



THE CONFIDENCE CANVAS



Heal After Heartbreak

Step-By-Step Method
to Regain Confidence,
Be Yourself Be Yourself and
Find Your Happily Ever After

A note to you!

Hi there,

Thank you for purchasing this book. I am happy that you have taken the first step towards your healing journey. If you follow every step in this book, at the end of this transformation journey, you will not be able to recognize the past unhealed you and you will be thankful for everything that has happened so far since it made you who you need to be. So go ahead and set your amazing future.

I request you to not to duplicate this book in any form or teach the methods in this book since you need to heal before you start helping others with their healing journey. Truth be told you do not want to create a bad karma unknowingly. Also do not share this book who have not purchased this book. If you understand law of attraction and manifestation, then you do understand what money energy is. By redistributing an original book, you do not want to get negative money energy which might impact your finances. So be mindful of every action of yours so that we can transform not only your love life but also career, money and other aspects of your life.

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Part 1

How To Heal Yourself
Physically and Emotionally

Introduction

Hi there,

If you have purchased this, I am sure what you must be going through. No amount of words can define what the pain must feel like. No matter how much someone says, "oh, get over it", "this wasn't meant to be", "you deserve so much better", its not going to cheer you up. In your mind, you do know, this wasn't meant to be, you do realize that you deserve so much better, you do have the hope that things will get better with time and you will meet someone amazing or who knows your ex might ask for forgiveness. But the catch and the questions is when will you get over it, when will something thats meant for you walk into your life again, when will life feel amazing again, When will you be in the position to meet someone amazing with full confidence or when will you actually be so unbothered by your ex that you forgive them without them asking for it. Its definitely not going to happen you looking at their social media, or constantly keep checking your phone to see if they texted. Its definitely not going to happen when you constantly check their comments and their followers list.

In case if you are still wondering, all this will happen when you get yourself back and by that what I mean is, when you get your confidence and self esteem back again that your least bothered by anything that concerns them. When your level confidence is to the extent that you feel everything was for greater good, when you feel there is someone amazing out there who will love you, who will care for you, who will fight to keep you in their life, who will go to any extent to hold your hand and no amount of parental pressure, uncertainty, 3rd party, astrology or religious beliefs is going to stop them from being your partner. Our goal in this book is to get you to this position. I will try my best to get you to a position that when you look at yourself, you will start to feel anybody would be lucky to be with you, anybody who gets you in life has hit a jackpot. This requires hard work and dedication and I am sure you will do it. I have been in your place and I can assure you no matter what Romeo-Juliet love story you are fantasising about your ex now, truth is farther from it. Its your mind playing tricks with you. When you get out of this mess, you will be so proud of it for putting in the necessary work and being the best version of you all over again. Lets start!

Step 1: Grounding yourself

Its very easy to lose sense of yourself after break up. Your trauma-bond system could get activated, you start to lose focus in career, your sleep cycle gets disturbed, you constantly feel anxious, you are irritated even around people whom you love the most. There is no doubt break up takes a toll on your mental health. If you are not cautious this could affect all areas of your life with you falling in a deep pit. If that happens, it will take you much longer to come out than otherwise. Chances are you think there is something wrong with you or you have done something wrong since somehow something you said or something you did has affected them and led to break up, otherwise they are a gem and wouldn't be without you. Honey, let me stop you right there before you blame all of this on you, Its not entirely on you!.

After you go through the denial and self blame, the next stage, you might be irritated with bursts of rage at intervals acting out of emotions and posting stories to tell them indirectly they did something wrong. Lets stop there, anything you post on social media right now is not going to get you any results. Chances are they already are well aware what

they did to you. They already knew this would affect your mental health and who knows even your career and other important areas in your life. Not that they didn't know or who knows maybe they did care too. But they just put their own priorities above you.

Your self esteem and self respect has already been affected. So you doing anything right now might affect you more. You don't want to spiral, act out of emotions, or worse call them or text them incessantly to prove your love, or prove you are the 'one' for them. Its okay. Let me tell you honestly, In my opinion they have already thought through it and it might not be an impulsive decision. In case if it is an impulsive decision, ask yourself, do you really wanna be with a person who breaks someones heart on a whim. And to an impulsive person, what good does it come explaining them when it is never going to be in their head anyways.

So my humble request to save your break up speech for the day they come ask for forgiveness some day(If you think it won't happen, it does. I can assure you that even if they are with someone else now). Your goal is not to wait for them but regain your confidence and self esteem.

Every time you feel like abusing them or posting your happy life on social media or acting out on emotions, this is exactly what you are going to do:

Activity: Keep a journal. This does not have to be very costly and pretty or extraordinary. This is just to get your emotions in check. Everytime you feel something, write it down. No matter how hard it is, through tears just write it down. You can burn it too if you like. This way you are not gossiping, attacking or bitching. You are handling your emotions in a healthy way.

