



Who Are You Now?

A post breakup deep dive

Workbook

Since your breakup, have you done any soul searching into who you are now?

When we get into relationships and over time we evolve as humans. It's truly inevitable.

This month we are doing a deep dive into figuring out who you are. This is something that should be regularly done, however after a breakup I hear from clients, "I don't even know who I am without her".

So I created this workbook to help you figure it out.

These are all things I work with my clients on during sessions and are here for you to go through, too.

How to use this workbook:

There will be things you hate and want to skip.

Don't!

Do everything that is uncomfortable. If you find you say you don't know, please know that is a lie. You know, so write it down.

I teach my clients about free writing. What that is, is put a timer on and let your brain just write down anything that shows up. Do not filter your brain, let it all spill out on the paper. I recommend 7-10 minutes. This gives ample time to get everything out and to ask if there's anything else. Keep asking yourself if there's anything else. Don't let yourself off the hook. The more you come up with, the more you can work with and the more full the picture is.

In this workbook there's a lot. It's absolutely ok to do one exercise a day or if you want to get right into action mode, sit down undistracted and get through the workbook. Don't skip activities to get into action. Personally, I would take a day and get through it all, but that fits my personality style better. The choice is yours.

When I do this with my clients, I discuss taking this very seriously. It's their life and knowing who you are allows for decisions to be made easier, choices easier, work easier, dating easier, and deciding to quit things that no longer serve you etc.

Let's get started

What do you like?

List everything you like. This should be undistracted time to write down your likes. Get started writing. Set your timer for 7-10 minutes and free write whatever shows up just write it down.

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Go through the list is there anything that doesn't belong on the list? Cross it off.

What did you notice?

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Now, list here who you are with what is left after you scrubbed the list.

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What do you dislike?

Set your timer for 7-10 minutes and don't filter yourself. Write down your dislikes. Feel free to add in things from your past/current relationships here. They can be with friends and family, not just your ex. It's ok to be brutally honest with yourself. Just get it all down on paper.

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Time to go through your list. Cross off anything that doesn't belong on the list.

Be kind to yourself and this is a judgement free area.

Understanding your dislikes is so important. This allows you to live a very free life because if you already know you dislike it, why jump back in. It doesn't mean you will never try it again, but you go in knowing you are trying it again to see if you have changed your mind.

Why is this important?

This allows you to be open You know you are trying it again looking to see if there has been a change or not.

For example:

"In the past I haven't liked going skiing, but the trip with my friends sounds fun. So I will give it a go and worst case I don't ski after I tried it. I can find activities while they ski. This way I can still join in the ski trip without having to pretend I like skiing."

This is an example of honoring your previous dislike of something, attempting again. If you choose, and giving yourself permission to still dislike it without skipping out on the fun. This should bring you into a more calm, comfortable space.

What are your dislikes after you cleaned up your free write list?

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What did you notice?

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Does this feel good, bad, neutral? Why?

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What is your brain telling you?

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Is what your brain is telling you true? Or can you dismiss it as BS?

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**Remember your brain is a chaos maker. It loves drama. It's worse than a dinner party on The Real Housewives reality show. (if you have never seen a dinner party check it out on YouTube)

This doesn't make the drama true though, just because your brain likes it.

Who are you as a human?

This is a fun one compared to the last one. Who are you? List your traits, your strengths, weaknesses, who are you at your soul level.

Are you loving and compassionate, strong minded, determined etc?

These can be things you have locked away and don't show anyone.

Don't worry you can keep them locked away or, just maybe you decide to start showing them off.

So, who are you as a human being?

List it. You know the deal 7-10 minutes free writing with no filtering yourself. Let yourself just go and write.

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Go back through and get the list cleaned up. Anything you need to add or remove do that now.

What did you notice?

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Do you have a clear picture of who you are?

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Who are you? Write it down

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How does it feel? How does it feel to see who you are at your soul level without taking into account others thoughts or opinions of you?

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How do others see you?

This next thing blew my mind when I did it.

Ask 3 people (family or friends, but someone you trust their opinions of you) what they see in you.

