sentences highlighted with your blue pen. They are in the past. You do not exist in this moment anymore. It has past and the past has gone. Yes certain things have happened in the past and we can't deny that but it is the past and this is about focusing you on you're here and now not the images that you have re created in your head. Scribble each sentence out until you have coloured completely over it. As you do this know that it is just a thought and thoughts can be changed. The past is gone.

We all seem to love a drama at times and maybe the amount of red on your page will signify how much drama you love in your life. This stuff hasn't actually happened, it has never existed and is all your own creation. It is time to de-create this list of future nightmares by scribbling them out and destroying the thought of their existence. As you scribble over each sentence know and say 'this doesn't exist. It is not true and it is not real. It is gone or something similar. It adds to the moment and the words spoken out loud enable you to believe it from deeper within. You may sound like a white witch whilst you are doing it though so just find a safe space where you will not be interrupted or overheard.

Now you may not have any negative thoughts about the here and now and there may not be any green rings on your page and that's ok. If you do that's ok too and this is what we are going to do with them. You are going to take each negative thought and turn it into a positive affirmation. You are going to do this with each one and by affirming the good thoughts you will lose the bad ones. If you truly believe that this

thought and emotion is a fact about you and your life in the here and now we are going to repeat the positive version of it over and over until that becomes a fact instead.

Examples

I am fat and ugly - I am beautiful and perfect just the way I am

No one wants me – I am loved and surrounded by people whom love me

See how it works? Simply just reverse the negative to a positive statement. When we repeat something over and over we start to believe it and it manifests in our life. An affirmation is the deliberate use of a statement we want to create in our life. It is time to use these positive affirmations to change our current thoughts, emotions and beliefs about our existence.

Still feeling nasty? Go to page 59

Need to laugh quickly? Go to page 130

Quotes

Anger

“There are two things a person should never be angry at, what they can help, and what they cannot.” - Plato

We can't control or change another person. The only individual you have complete power over is yourself. It is time to focus on you. People do things and act in ways that hurt us but for these moments to scar and become a burden it is only self-indulgent to wallow in its pain. Don't be angry because someone has gone, they do not hear or feel you. Don't be angry with yourself as you still have everything you are crying about losing. You can give yourself trust, honesty and hope. You also have the ability to surround yourself with more than enough love. And as for missing the sex, my motto is this, if you want something done properly do it yourself.

“Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned.”
– Gautama Buddha

Its time to let go of your coal, the only hot stuff you need to hold tight right now is yourself. You are going get your hotness back, don't you worry about that. It may feel like a distant memory right now but you will be getting your fu*k me stilettos back on very very soon. You are a beautiful rare creature, know it, be it, celebrate it NOW.

Quotes

Anger

“For every minute you are angry you lose sixty seconds of happiness.”- Ralph Waldo Emerson

Anger is hot and if you hold on to it you're going to get burned. Someone has already fu*ked you over and the last thing you want to do is fu*k yourself over as well. It is time to get the anger out. Keep Reading.

MM: Isolated

Go For A Walk In Nature & Make Angels In The Snow

Busy cities are often the loneliness places on earth. Right now your mind may feel manic like New York but your heart feels desperately isolated and alone. The best way I found to clear my head and feel part of life again was to go and get some green, and I am not talking about smoking the stuff. I am talking about the beautiful countryside that Mother Nature gave us.

A jog in your local city park or a hike in the countryside, the choice is yours. The idea is quite simple just get out, get some fresh air in your lungs and feel part of the miracle that is Mother Nature.

Have you ever made angels in the snow? Go outside and make grass angels. I discovered this whilst I was out jogging. I was trying to jog out my heartache when I just fell to the ground and sobbed. When I touched the grass something inside made me stop and I became in awe of my surroundings

and it made me so thankful for the miracle we call life.

I totally recommend that you go lie on the grass and move your legs and arms to make your very own grass angel. Relax as you look up into the sky. Enjoy feeling the grass and absorb all the life that is surrounding you, the birds, the ants, you may even surprise yourself with some love for the worms. Allow the grass to brush your skin, you may look a bit mad to others but who cares in the end, you have spent enough time worrying about other people – This is your time and the focus is on you.

This MendMaker is quick, cheap and painless, that is of course if you walk to the park and don't jog. I totally recommend it.

Still can't face doing this on your own?

Go to page 25

Would rather write lines than create angels?