You are going to stay away from doing the following:

- Track their social media. By this I mean constantly checking where they are, what they are up to, with whom they spend time with. If you could unfriend, great. If you cannot, you can always mute.
- No texting their friends to show how much you care for them or asking about their well being. This will only give an ego boost to them and ruin your self esteem even more not only in your ex's eyes, but in everyone's eyes.
- No more reading their texts again and again. You can archive if not delete.

- No more seeing photos of them and you together and feeling like you have lost the love of your life. Lemme tell you they are not! Even if they are, that shouldn't come you losing yourself to gain them.
- No posting on social media that is related to them such as going to the same place you both had fun and posting a photo from there just to indirectly remind them of that place. No! please stop!. This is you putting yourself down.
- No calling them or texting them. I have already said this before but again iterating. Please don't do it. This affects your pride. When you get back yourself, you will hate this more than your love for them.
- No trying to explain anyone on whom the mistake was. It doesn't matter. Whoever is asking you, they are just asking because they are curious and who knows for a topic to gossip. The people who genuinely understands won't ask silly questions and would very well know you will be hurt. If at all you want to speak to someone, find a therapist or journal. Worst case only speak to someone who is very close to you. Else don't. Words once gets out, is difficult to trace back and repercussions are high. Be very careful if you have mutual friends.

Step 2: The Victim Mode

Why me? is a question you will be pondering over a lot more than you expected. It sucks, to have given everything to a relationship in the hope it will succeed to just see it crumbling to floor. It feels like you are unlucky in love and when everybody seems to have it all figured out. It might feel like no matter what you do, you can never get it right.

The worst feeling is when you see everybody onboard in their full speed jet while you still trying to figure out how to walk.

You might be surrounded with people who are going on dates, having romantic getaways, partners who are celebrating 10 years anniversary, people getting married left, right center and friends delivering their second baby when you are not even learned how to climb the ladder of relationship.

Let me tell you, this overwhelming feeling of life moving around and you still trying to catch up is pretty normal. The worst thing you can do right now feel like a victim. No matter how you feel, let me tell you, you are not a victim of any circumstances. No matter what it feels like, you need to gather the courage to not feel like a Victim and constantly remind you about it.

Let me tell you honestly, although at this moment, it might feel like people around are celebrating life when you are trying to catch up a breath, but the truth is everyone has their own struggles they are trying to keep up with. When people post their stories and posts, you don't see behind the scenes. You don't see the fights, traumas, etc.

So don't worry, let people get on with their life, your happy times are yet to come and fill yourself with the hope it will soon come.

If you see your ex having fun and this drives you in a victim state, chances are they are fighting their own battle of getting over you and trying to fill up the hole. I am not saying this for you to feel happy about it, but rather to make you aware what seems outside may not be the same thing. And in case, if they really don't feel anything and have happily moved on, ask yourself, is this person actually worth that you drive yourself in victim state?

The last but not the least reason you drive into victim mode is having pity parties with your friends and families. This although might give you immediate relief but not a permanent one and chances are you will be most embarrassed about it when you get over this breakup stage.

So having it once or twice is fine, but don't keep it a regular. The reason simply being you are at an extreme vulnerable state and anything you say or do now may not be something you actually feel. Chances are that you even have a mixed feeling about your ex. You might be confused about everything while trying to catch up with life. So anything you say or do now can actually put you in a much worse place than you are for two reasons:

1. When you have a conversation with people in a vulnerable times, chances are they are giving fresh perspective such as we always knew this wouldn't end or how did you not see this coming?. Trust me, even if they did see it coming, If this would have worked, they would have definitely said things like we knew you guys were meant for each other. But at that moment you will not realize this and feel like idiot which is not what we are looking at right now. We need to build you up so that you can trust your instincts again.
2. You are most likely to start a gossip channel you didn't intend on. There is only two outcome of this, people might perceive you as playing with your victim card or likely to pass on the gossip for fun.

Either ways, the victim mode is not serving you. Talk about your break-up once to someone whom you really trust and let it go. You also need to stop the constant thoughts you have right now which makes you feel like you will never be able to get out this or did you inadvertently happen to do something to cause your heart-break. Even if you want to go through it so that you correct your mistakes, the time is not now, its after you have regained your self confidence.

Exercise:

Each time you feel like a victim or rage, do the following two things:

1. Write down everything you feel and burn the paper. Each time you do so, say you will be over this soon.
2. Meditate when there is an overwhelming feeling or constant thoughts by concentrating on breathe. When you feel calm, just say to yourself, I will be over this.

Exercise:

Each time you feel like a victim or rage, do the following two things:

1. Write down everything you feel and burn the paper. Each time you do so, say to yourself "you will be over this soon".
2. Meditate when there is an overwhelming feeling or constant thoughts by concentrating on breathe. When you feel calm, just say to yourself, "I am over this".