I asked my mom, dad, and brother to write me a letter since they have watched and experienced my life through and with me and all my evolutions.

What I learned about how they saw me, I hadn't noticed that is who I was or showed those traits while living my daily life.

I like my clients to experience this too especially coming out of a breakup and as they rediscover who they are.

It's your turn now. Ask anyone you feel can give you a respected view of you.

No, don't ask your ex unless you have done the work to be friends on the unconditional love level.

Set a timeline to get it back. If this feels weird or uncomfortable blame me. Say a Life Coach is helping you figure out some stuff and this is part of your assignment.

I know you will want to skip this one, but don't.

Commit to it and realize this will help you.

When you got your letters back, what did you learn?

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Did you notice traits you didn't know you had?

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How does it feel seeing this?

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**If these were something that never would be said out loud, save it. Refer to it when you need the boost or self doubt shows up.

Is there anything you don't like about you?

You know the deal, timer for 7-10 minutes for the brain dump. Go through things you really don't like about yourself.

For me, I was a people pleaser who was a chameleon who could adapt into whatever my environment was. Was that cool? Absolutely, but I was exhausted constantly and ultimately I was miserable.

What are the things about you that maybe you don't like so much?

Anything from your past relationship that you didn't like or who you became or things you did that you just don't like and do not want to hold on to them anymore?

Ok time to get it all out. Get writing

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Ok go through your list and clean out anything that doesn't belong in there. Add in anything that is missing.

Put your new list here:

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What did you notice?

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Anything you want to change? Yes you can change anything you want.

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Are you willing to work on the things you don't like about you? Why or why not?

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Which are your top 3-5 things you want to work on so your life feels better? Why?

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How's your relationship with your family/friends?

Get into the deep dive of your relationships. What is great, just ok, and not working? Be very honest. This allows you to work on the real issues, celebrate what's great, as well as work on the just ok stuff to move it into the great category. It also allows you to decide if something isn't able to be worked on and not working for you so you can make a change.

You can do this 2 ways. One straight free write or you can go person by person in your life that is a core piece and break it down.

Ok let's get started. 7-10 minutes of free writing, so set your timers. If you are choosing to go person by person, set your timer for the amount of time you think you need for each relationship.

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What did you notice?

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What is just ok?

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What isn't working?

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In your just ok list, what genuine things are you willing to try to move them into your great list? Go item by item and decide if you are good with it being just ok or you want to move it to the great list. What actions are you willing to take?

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In the not working category, what can you do to move it to the ok category if you choose to work on the relationship? Please remember you only control you and your actions. So this needs to be your efforts. Yes, you can/should talk with them so it's a team effort, but it is not required. Control only you. What can you do? List it

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Do you want to take action? If so, on what? Pick one at a time. If not, that works too, but realize it is a conscious decision you are making.

If the relationship isn't working for you, you are consciously doing the work to decide to quit it. But, do the work before deciding this. No regrets happen and the "what if's" are gone after the work is done.

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Who do you want to be?

What traits do you want to have? What beliefs? Describe this person. If they are traits or beliefs you already possess, add them in. Free write for 7-10 mins.

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You know what is next, scrub the list. Remove anything you don't want or don't find important on the list. Add anything that pops into your head while scrubbing the list.

****Please take out anything you have zero control over or need others to do for you.**

Now that your list is final, who do you want to be? Your traits, beliefs, anything you added in.

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Did you list a completely different human or are you heading or in that space already?

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Are you willing to put the work in to show up as this person? Why or why not?

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You can change anything you want about you. You get to decide if you want to. I changed mentally everything about me after an abusive relationship. It was the single greatest journey I took. It was also the hardest journey. I would do it again in a heartbeat.

You get to decide your next steps.

If you need help with this, set up a session with me [here](#)



Lindsey is a Certified Life Coach who helps men get over their breakup and moving on with their life. She helps them unpack the baggage from past relationships so they are able to move forward without bringing their past into the new relationships.

She's a Corporate America Dropout and was an Army Reserve SME (subject matter expert) for 5 years traveling on the weekends all over the country to help with reintegration for soldiers and their families.