Go to page 101

Quotes

Envy & Jealousy

“Jealousy is simply and clearly the fear that you do not have value. Jealousy scans for evidence to prove the point – that others will be preferred and rewarded more than you. There is only one alternative – self-value. If you cannot love yourself, you will not believe that you are loved. You will always think it’s a mistake or luck. Take your eyes off others and turn the scanner within. Find the seeds of your jealousy, clear the old voices and experiences. Put all the energy into building your personal and emotional security. Then you will be the one others envy, and you can remember the pain and reach out to them.” ~ Jennifer James

‘Envy is the art of counting the other fellow’s blessings instead of your own’ ~Harold Coffin

Quotes

Envy & Jealousy

Envy is also the ignorance of the problems that others have. You may not feel that it matters as the problem is not the same, but problems are problems and pain is pain. You are not alone in your world of difficulty right now but you can surely help yourself more by starting to count your blessings

“Resentment is like taking poison and waiting for the other person to die.”

– Malachy McCourt

You may be directing your pain towards another and trying to hurt them with your emotion but it is only you that will experience the hurt, it is only you that is creating this negativity. The tough thing is that they are probably doing fine whilst you drown yourself with all your emotions. Take a moment to work out how you are feeling right now and then have a browse in the relevant emotional section of this blog to change the way you feel.

MM: Destructive Behaviour Take Control

Don't place your future in someone else's hands. Your future is yours to shape. Take control. So you got dumped. It's crap. You feel crap and dealing with this rejection does hurt. But for how long are you going to blame this other person. For how long do you wish to stay in this sorry for yourself state.

It is up to us to create our own destiny.

A few months after the break up from my fiancé, 2 days after my younger brother got engaged and 1 day after I had been to a friend's wedding I was at home drinking red wine on a Saturday night watching Bridget Jones. It was during the famous scene where Bridget is in dodgy pajamas, drunk and singing the epic tragic love song "I can't live if living is without you" that I looked at my parents and drunkenly said 'the only difference between me and Bridget Jones is that I am currently living with my parents.

The tragedy of it all...

I felt so depressed, I felt so fat as I was eating crap all the time and I was getting so annoyed at myself for getting drunk on bottles of red whilst at home alone, well alone with my parents. I felt like a tragic love story, and my character was even sadder than Bridget Jones. How the heck did that happen I used to think to myself.

And then I realised, it happened because I had let it happen.

Feeling down and blue when all your hopes and dreams have been smashed is normal and part of the process but getting smashed will not make the answers to your happiness come any quicker.

So many of us reach for a glass of wine and/or a cigarette when we are feeling down. Our society and social circles have encouraged us to relate feeling better with feeling pissed or high. Self-medication with food, alcohol or drugs will only blot out your emotions for a short time. When you sober up your reality will flood back and you feel lower than you did before. This is because alcohol and drugs are depressants. Food may fill the

emotional hole in our tummy when we are feeling down but it will leave behind roles of fat that will make you feel unattractive and down hearted with your single status.

This MendMaker is a little different to the exercises in the rest as it is more about changing your behavior long term rather than a short sharp kick up the butt that makes you feel better.

When we use drink, drugs and food to feed our negative emotions rather than deal with them we have lost control. This MendMaker is about gaining back the control of yourself and your life. Once I got rid of these emotional emphasizeers it became easier to move towards positivity, as my mind was clear.

Gaining emotional control in general will also enable you to have the skills to work through any low moments when they sneak up on you in the future.

You have enough stuff causing you sadness at the moment you don't need to add to it by doing stupid things whilst drunk or not remember huge chunks of a night out because you were high. And who is going to fancy you when you act like that anyway?

Drunk, fat and high is not cute, sexy or charming. You want to feel happy and this MendMaker shows you how to take the first steps towards emotional control. I want to make sure that you do not become another tragic Bridget Jones.

It is time for you to get positive about you, no more sorry for yourself states allowed. You are going to help yourself massively by banning the negative crap you throw down your neck and into our soul.

This MendMaker is in 2 parts. It is the start of the new you – A person in control and respectful of their mind and body's health.

Part 1: Give up the booze and drugs.

When wine has become your only company on a Friday night the idea of stopping it completely feels really weird but you can do it. The reason I decided to go on a detox is because I wanted to have complete control over my life. Every time I got drunk I would feel so paranoid about what I said or how I had acted as had lost huge sections of the night. And as for drugs they are always going to be wrong. Being dumped made me feel so rejected so feeling like a social drunk loser after a public drink was not helping. With my emotions all over the

place red wine was making me more depressed, I drunk it to forget but would wake up full of regret. Once I stopped I felt so much better. A good way to start this is to stop drinking in public first and then stop at home. I am not Bridget Jones and nor are you. Do you ever fancy the drunken mash head in the corner? Didn't think so, so lets lose this behavior before it becomes a habit.