Step 3: Acceptance

A heartbreak is kind of a trauma. No matter what you show or think, the pain that comes from it is insurmountable. The trauma that comes from it not only makes us lose our self esteem but also our capability to think clearly. Owing to this pain, its very easy to fool us with the hope that it will all work out one day or think your partner will magically realize they made a mistake and come back to you asking for your apology. While all those fantasy scenarios may have a chance to work but holding on to that one hope will put us in a vicious cycle and keep us forever hooked to that hope. Even if it does happen one day, its far more healthy for us to heal before we get back.

And therefore for this reason, we need to accept that its over and take time to ourselves to heal and then decide if you want this relationship or you want to move to a better relationship.

Affirm this to yourself: Its over. The old relationship had to die since this was not good for my mental health. I will accept this and heal myself completely so that I can welcome better things.

Accepting the relationship is over will also help you in case if you are obsessing over your ex and trying to constantly think about them.

This way even if you want to get back with them its from a healthy place than the same old you. With a new person or your ex, the old patterns and the healing needs to take place so that you can welcome a renewed relationship thats healthy for you

You can do this following exercise to accept that this is over

Exercise

Write down your answer for each of the following?

- When you were with them, describe how did you feel everyday. Did you feel anxious or did you feel calm. Did you feel confident?
- Were you able to express your needs in a healthy way? were you able to communicate how you felt?
- If it would have gone forward would you have been happy living with them everyday?
- Did you make any compromises. If so, how did it affect other areas of your life such as career, finance, family, friendships etc?

Exercise

Now write down the answer for the following questions:

- Is this the way you want your relationship to continue.
- Do you describe this as a healthy relationship.
- Did you feel with this relationship you would have thrived in other areas of your life such as career, have mental peace etc?(this should be your motivation letter to heal and find a healthy relationship)

Step 4: Boundaries

The best way to heal a wound is to not touch it again and again. Similarly, the best way to heal a relationship wound is by not talking about it and thinking about it. The essential way of doing it is by exerting boundaries.

Boundaries with family

Sometimes the people who care for us, unknowingly end up hurting us the most. Its essential in these times to take a stand for yourself and educate them about you.

If your family is anything like mine, they would constantly pressure you for marriage. They do it because they are scared you may not choose to be in another relationship again or they feel you will move on quickly if you get married. Its important to tell them that you need your time and space before you could get into one right now.

Boundaries with friends:

Our friends might jokingly bring the topic of your breakup or try talking about it again and again to find out what might have been the reason.

You need to politely put a boundary by asking them not to talk about it again until you heal and by this also not to bring the whereabouts of your ex and you wouldn't want to know anything related to them. You could simply say:

"I don't wish to talk about it, I understand your curious but I need time to talk about it in a healthy way again"

Boundaries with your ex:

This is the most hardest of all. Its extremely hard to set a boundary with your ex if a part of you wishes to go back to them especially if they are the ones to break it. But here is where the most important thing comes that is - your healing, mental health, self confidence and self esteem is more important than being in touch with them constantly. If you are constantly talking to them, there is no way you can heal. Most of the people would like to stay in touch and stay friends post break up. You need to asses, how this makes you feel. How would it make you feel when you see them move on with someone else. Will you be able to handle it? How will it feel for you to see them with someone again even if they are casually dating.

If the answer to above questions are no, then setting the boundary to not see them or text them or call them is the way to go. Most of the times, they want to stay in contact not because they care, but they don't want to lose out the attention you had given them. And to build that attention somewhere else takes time and effort. So its easy for you to confuse their texting you as remorse and they want to get back with you. Its most important to stay strong in these moments. You can even ask them whats their intention for you so that you have the clarity. When your ex texts or calls you, you could text the following:

- Hey I understand that you are missing the old times. But this is a time for me to heal. So I would really like my privacy and not reminded of the old times.
- Hey, you broke it off and want to meet now. But unless you want to work on the relationship or talk about 'us', I am not looking for anything else.
- Hey your texting and liking pictures feels like a constant call for attention. I am looking for a healthy relationship and if thats what you have in mind, text me or else please don't.

The obvious mistake what people do is stay in touch with ex in the hope someday they will change their mind and trust me this could not be far from truth. Nobody realizes you'r worth just cause you are constantly available to them People need to miss you to actually know your worth.

But this 'No contact' with them should not be done with an intention to manipulate them. This should be done only for you to heal. You will regret if you have 'No contact' with the idea of manipulating them since sooner or later this might even push them to someone else for the attention they seek.

At the same time if you want to stay in contact just so that your ex does not move on faster than you, believe me none of the relationship works that is done without healing. People also quickly date someone else to fill the void the heartbreak has caused. If you search another relationship for you to heal, you will end up more hurt than you are right now or worse end up hurting another human being for no mistake of theirs.

Step 5: Letting go of the resentment

This breakup would have caused some amount of shame to you. All the fights would have wrecked other areas of your life such as health, career etc. You hold a lot of resentment due to this. With this resentment build up in your body and mind, there is not way you can heal.

The more you ruminate over everything that has happened the more you attract similar situations in life and that is exactly why you need to let go of the resentment so that you not only don't end up attracting similar situations again in life but also do not carry these resentments to the next relationship even if that relationship is with your ex.

