

# Healing from Heartbreak Kit

A 7-Day Gentle Practice for When You're Still Hurting (But Pretending You're Not)

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# Welcome to Your Healing Journey

If you're here, chances are you've been telling everyone you're fine—but your heart knows the truth. This kit isn't about "getting over" someone in seven days. It's about finally getting honest about where you are, and taking one small, tender step forward each day.

You don't have to do this perfectly. You just have to show up. Healing isn't a race, and there's no prize for pretending you're further along than you really are. What matters is that you're here, willing to be gentle with yourself, willing to take the first honest step.

## How to Use This Kit

- **Each morning:** Read the day's reflection and set one small intention
- **Each evening:** Complete the journal prompt before bed
- **Throughout the day:** Practice the micro-action whenever you need grounding
- **Be gentle:** Some days will feel harder than others—that's part of healing

 **Remember:** This is your journey. If a particular day feels too heavy, it's okay to pause and come back to it when you're ready. There's no timeline for healing that works for everyone.

# Day 1: Stop Performing "Fine"



## Morning Reflection

Today, you're giving yourself permission to stop pretending. Healing can't begin until you acknowledge that you're still tender. There's no shame in still hurting. There's only honesty.



## Daily Intention

"Today, I will tell the truth—at least to myself—about how I'm really feeling."



## Micro-Action

When someone asks how you are, try this: "I'm doing okay, but I'm still healing." Notice how it feels to be honest, even just once.

## Evening Journal Prompt

*Complete this sentence: "The thing I've been most afraid to admit out loud is..."*

The first step toward healing is acknowledging where you truly are. Not where you wish you were, not where you think you should be, but where you actually stand right now. Today is about dropping the performance and meeting yourself with compassion. You've been carrying the weight of pretending, and it's exhausting. It's okay to set that burden down.

# Day 2: Honor the Memories (Without Getting Lost in Them)

## Morning Reflection

The memories aren't the enemy. Running from them doesn't make them disappear—it just makes them louder when they catch up with you. Today, you're going to look at them directly, and then you're going to let them go for the day.

**Daily Intention:** "I can honor what was without letting it consume who I'm becoming."

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## Micro-Action

Set a 10-minute timer. Look through old photos or listen to one of "your" songs. When the timer goes off, close it and say out loud: "Thank you for what we shared. I'm ready to move forward now."

## Evening Journal Prompt

*Write:* "The version of me that existed in that relationship was... The version of me I'm becoming is..."

📄 **Why this matters:** Giving yourself permission to remember—with a time limit—teaches you that memories can exist without controlling you. You're learning to hold them gently rather than pushing them away or drowning in them.

# Days 3 & 4: Reclaiming Your Life



## Day 3: Reclaim Your Social Life

**Morning Reflection:** You've been hiding, and you know it. Maybe you're scared of running into them. Maybe you're scared of falling apart in public. But isolation isn't protecting you—it's keeping you stuck.

**Daily Intention:** "I am safe to be seen, even while I'm healing."

**Micro-Action:** Say yes to one invitation this week—even if it's just coffee with one friend. Somewhere you feel safe. Somewhere that's just for you.

### Day 3 Evening Prompt

*List three places that feel like "yours"—not places you went together, but places where you can be fully yourself. Plan to visit one this week.*



## Day 4: Break the Stalking Cycle

**Morning Reflection:** Checking their social media isn't helping you heal—it's keeping you tethered to a story that's already ended. Every time you scroll, you're searching for closure they can't give you through a screen.

**Daily Intention:** "My peace matters more than knowing what they're doing."

**Micro-Action:** Mute, unfollow, or (if you're ready) block them on social media. If that feels too big, commit to 24 hours of not checking. Then another 24 hours.

### Day 4 Evening Prompt

*Reflect: "When I check their profile, I'm really looking for... What would it feel like to stop searching for that?"*

# Day 5: Feel the Feelings (Instead of Numbing Them)

## Notice the Urge

You feel the pull to scroll, eat, shop, or distract yourself from the ache.

You've been eating, scrolling, shopping, or distracting yourself to avoid the ache. But the feelings don't go away when you ignore them—they just wait. Today, you're going to sit with one feeling for five minutes without fixing it. This practice teaches you something powerful: you can feel sadness without being destroyed by it. You can hold difficult emotions and survive them. In fact, the only way through them is to feel them fully.