Part 2: Get your balanced diet back on track.

Eating crap will make you fat, unhealthy and feel nasty. Cleansing your body with a detox is a great way to get back into a more positive way of thinking and feeling. If you don't care and love your body who else will? By taking care of ourselves we show others what we expect and get respect in return. This is not about you going on a cabbage diet and getting as skinny as a super model this is about you nourishing your body so that you can nourish your soul. My advice would be to start a 7-day detox plan that ties in with the booze ban and then move on into healthy eating. There are loads of plans on the Internet and books a plenty. There are some supermarket websites that offer healthy eating plans and shopping advice that can be organized around your budget, this is just perfect for those with hectic lifestyles.

With the break up behind you it is now time to start looking forward. Show yourself that you love yourself and care for yourself by feeding yourself the health that you deserve. A good diet gets our digestive system moving, we feel light and energized and this immediately allows for a positive attitude and the feeling of a fresh start and new life.

Quotes

Feeling Isolated

“The walls we build around us to keep out the sadness also keep out the joy.” - Jim Rohn

“Be miserable. Or motivate yourself. Whatever has to be done, it’s always your choice. “ – Wayne Dyer

“Being dumped does not cause your isolation. Only you can take the experience of a break up and make yourself feel separate.” – Anstey

“Isolation is a dream killer” – Barbara Sher

“There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.” – Albert Einstein

“Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.”
– Mark Twain

MM: Anger For When You Feel Out Of Control & Need To Be Reminded Of The Consequences Of A Public Outburst

**“When anger rises, think of the
consequences” - Confucius**

Confucius was a Chinese philosopher who was born in 551 BCE. Confucius had a theory on “beautiful conduct.” He thought that if everyone could achieve “beautiful conduct,” or what he considered correct behavior our world could become perfect. This involved avoiding all extreme actions and emotions, being considerate to others, respecting family, and worshiping ancestors.

Now I am not too sure about worshiping your ancestors, although popping round to see your Nan and Uncle Mo once in a while won't do you any ha. But, his talk of avoiding all extreme actions whilst hurting is definitely a good thing.

When we feel hurt by others or they do stuff to us like lie, cheat, and then cheat some more we seem to turn into a thing possessed when we see them next. We tell them that we want them to die; we shout out loud that their mother stinks and scream at them that we hope their secret love child gets burned at the stake.

Your personal thoughts on what you want to say to your ex may of course be a little less spiteful or maybe a hell of a lot worse. Whatever you feel you need to say to them right now is your business but I have one question. Why do you need to make it the business of anyone else including your ex?

What you need to do is ask yourself this – Is this really how you want to represent yourself? Is this the final last word that you want the love of your life to hear and remember you by?

We all do and say crazy irrational things when we are hurting, we want to hurt the other person as much as we hurt at that moment. BUT how will your touretted tirade make them go “oh yeah my mother

does stink thank you for reminding me, I have missed your words of wisdom so much, shall we go to Paris this weekend and make up, I love you so much you are just so kind and lovable. I have been such a fool dumping you.”

If you can think of 3 reasons of how this course of action would set you up to reunite I will eat every copy of this book ever printed page by page.

The hate and hurt that causes your thoughts and bouts of nasty name calling does need to get out your system though. The key is to release them at the correct moment and definitely not in front of the person you are in love with. I advise you to go to the scream and or cushion exercise immediately when you feel these feelings bubble and then once the emotional energy is released we can do a little exercise to re connect you with your rational self as believe it or not it still does exist. Please see “scream it all out” and kick the sh8t out of them” in the Anger MendMaker Section for the perfect exercise.

Inside you have this infinite wisdom, it just knows what's right for you and what feels good, it's just unfortunate that this ba*tard called fear gets the way of it most of the time. This exercise is a bit of a devil's advocate but the questions and your answers will allow you to reconnect to this wisdom. You have it I promise. You may feel like a dumb ass failure or a heartbroken lonely freak at this moment in time but trust in me when I say that ARE a beautiful piece of wisdom.

Mend Maker Exercise:

Grab yourself a piece of paper and a pen. The following exercise is about getting control over that irrational mind that is about to explode.