In case if you get back with your ex, these resentments will crawl back its way into the relationship. If you get on with a new person, then you will be anxious each time they do something similar to your ex.

Hence its important that you heal yourself by letting go of resentments.

Exercise:

- Write a letter to your ex, explaining everything you feel right now. Go over every situation and write exactly what you wanted to tell them but choose not to say. (You could also choose to write this in a separate page and burn it). You could do this one time or multiple times until you feel you have finally let go of the resentment. You could also do this for your other exes and past relationship.
- Burn the letter you wrote.
- Do this for all your exes since you don't want this karma in the next healthy relationship.

- Now Write a letter to self for putting you in that position. Write a letter to your inner child asking for their forgiveness for not being aware of their feelings and needs and prioritising others over self.
- Now burn the letter you wrote to self and let go of the ashes while saying “I have healed from all of this”.
- Do this for all the past relationship too no matter how long ago it was. This way you heal your inner child and not attract similar relationships.

Step 6: Forgiveness meditation

You will let go of the resentments completely when you forgive yourself and others. Along with the letter writing process, do the forgiveness meditation. Its harder to forgive someone who hurt you but trust me this forgiveness is not for them but for you to be peaceful in your heart. This way you completely heal yourself to rebuild again.

Forgiveness meditation:

- Sit comfortably or lie down.
- Have a soothing music without ads running in the background. I usually put meditation music or Tibetan singing bowl music.
- Now calm your mind with each inhale and exhale and concentrate on breathe
- Once you feel you are calm, in your minds eye visualize your ex or anyone whom you want to forgive.
- Look them in the eye. This is a safe space for you to talk to them.

- Now tell them whatever you wish to tell them. This does not mean you attack them. Just in a calm way say them what they did hurt you. Say what they should have done instead. Tell them how you felt when they did what they did.
- Once its done tell them you forgive them not because they deserve it but you need to let go of the resentment and finally be free.

Self forgiveness meditation/inner child healing meditation:

1. Sit comfortably or lie down.
2. Have a soothing music without ads running in the background.
3. Now calm your mind with each inhale and exhale and concentrate on breathe
4. Once you feel you are calm, in your minds eye visualize your younger self who was present in all those fights and moments with your ex.
5. Look them in the eye. Hug them.
6. Now tell them you will never put them again in this position and will always stand up for them and ask for forgiveness.
7. Once its done thank them and say "I love you and no matter what I will be there for you".
8. Once done see their image moving away happily and return back to your current reality.
9. Do this for other heartbreaks you have had with exes, friendships, and family.

Its extremely important to forgive yourself. Often we put ourself in places that we shouldn't and go through things which could have been avoided if we were more mindful.

Its easy to constantly self blame and criticize inside our head for doing so, but at this point we need to treat ourselves with love and understand that we simply didn't know it better at that time. No matter what, we didn't have the awareness we have now. Treat yourself like the love of your life while you heal.

You need to do this activity for atleast 30 minutes everyday. You can choose to do the previous step and this step together thats is

- First go over a scene and write a letter to the concerned person
- Then do forgiveness meditation
- Then do inner child healing for the same scene

Once you have healed all the romantic relationships you had, try healing other relationships such friendships, caretakers, siblings etc. After all we are starting a new life and why start with resentment.

Step 2

How To Build Yourself Again

Step 7: Physical self care

Now that we have let go of the past, we need to go ahead and build ourselves again so that we regain our confidence and self esteem.

The first step to do is having a physical care. Taking care of your body can have a positive impact on your emotional health. If you want to build confidence, the best way to do so instantly is to work on your body.

1. **Nutrition:**

- a. Eating a balanced diet can improve your mood and energy levels.
- b. Focus on nutrient-rich foods. Have a good amount of protein and fibre in each meal
- c. Avoiding Comfort Foods: Reducing intake of sugary and fatty foods that can affect mood. Once in a while is okay but not everyday as a comfort.
- d. Hydration: Staying well-hydrated. Drink at-least 3L of water.
- e. You could get a customized diet plan for your health and start following the diet.
- f. Get your vitamins levels checked. Vitamin D and B12 is essential for a healthy mind and start taking supplements after consultation

2. **Exercise:**

- a. Exercising releases necessary endorphines to elevate your mood
- b. Your exercise need not be heavy and intense for one hour. It can be as simple as walking for a certain time.
- c. You can choose one of the following:
 - i. Walk 10k steps
 - ii. Walk in nature for 30mins
 - iii. Run half an hour
 - iv. Strength training weekly 4 times
 - v. Cardio everyday 30 mins
 - vi. High intensity workout for 15mins
 - vii. Zumba everyday for one hour
 - viii. Yoga everyday for one hour
- d. It helps to have a tracker and continuously track your progress.

3. **Mental health:** Meditation is extremely important during this time to help you be focused on you. Its very easy to get lost in thoughts right now. Now is the best time to start with meditation if you have already not started. Your meditation need not extensive session. It can be as simple as focusing on your breathe for 15mins. Meditation now will help to calm your mind and help you to focus on work on studies.

