



# Your Healing After Ghosting Kit

A 7-day gentle reset for your heart. Being ghosted isn't a reflection of your worth—it's a sign that someone wasn't capable of showing up the way you deserved. This kit is here to help you process, heal, and move forward with your power intact.

# Day 1: Permission to Feel Everything

## Morning Intention

*"Today, I allow myself to feel without judgment. My emotions are valid."*

## Journal Prompt

Write a letter to yourself from the perspective of your wisest, most compassionate self. What would she say to you right now? Let her words flow without censoring—write until you feel a shift in your chest.

## Evening Check-In

What emotion showed up most today? Name it without trying to change it. Sometimes naming the feeling is the first step toward releasing its grip on your heart.

## Gentle Action

Play a song that matches your mood—whether it's sad, angry, or numb. Let yourself be exactly where you are. There's no wrong way to feel today.



# Day 2 & 3: Honoring Loss, Reclaiming Your Story

## Day 2: Honoring the Loss

**Morning:** *"This hurt is real, and I don't have to minimize it to move forward."*

**Journal:** Complete this sentence 10 times: "What I'm really mourning is..." The future I imagined, feeling chosen, the connection I felt—all of it deserves acknowledgment.

**Evening:** On a scale of 1-10, how much energy am I still giving to someone who chose silence?

**Action:** Text or call one person who always makes you feel seen. Just connect with someone who shows up.

## Day 3: Reclaiming Your Narrative

**Morning:** *"Their silence doesn't get to be the loudest voice in my story."*

**Journal:** List 5 things you know to be true about yourself that have nothing to do with this person's opinion or departure. Your worth exists independent of their validation.

**Evening:** What's one small way I took up space today that felt good?

**Action:** Delete or archive the conversation thread. Remove the temptation to reread messages searching for clues that aren't there.

# Day 4: Releasing What You'll Never Know

*"I don't need their explanation to write my own ending."*

01

## Write the Closure

Write the closure conversation you wish you could have. Say everything you wanted to say—all the questions, all the hurt, all the disappointment. Pour it onto the page.

02

## Add Your Final Line

Then add one final line: "And now, I close this door myself." Feel the power of taking back control of your narrative.

03

## Release the Words

Burn, tear up, or delete the letter. The act of releasing the words is powerful even if they never see them. This ritual is for you, not them.

**Evening reflection:** How does it feel to give myself the closure I was waiting for them to provide? Notice any sense of relief, even if it's small.

## Day 5 & 6: Reconnecting With Your Wholeness



### Day 5: Who You Were Before

*"I was whole before them, and I am whole now."* What did you love doing before this person? What part of you did you put on hold? Do something they never saw you do—reclaim the version of yourself that existed independently.



### Day 6: Trusting Your Intuition

*"My gut knew before my heart was ready to admit it."* What signs did your intuition pick up that you talked yourself out of noticing? Write them down—not to shame yourself, but to honor your inner knowing for next time.

**Create your "Green Flags" list:** Write down qualities and behaviors you want to see consistently for at least 8 weeks before you emotionally invest in someone new. Your intuition deserves to be trusted.



## Day 7: Opening to What's Next

# You're not starting over— you're starting wiser

Imagine your future self, six months from now, writing you a letter about how this ghosting experience actually redirected you toward something better. What does she tell you? How has she grown? What opportunities appeared because this door closed?

### Evening Check-In

What's one thing I'm curious about or looking forward to now that this door has closed?

### Gentle Action

Do something kind for yourself today—not because you need fixing, but because you deserve gentleness. Maybe it's a long bath, a walk in nature, or ordering your favorite meal.

# When the Hard Moments Hit

When tempted to reach out

**Ask yourself:** "If they wanted to talk to me, what's stopping them?"

Answer: Nothing. Silence is a choice.

**Remind yourself:** "Reaching out won't give me what I'm actually looking for—which is to feel chosen. The right person won't make you chase them."

When blaming yourself

**Ask yourself:** "Would I treat someone I cared about the way they treated me?"

Answer: No. You would have had the courage to communicate.

**Remind yourself:** "This wasn't about my worthiness. It was about their capacity. You can't be the wrong person to someone who's right for you."

When feeling hopeless

**Ask yourself:** "Is this thought based on evidence or fear?"

Answer: Usually fear disguised as certainty.

**Remind yourself:** "One person's exit doesn't close the door to love. It clears space for someone who stays."

# Mantras & Emergency Grounding

## Copy These to Your Notes App

- "Someone who was right for me would never choose silence over honesty."
- "I am allowed to grieve what I hoped for without blaming myself for hoping."
- "Closure is not something they give me—it's a door I close myself."
- "Being ghosted doesn't mean I loved wrong. It means I met someone who couldn't match my courage."
- "The right person will think I'm worth a difficult conversation."
- "I am not too much. I was just too much for someone who wasn't enough."

## When Panic Hits: 5-4-3-2-1

Name out loud:

1. **5 things** you can see
2. **4 things** you can touch
3. **3 things** you can hear
4. **2 things** you can smell
5. **1 thing** you can taste

Then place your hand on your heart and say: "I am here. I am safe. This feeling will pass."

# Your Green Flags Checklist

For your next connection, watch for these consistently over 8+ weeks before investing your heart. If you notice someone pulling back or showing signs of fading, trust what you're seeing. Don't convince yourself it's in your head—your intuition is giving you information.



## Consistency in Communication

They text or call when they say they will. They make plans and follow through without you having to prompt them.



## Genuine Curiosity

They're curious about your life and ask questions. They share about themselves without you pulling it out of them.



## Integration Into Their Life

They introduce you to their world—friends, interests, daily life. You're not kept separate or hidden.



## Healthy Conflict Resolution

They handle disagreements with communication, not disappearing. The right person doesn't run when things get difficult.



## Sustained Effort

They're consistent even when the "new relationship energy" fades. They verbally express interest and make their intentions clear.



## Emotional Safety

You feel calm and secure, not anxious and second-guessing. Your nervous system feels at peace in their presence.

# You Don't Have to Do This Alone

Being ghosted doesn't mean you're unlovable. It means you met someone who wasn't emotionally equipped to honor what you were building together. That's painful—but it's also information.

Every person who ghosts removes themselves from your path, making space for the one who would never dream of leaving without a word. You're not starting over. You're starting **better**—with clearer boundaries, deeper self-trust, and a refusal to settle for silence where there should be honesty.

## Compassionate Support Available

Healing from ghosting is real work, and sometimes we need a gentle hand to guide us through the harder days. If you're finding it difficult to move through these practices on your own, we're here.

## Reach Out Anytime

**WhatsApp:** +254 720 202 299

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

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

We offer judgment-free support for exactly these moments. You don't have to carry this alone.

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**The love you deserve is out there. And it won't ghost you.**

*With love and light,*

The Arcane Guides Team