1: To start write down at least 10 reasons why getting angry with them would make them love you and want you back. Write down what you would say and underneath write how this would make them love you again. Just let it all flow until you can't think of anything else to write. You may struggle to do 10 and do only 3, you may do none or even 43. What you come up with is right for you. Just make sure

you are honest with what you truly feel at the moment. Then sit back take 5 and then look over your answers.

2: Now if you couldn't really think of any reasons of why it is good to have a outburst your wisdom has started to kick in, if you did then go over your questions one by one and ask yourself again if your statement or begging outburst would really cause them to regret losing you and want them to desperately fall back into your arms. To get love you have to give love so if your going to get angry with someone you don't need to be a genius to work out what you will get in return. Now this statement doesn't mean that you can sleep with your ex giving them the best "love" of their life. A quick shag with the ex is not love, it is just sex, do not get the two confused, you will only get hurt more.

Also think about this, do you really want to be with someone whom gives in and gets back with you just because you harassed them and threatened to go on hunger strike if they didn't move back in with you? Throwing threats, guilt, money and sex at

someone to win them back is not what you deserve and if you do think it's what you deserve don't panic about these thoughts as we deal with your self esteem in this book to.

3: With the first part of the exercise done it is now time to take a fresh look at the possible reactions to your actions and outbursts with a new list. Write down 50 reasons why you should not scream and shout at them. What would be the consequences? This list is extensive but do complete 50.

It may be hard but you will get there, this is about exhausting yourself with your answers. In the punching exercises you exhaust yourself until the energetic anger inside you is worn away, in the same way this exercise exhausts your irrational behavior and gets your wisdom strong again so that you don't send that crazy death threat texts that will enable your ex to go " see that's why I dumped you, your nuts".

4: Read your lists once over, destroy them and breathe deep as you know the moment has past

and you for now at least not have to deal with your consequences as you haven't created any.

You have done well. Claim your prize, be brave and although you may be nowhere near ready to find someone new smile at the next hot stranger you see and feel good as they acknowledge your wisdom and beauty.

The punching exercise is on page 13

The screaming exercise is on page 59

Quotes

Fear

Do you have the courage for it? Do you have the love? If you have enough of one, you will develop the other. ~ Dan Millman quotes from No Ordinary Moments

“Sometimes you have to stand alone to prove that you can still stand.” – Anonymous

“The true key is a trust in self
For when I trust myself, I fear no one else
I took control of my life, just as anyone can
I want everyone to see it's in the palm of your
hand

The past s gone, the future is yet unborn
But right here and now is where it all goes on”
– Beastie Boys

The End

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READ MORE:

Sort Out Your Crap Life
By Claire Anstey

Learn how to uncover what you really want from your life and do exercises that will enable you to create balance within it. Find out ways that will allow you to lose the friends that are dragging you down and attract new and exciting people into your life. Learn how to love yourself and know that you a wonderful person whom deserves a fabulous full and fun life. Problem solve with ease and gain the confidence to make all the changes you deeply desire. This book is an amalgamation of the wisdom Claire learnt from experts across the globe, it gives us a sneaky peeks of her own private diary, pitch perfect quotes from a spectrum of 21st century gurus spanning Mahatma Gandhi to P Diddy and a 21 day plan so that we can create change for ourselves just like she did. The author has put the truth out there for all to see, it is brave and genius. What she has to say will change the ok life you thought you had to one that makes you feel like a rock star. We love this book as it introduces spiritual and practical techniques in an exciting, funny and real life way. Claire is relatable, normal and comes across as a good friend.

What readers are saying: *“I just thought id let you know your book is amazing. My house mate got me to read it last night and its already changed my life. I’ve never managed to read a book before in my life but yours is different. I’ve been trying to deal with this for years but honestly your book feels like the first step towards freedom. Thank you so much :) xx”*

Available in all good book shops
ISBN: 0956517803

MENDMAKER

THE SURVIVAL GUIDE FOR BREAK UPS AND BROKEN HEARTS



Reading a full on book when your full of emotions and heartbreak was too much for Claire Anstey hence why she decided to create this survival guide. Simply go to the section that represents your emotional state in that moment. Choose between a MendMaker exercise that will help heal your heart or a quote that will uplift and inspire. This book is full of all the practical techniques that the author used to mend her own broken heart. It's honest, gritty and represents the true emotions you experience when you feel that your heart has been ripped out. Do you want your ex back? Are you scared you will be alone and single forever? Do you hate yourself because you got dumped? Are you finding your day to day tasks hard? Are your emotions consuming you? Are you confused, angry and crying all the time? If you can relate to one or more of the above this book is for you.