**Daily Intention:** "I can feel sadness without being destroyed by it."

## Evening Journal Prompt

*Complete:* "The emotion I've been avoiding most is... and it's showing up as... (a behavior, a pattern, a way I treat myself)."



## Pause & Sit

Set a timer for 5 minutes. Find somewhere quiet and let yourself feel whatever's there.

## Feel It Fully

Sadness, anger, loneliness—whatever shows up. Don't fix it. Just feel it.

## Breathe & Release

When the timer goes off, take three deep breaths and move on with your day.

# Day 6: Rebuild Trust (Starting with Yourself)

## Morning Reflection

They hurt you, and now you're scared everyone will. But closing your heart to protect it only keeps love out—it doesn't keep pain out. Today, you're going to practice trusting one small thing: yourself, and your ability to survive heartbreak and still choose connection.

The truth is, you've already proven you can survive this. You're still here. You're still showing up. That's evidence that you can trust yourself to protect your own heart without shutting everyone out.

**Daily Intention:** "I am learning to trust myself to protect my own heart, without shutting everyone out."

### Micro-Action: Notice the Good

Write down three small ways people have shown up for you recently—friends who checked in, strangers who smiled, moments of unexpected kindness. Let yourself notice that not everyone leaves.

### Evening Journal Prompt

*Explore:* "I closed my heart because I believed... But what I really need to believe is..."

Rebuilding trust doesn't mean becoming naive or ignoring red flags. It means learning to distinguish between healthy caution and self-protective walls that keep out the very connection you need to heal. It means trusting that you'll recognize warning signs earlier next time, and that you'll honor them when you do.

# Day 7: Reclaim Your Story

📌 **This is your turning point:** Today marks the moment you stop being defined by what ended and start being defined by what you're creating next.

This heartbreak is part of your story, but it's not the whole story. Today, you're going to start rewriting the ending. Not the ending of "you and them"—the ending of "you and this chapter of your life." You get to decide what comes next.

Seven days ago, you were still performing "fine." Today, you're choosing to be honest about where you are and intentional about where you're going. That's not a small shift—that's everything.

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## Daily Intention

"I am the author of what happens next."

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## Micro-Action: Create Something New

A playlist that represents who you're becoming. A list of things you want to try. A plan for one thing you've been putting off. Anything that says, "I'm still here, and I'm moving forward."

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## Evening Journal Prompt

*Envision:* "Six months from now, when I look back on this heartbreak, I want to be able to say..."

# Beyond the 7 Days: Keep Going

Healing isn't linear. Some days you'll feel lighter. Some days the weight will come back. That's normal. That's human. The work you've done this week isn't about fixing yourself in seven days—it's about building a foundation you can return to whenever you need it.

## On the Hard Days

- Reread Day 1 and give yourself permission to not be "fine"
- Text the person you told the truth to on Day 1
- Revisit your Day 7 journal entry and remember where you're headed
- Practice the 5-minute feeling exercise from Day 5
- Reach out for support—you don't have to do this alone

## On the Good Days

- Celebrate them, even if they feel small
- Write them down so you can come back to them
- Trust that there will be more
- Share your progress with someone who's been cheering you on
- Do something kind for yourself to honor how far you've come

**Remember:** Progress isn't about never having bad days. It's about having more tools to navigate them when they come.

# You're Not Alone

Healing from heartbreak doesn't mean forgetting what you shared or pretending it didn't matter. It means learning to hold the memory without letting it hold you hostage. You're doing better than you think you are. Keep going.



## Daily Check-ins

Join our private WhatsApp community for daily encouragement, gentle reminders, and connection with others on the same journey.



## One-on-One Guidance

Book a private session for personalized support as you navigate your unique healing journey. We're here to listen without judgment.



## Additional Resources

Access our full Emotional Wellness Library, including guided meditations, journal prompts, and affirmations for every stage of recovery.

## Reach Out Anytime

 **WhatsApp:** [+254 720 202 299](https://www.whatsapp.com/chat?phone=254720202299)

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*With love,*

**The Arcane Guides Team**