4. Nervous system healing:

- a. You might be in fight, flight or freeze mode due to your heart break since a heart break causes huge trauma.
- b. Its important to regulate your nervous system at this stage.
- c. The best ways to do so is breathing techniques
- d. The most famous ones are Wim-hoff, anulom vilom and other yogic kriyas.
- e. There is a guided video on youtube for Wim-hoff breathing. Its a breathing technique developed by Wim-hoff itself to improve athletic performance
- f. Anulom-vilom is a yogic breathing technique in which you inhale through one nostril and exhale through other in a cyclical fashion
- g. You can choose either one or both but the important thing is to practice consistently for 3 months

Step 8: Establishing a new normal

When we are in a relationship, our life revolves around our partner. We adjust our schedules, priorities, career according to their needs and in order to make more time for them. But when we are separated, we tend to lose track of our path, goals and adjusting to the new normal takes time and effort. In these cases building up a routine could give you more structure to your day. These everyday habits will not only ground you but also help you make small progresses in life. Your routine needs to be atleast half an hour in the morning and evening.

Ideal morning routine:

1. Wake up early so that you can do your morning routine everyday consistently.
2. Drink hot water 1 glass, or herbal tea or lemon water.
3. Freshen up
4. Meditate for 15mins
5. Exercise for half an hour
6. Set goals and intentions for the day
7. Expose to sunlight for 10 mins
8. You can affirm and visualize for goals or do manifestation practices at this time

Ideal evening routine:

1. Have a skin care routine for evening.
2. Choose to go through the day and did you achieve all your goals for the day
3. Journal how you feel, any specific uncomfortable emotions you experience
4. Finally write 5 things you are grateful for.
5. You can also choose to have a bed time calming tea such as chamomile(Only if it suits your health).

Step 9: Pursuing new hobbies

Now is the best time to pursue those hobbies which you always wanted to pursue and could never find time with the relationship hanging over your head. Pursuing a new interest now or reviving an old interest will give you a new sense of purpose and energy that will keep your mind off the break up drama. Is there something you always wanted to try but never had the nerve to do it. Is there something you wanted to do but you knew ex wouldn't approve and you had put it off. Is there something that you knew will give you new identity and move your horizons but you were too scared to shake present life. Now is the time to do all of those. Believe it, the more you are involved and enjoy this new hobby the more you will start to gain sense of yourself. The more you are good at it, the more confident you will become. This way you will keep your mind busy on the post-split blues. Now is the best time to wipe your slate clean and start fresh and write a new story about yourself.

Exercise

1. Sit calmly and meditate on the hobbies you want to pursue
2. Make a list of hobbies that comes to your mind
3. See which hobby now would be easier for you to pursue without exhaustion. Pick atleast three
4. Among the picked list, select one that does not require you to make a big hole in pocket.
5. The idea is to pick one that does not require a lot of mental effort, does not require a lot of money and is not very complicated that you give up easily after few days.
6. Pursue this hobby atleast for 63 days and keep a journal entry for each day
7. We should pick an hobby that will help to form a new identity of yours such as painting, dancing, music, reading, learning to cook, learning to drive, starting an instagram page or blog, that you enjoy doing it without exhaustion.

Step 10: Group classes

No matter how hard you try, all the old friends you have might consciously or unconsciously remind you of the heartbreak you went through. If you and your ex share common friends, then you might lose some of them. In order to regain the new sense of you, you need to have a life that you never had before. An environment that will help you to discover the new you. A set of people who will not remind you of your past and make way for your discovery. This is where group classes will help you. Sign up for some weekend classes such as Zumba, Art or music classes. This will help you to make new friends while learning a new skill you enjoy. Again like pursuing a new hobby the trick is not to put a lot of pressure on yourself and instead choose something that you could easily do with less money and effort while enjoying it. You could also volunteer at an NGO. If not interested try reading a book while sitting in a park or go to the nearest park and just have a walk. While doing this who knows, maybe along with some new friends you might meet your next person who might turn out to be your life partner.

Step 11: Next big step in career

We all spend at least 30 percent of our day at our job or pursuing a career path. This could be a job or pursuing studies or own business.

Most of us attach our self worth to how best we perform in our career. The recognitions we get, the money we make, car we own, the house we live in and the big trips we take and flaunt on our social media. While being in a relationship, you couldn't have given your all to your career and growth. Now is the best time to make that huge career shift you have always dreamed of. This could be a new job, aiming for that big promotion, starting a new business or pursuing higher studies. When you focus your all energy in try to aim for the next big thing, you will start to feel your life is moving forward. If you don't see any next big thing, doesn't matter. Start putting more efforts on what you are currently doing. Put in extra hours and do everything perfectly in your current pursuit. Be on time, complete work on time, be in good books with your boss, stop procrastinating and try for some form of recognition which will increase your confidence and self worth.

