



# Heartbreak Healing & Closure Kit

Your gentle 7-day guide to reclaiming peace after loss. From Arcane Guides — a companion to help you navigate heartbreak with compassion, not criticism.


# Welcome, Beautiful Soul

If you're holding this guide, your heart is probably tender right now. Maybe it's been days since the breakup, maybe months. Either way, you're here because you're ready to stop letting the past consume the present you're still living.

This isn't about "getting over it" quickly. It's about getting *through* it with your dignity, self-love, and hope for the future intact.

## What You'll Find Inside:

- Daily check-in prompts to track your emotional weather
- Journaling exercises that create real closure
- Boundary scripts for difficult conversations
- Self-compassion practices for the hardest moments
- One micro-action each day to move toward healing

 **How to use this kit:** Don't pressure yourself to be perfect. Some days you'll do all the practices. Some days you'll do one. Some days you'll just read the daily mantra and cry. All of it counts as healing.



## Day 1: Write Your Closing Chapter

# I am allowed to create closure that sets me free



### Morning Check-In

On a scale of 1-10, how consuming does the heartbreak feel today?

What's one thing you can do today to be gentle with yourself?



### Choose Your Closure Pathway

**Pathway 1 — Accept What They Told You:** Write down their reason and choose to accept it as enough information to move forward.

**Pathway 2 — Write Your Own Truth:** Create a story that allows you to honor what was real and release what isn't yours to carry.



### Evening Reflection

How did it feel to give yourself permission to close this chapter?

What emotions came up for you during this practice?

# Day 2: Digital Detox

## One Connection at a Time



Every glimpse into their life is a wound I'm choosing to reopen.

### Your Practice Today

Choose **ONE** action. You don't have to do everything at once:

- Mute or unfollow their social media accounts
- Archive text conversations to a hidden folder
- Remove their number from favorites
- Unpin conversations or emails
- Delete one photo that keeps pulling you back

📄 **If someone asks why you unfollowed:** "I'm focusing on my own healing right now, and that means creating some distance. It's not about anger—it's about peace."

**Evening Reflection:** Notice what you did instead of checking on them today. That's your healing in action.



## Day 3: Let Your Body Release the Grief

# My body is holding what my mind can't process



### Notice

Where do you feel the heartbreak in your body? Chest, throat, stomach, shoulders?



### Move

Set a timer for 5 minutes. Put on a song that matches your emotional weather. Let your body move however it wants to.



### Release

Shake, sway, cry-dance, punch a pillow, stretch—there's no wrong way. You're giving emotion a physical exit.

You can shake your limbs like you're shaking off weight, sway slowly if that's all you have energy for, or move with your whole body. Even a 1% shift counts as progress.

# Day 4: Stop Romanticizing What Wasn't Working

## The Reality Check

Your mind has been replaying the highlight reel on repeat. It's time to remember the whole truth, not just the edited version.

### Your Practice:

Write down 10 things that weren't actually working. Not to villainize them—to remind yourself why staying would have cost you pieces of yourself.

### The Friend Test:

If your best friend was in this exact relationship, would you have wanted them to stay? Why or why not?

This question often reveals what we already know deep down but haven't let ourselves fully acknowledge.



I am allowed to remember the whole truth, not just the highlight reel.

# Day 5: Create One New Ritual That's Just Yours

## I am reclaiming my days

What did you used to love doing before this relationship? What's one small thing you can start doing again?



### **Morning Pages**

Three pages of stream-of-consciousness writing each morning to clear your mind and reconnect with yourself.



### **Evening Walks**

A 10-minute walk to watch the sunset and breathe in the quiet beauty of ending your day intentionally.



### **Bedtime Ritual**

Light a candle and stretch before bed, creating a sacred space for rest and restoration.



### **Afternoon Tea**

An afternoon tea break where you sit, breathe, and simply be present with yourself.

Start today. Do it for just 5 minutes. That's all you need to begin building a life that feels like yours again.

# Days 6 & 7: Support & Vision

## Day 6: Find Your Sacred Witness

**Today's Mantra:** *"I don't have to carry this alone. Asking for support is strength."*

Reach out to someone who can hold space for your sadness without trying to fix it or rush you.

### Try This Script:

"Hey, I'm going through a heartbreak and I'm working on healing. I don't need advice—I just need someone who can witness me being sad sometimes and remind me I'm going to be okay. Can I check in with you once a week?"

## Day 7: Vision Your Future Self

**Today's Mantra:** *"The version of me who's healed from this already exists. I'm walking toward her."*

Write a letter to yourself from your future healed self. Let her tell you what she's proud of you for, what she wishes she could tell you right now, and what life looks like on the other side of this pain.

### Complete These Sentences:

- "I'm not broken—I'm breaking open into..."
- "This heartbreak taught me..."
- "The love I'm calling in next will feel like..."

Read your letter out loud when you're done. Let yourself believe it's already true.

# When You're Having a Really Hard Day

## Emergency Self-Compassion Practice



### Ground Yourself

Place both hands on your heart



### Speak Kindness

Say out loud: "This is a moment of suffering. Suffering is part of being human. May I be kind to myself."



### Breathe

Take three deep, intentional breaths



### Ask & Answer

"What would I say to my best friend feeling this way?" Then say that to yourself instead.

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## Boundary Scripts for Difficult Moments

### "Are you okay?"

→ "I'm healing. Some days are better than others, but I'm taking care of myself."

### "Have you talked to them?"

→ "I'm choosing not to right now. I'm focusing on my own peace."

### "You'll find someone better!"

→ "I appreciate that. Right now I'm focused on finding myself again."

### "You should just get over it."

→ "Healing has its own timeline. I'm honoring mine."

# Remember This

“

My worth was never tied to whether they stayed.

”

“

Healing isn't linear. Some days will be harder than others. All of it counts.

”

“

This pain is temporary. The wisdom I'm gaining is permanent.

”

You didn't love wrong. You didn't choose poorly. You loved fully, and that's never something to regret. The person you were when you entered that relationship is still here—she just needs you to reach back and pull her forward into this new chapter.

**One day soon—I promise—you'll wake up and realize you haven't thought about them in hours. Then days. That day is coming.**

Until then, we're here.

## Need More Support?

**WhatsApp:** +254 720 202 299

**Email:** [hello@arcaneguides.com](mailto:hello@arcaneguides.com)

**Website:** [arcaneguides.com](https://arcaneguides.com)

Your heart might be broken right now. But you don't have to break with it.

With love and light, The Arcane Guides Team