

DO SOMETHING

Do something that you stopped doing because of your relationship. Sporting events? Gaming? Movies? Theater? Etc. Get back into it.

CONNECT

Reach out to an old friend that you haven't talked with in a while. Go do something together and catch up. Enjoy their company. Not in the same area? No problem! Set aside time to chat via voice channel (vc), Skype, or FaceTime.

STOP CHECKING

Stop checking their social media posts, reading their old messages to you, checking if they are online (I'm looking at you gamers). This will save you a ton of heartache and pain because it will keep you wondering what she's doing and with whom.

GET AWAY

Go somewhere, do something, get out of your daily routine. Stay with friends, go see family, do a staycation. Changing the scenery can change your perspective. It gives you something else to think about and do.

CHANGE IT UP

Find a new workout to try. Have you wanted to run in a race? What about a boot camp challenge? Want to be like Oliver Queen in Arrow? Take a martial arts class. Do something outside your norm.

GRIEVE

It's ok to be sad and miss her. Cry if you need to. This is all part of it. Write her a note saying everything you haven't. It can be good, bad, or both. **DO NOT SEND IT** though. This is for you and your healing not her.

STOP COMMUNICATING

Continuing to communicate especially out of fear that she will never talk with you again if you stop messaging feels icky inside and you're not bringing your best self forward. Also, hoping the communication will go back to how it was in the old days isn't likely to happen without some time and distance. Give yourself and her some space to heal before attempting to communicate. It will allow communicating later to be more healthy for both of you.

MEET NEW PEEPS

Old friends are amazing, but so are new ones. New ones don't have any history with you so you don't have to explain what happened to your relationship. So, where do you meet these new peeps? Do you have an interest in hiking, going to the theater, bringing out your inner foodie? MeetUp.com is fantastic to find people to hang out with that share a common interest. On Meetup choose your location, what interests you and a lot of choices of groups show up. Join one or many, go to their events and enjoy new people.

PACK IT UP

Did she leave stuff at your place? Are you staring at it and thinking about all those memories? Pack it up. You don't need to toss it out (You can if you want and it feels ok to you), but put it out of sight. Some places my clients have chosen are; in the garage, in the trunk of their car, or in a spare closet under the halloween decorations. Clear it all out so you can get your space back without the reminder.

SOLO STYLE

Here's the challenge of the week: go do something alone. Movies are awesome because you don't talk during them. Plus, you can see whatever you want with no compromise or sharing of the popcorn. Finding joy in doing things alone gives you a ton of freedom in all parts of your life. Try it! **Is this too easy? Bonus challenge, go have a meal by yourself with minimal phone time while there. Have fun!