Step 12: Breaking those old bad habits

We all have that crazy quirks and behaviours that we pick up along the way of growing up. This could be things like:

1. Scrolling through social media until we pass out
2. Waking up late
3. Being late to every place such as workplace and get togethers
4. Not completing things on time
5. Not keeping up your word
6. Being flaky
7. Being disrespectful in talking and behaviour and making derogatory jokes
8. Not keeping your words to yourself such as hitting the gym or waking up early
9. Binge eating based on emotions
10. Having poor boundaries
11. Not standing up for yourself
12. Putting yourself in uncomfortable places
13. Lacking consistency and focus
14. Maintaining poor financial health such as spending more than your earn, impulse shopping etc
15. Lacking motivation to show up for yourself such as no interest in dressing up
16. Cancelling on people last minute etc

Although very comfortable to be in these habits, they make you feel less attractive and respectful. Although many of us may not be people pleasers, to an extent the idea of ourself is affected by what people think of us. Also with these behaviours you tend to lose trust in yourself. When you lose trust in yourself, you only attract people who similarly do not trust you or come in your life, lie to you, use you or cheat on you and leave. This could be attracting friends who use you for their needs, attracting partners who are flaky, lie to you or cheat on you, or your own relative who might treat you differently than your siblings or cousins. But when you work on yourself, you will start to believe in you, trust yourself and learn to stand up for yourself. You start to love yourself more. You will start to trust your gut instincts and see people for who they are. As a result, you start to attract more people, who equally believe in you, respect you and make yourself feel worthy of love and respect. Even if they don't, you will be much more comfortable to stand up for yourself and assert those necessary boundaries. When you start to do these you will start to see more and more people respecting you and as a result yourself worth and self confidence soars.

Exercise:

1. Go through the above list and see what are the patterns you have consistently have exhibited in your life
2. The easiest way to do that is see what you have been constantly told even as a joke such as "Cmon, with you I anyways need to tell you an early time since you are always late".
3. Go through the list and see is there something you have consistently done in relationships and have been called out by your ex.
4. Pick atleast 5 of these habits and make a note of them.
5. See how you could change them.
6. Consciously look out for these new habits you follow and make a journal atleast for 90 days.
7. Make it a part of your identity by talking about them to yourself or others such as 'I am always early', 'I keep up my words always', 'I always commit to my work' etc. This way you hold accountable and the chances of you sticking up the new habit is high.

Step 13: Healing your relationship patterns

After following all the above steps, taking time to heal yourself, you might want to get into the dating game again. But before we take a step into finding your soulmate, it's important to find your relationship patterns and make sure you don't repeat them again. Chances are if you carry these mistakes, you will find similar person to your ex and repeat the same patterns until you learn the lesson and choose to have a different course of action. So it's very important that we identify the patterns that is ruining your success in relationships. Go through the scenes and see what you did wrong and what you could have done better. Write also how it made you feel in those situations so that the next time when a familiar feeling comes up, you know what could have gone wrong and how to overcome them. These mistakes could be something like:

- I always accepted last minute invitations and this made me feel used and unimportant since I was waiting by the phone for it to ring or I had to move my appointments. Next time I will not accept last minute invitations and politely reject.

- I never had a life outside of my relationship. I stopped hanging out with my friends and family much to make time for the relationship. This removed the safety emotional support I got from others. Over time I started to expect more out of my relationship which obviously is difficult for one person to satisfy. Next time I will not abandon other people in my life to make room just for one.
- I stopped pursuing my hobbies that me for who I am and gave my individuality. I started to pursue those activities which both of could enjoy. This made me feel I was losing my sense of self and becoming a new person. Next time while I pursue activities we both enjoy, I will also take time out for things I enjoy alone so that I don't lose the identity the person fell in love with at first.
- I did not communicate what I needed and expected the person to read my mind without me explicitly telling it. I wanted to go to the pool side dining and expected the person to figure out on themselves and take me there. Next time, I will communicate my wants and needs openly without feeling vulnerable

- I did not like my ex spending all their free time with their friends. Even if I was invited to be with their friends, it always felt I could not be myself and I really wished they learned to balance it. But I never conveyed due to the fear of abandonment. Next time I will openly communicate what I feel. If they choose to continue, Its okay. I will definitely find someone who would want to spend more time with me and learn to balance their life in a better way.
- I lost focus on career and had a pattern of abandoning my career for someone each time I am in relationship. The reason could have been that I was not excited about my career or I found spending time with them more exciting and important. Eventually I lost focus and this affected my grades/bonus/recognition. I started to lose respect among everyone because of this, making me lose my self confidence. Next time I will keep a focus on career. In case I am not very happy with what I do and search for my fulfilment through relationship, I will find a career that keeps me satisfied before I jump into a relationship so that I stay focused on my work.

- I always expected to my ex to fulfil my emotional roller coaster ride instead of finding an healthy outlet. This ruined my relationship since my ex had to constantly pacify me. I did not learn how to emotionally soothe myself. Next time, I am overwhelmed, I will find healthy ways to calm myself before I spoke again to them and not burden them emotionally. I will find healthy outlets such as breath-work, journaling, or meditation to handle my emotions better.
- I did not have good boundaries. Each time my ex violated my boundary, although I did call them out, I did not have the willingness to walk away. I put up with disrespect and dishonesty in order to feel loved. This was anyways not love. Next time someone disrespects my boundaries, I will walk away no matter how attached I am to the person
- I constantly played powerstruggle and mind games to get my ex's attention. What I was really doing was gain control. The need to gain control came from my own insecurities. So the next time I will make myself a more secure person before I date and will chose a secure person who does not activate my anxious attachment and need for control status.

- I wanted to control my ex's behaviour of him talking to others and always had the need to look over shoulder. The reason simply being I have faced dishonesty and cheating in previous relationships, which I projected in my current relationship. The next time, I will not be anxious and have the need to micromanage and be more conscious of my behaviour. In case any day I would have to face the trauma of dishonesty and cheating again, I know I will be fine. No relationship will ever flourish without trust.
- I wanted to spend every waking moment with my ex constantly texting or talking and waiting by the phone. This distracted me from other work and career path I could have pursued and improved myself. In my next relationship, although I love the butterflies of new romance, I will learn to concentrate and be excited my own individual life too.
- I was never aware of my core wounds, traumas and insecurities before getting into relationship. Hence I tried to satisfy and ask my ex to behave in a certain way to feel secured. Next time, I will work with a therapist to be more self aware before I love again.

Exercise:

Above are some of the relationship patterns most people exhibit. These patterns if not self aware will ruin your relationship success and your journey to happily ever after.

- Write down everything you have done and have an action point to overcome these
- At first these may not be a unconscious behaviour
- Eventually you will master these relationship patterns and become more secure.
- Be mindful of them until these patterns comes naturally to you and becomes part of your identity

Step 14: Overcoming core wounds

Our first sense of relationship comes from our parents who provide us safety, nurture us , make us feel loved and show through their relationship how an healthy relationship looks like. The next sense of security comes from our friendships and relationships formed during the early years. But unfortunately for most of us, our parents were equally living through their traumas and insecurities. As a result we never received those nurturing from them and others we looked up to as a kid. As a result we tend to form our beliefs about ourselves and that is the image with which we see ourselves and life. These subconscious beliefs of I am not loved or I am not wanted carries in our relationships. We always live in the fear of abandonment, fear of rejection, fear of failure and do not call out when necessary, do not assert boundaries and settle for the bare minimum. Eventually when the relationship breaks, we tend to reinforce these beliefs that 'I knew I am not loved', 'I knew I could never be prioritized etc. In order to have a relationship success and be yourself without constantly being afraid, its important to change these wounds and beliefs about yourself

Following are the four main fears and core wounds that people pick up during childhood:

1. Fear of abandonment
2. Fear of rejection
3. Fear of failure
4. Fear of not being good enough

In order to heal those fears, its important to be first aware of them. Go through some of the beliefs you have operated with not only in relationship but also friendships. These fears if not healed will make you a people pleaser without connecting to someone authentically. The best way to overcome these fears is identify their source and heal them through affirmations and positive self talk.

Steps to heal your core wounds:

1. Identify your core wounds and write them down.
2. Find a quiet space and meditate to see when did you first experience this fear
3. When the memory pops up, forgive people for hurting you and speak to your childhood version that these beliefs what people imposed on you is not true.
4. Say positive affirmations to counteract these negative beliefs you developed
5. Do these and consciously be aware of them until you no longer operate from fear

Affirmations for positive beliefs:

1. Fear of abandonment.

a. I am always safe and chosen

b. People once they get to know me never leave me/ always chose to stay with me

2. Fear of rejection.

a. I am worthy of love and respect

b. My self esteem is independent of other's opinion

3. Fear of failure

a. I always succeed at everything I do

b. I have faith in my abilities to succeed

4. Fear of not being good enough

a. I am perfect just the way I am

b. I am damn good enough

Set aside 10 minutes and repeat these affirmations until you see changes in your behaviour and you are no longer operating from the fear.

Also while doing these provide yourself with the love you may or may not have received fully from your parents by taking care of yourself physically and emotionally. Heal yourself from these caretaker wounds and forgive them for the mistakes they have done.

Part 3

Becoming Relationship Ready

Step 15: Signs of a healthy relationship

Now that you have healed completely, its time we start attracting a healthy relationship that will help you grow and become the best version of yourself.

But before we do that, we first need to know how a healthy relationship looks like. Following are the signs of a healthy relationship:

- **Mutual Respect:** Both partners value each other's opinions, feelings, and boundaries. They treat each other with kindness and consideration.
- **Open Communication:** Partners feel comfortable sharing their thoughts and feelings openly without fear of judgment or retaliation. They listen to each other and make an effort to understand each other's perspectives.
- **Trust:** There is a strong foundation of trust. Partners can rely on each other and feel secure in the relationship, knowing that their partner is honest and dependable.
- **Equality:** Both partners have an equal say in decisions and feel that their contributions to the relationship are valued. There is a balance of power and responsibility.

- **Supportiveness:** Partners support each other's goals, dreams, and personal growth. They are there for each other in times of need and celebrate each other's successes.
- **Healthy Boundaries:** Both partners respect each other's personal space and boundaries. They understand that it's okay to have individual interests and time apart.
- **Conflict Resolution:** When disagreements arise, partners handle conflicts in a constructive manner. They focus on resolving issues rather than attacking each other, and they are willing to compromise.
- **Emotional Intimacy:** There is a deep emotional connection, where both partners feel understood, valued, and loved. They can be vulnerable with each other and share their innermost thoughts and feelings.
- **Physical Intimacy:** There is a healthy and consensual physical relationship that meets the needs of both partners. Physical affection and sexual intimacy are important aspects of the relationship.

- **Shared Values and Goals:** Partners have similar values and long-term goals, which helps them stay aligned in their life journey together. They support each other's aspirations and work towards common objectives.
- **Enjoyment and Fun:** The relationship includes fun and enjoyment. Partners share activities and interests that bring joy and laughter into their lives.
- **Flexibility and Adaptability:** Partners are willing to adapt to changes and challenges that life may bring. They work together to navigate difficult times and are flexible in finding solutions.

In order to attract these qualities, first you need to see if you have them in you and consciously become them and accept nothing less than this. So before we attract the relationship of our dreams, let's consciously have these and remember these while we look for qualities in our partner.

Step 16: Emotional regulation

No matter how much you think you have healed, your partner is the person who will constantly trigger your core wounds mostly unconsciously. Or most of us try projecting our emotional state from other areas of our life on our partner and expect them to be responsible for us. Not a good thing to do. Others cannot be responsible for your emotional regulation and neither should anyone do so no matter how much they love you. Its okay to expect someone to be there once in a while. But you will have much more fulfilling relationship with someone when you calm yourself down and then have a talk. Next time choose a way to let your emotions out without constantly burdening someone. Once you calm down then speak to them. Whether its a fight and argument with your partner, whether it is something they did or its something from other areas of your life. This way you not only handle yourself like an adult but also try be independent in your way of living life.

Following are some of the healthy ways to regulate your emotions:

- **Deep Breathing:** Engaging in deep, diaphragmatic breathing can help calm the nervous system and reduce emotional intensity. Try inhaling deeply through your nose, holding for a few seconds, and exhaling slowly through your mouth.
- **Physical Activity:** Exercise can be a powerful way to release built-up tension and stress. Physical activities like walking, running, yoga, or dancing can boost your mood and improve emotional resilience. If nothing works, go for a walk in park with your favourite music or a podcast
- **Meditation with positive self talk:** You can meditate and then ask yourself what's bothering you and how you think you can overcome it. You can also soothe yourself by positively talking to yourself and saying it will all be okay.
- **Journaling:** If you have this urgency to talk to someone, then better write down and imagine like you are talking to the concerned person. This way you will calm yourself much more before actually talking to the person.
- **Watch a comedy movie or listen to a soothing song.**

Step 17: Creating a new identity

Now that you have learned how to be in a relationship and build yourself again, we now have to manifest a new reality in which you are cherished, wanted, loved and adored. Understand that whatever happened so far in your life, deep down you were responsible because your vibration was low. You always felt the need to be validated or wanted another person to fill the void in you. But now after months of practicing these tools, you are no more going to feel the need to be earn the love or validation you need. As a result you effortlessly draw people towards you like a magnet. You will no more feel the need to be around people who disrespect you or dim your light. You will no more feel the need to please people for them to like you. You will love yourself enough to walk away from any place or person who makes you uncomfortable.

From this happy and peaceful place, let us create a identity and enforce beliefs in you that will make you feel loved and wanted. Let us enforce these beliefs in your subconscious mind and as a result in reality you live everyday.

Everyday, in the morning along with other affirmation choose to spend 10 minutes for these affirmations:

1. I am wanted and cherished
2. I am always loved
3. I am blessed
4. I am always prioritized by everybody
5. I attract everything that is better for my life
6. The universe has my back
7. Everything always works for my highest good

Love meditation:

1. Sit in a comfortable position and keep your attention on your heart.
2. With each inhale and exhale, feel your body and relax more
3. Once you have placed your attention on your heart center for some time now and you feel relaxed, think of a time you were loved, wanted and cherished. Think of a time that gives you happiness.
4. If you are not able to think of anything in the past, think of the ideal future in which you are loved.
5. If seeing a person brings you happiness, you can think of the person who brings you joy standing in front of yourself

Once you are done feeling the feeling of love, gratitude, count to 5 and come back to current reality, slowly opening your eyes.

This way you teach your body that you are loved. You are teaching your body that love is something that could naturally come to you. You overwrite the trauma in your body with the feeling love.

This way you will attract more love in your life.

At this point, before getting into dating again, its important to again check the beliefs you hold about yourself with respect to love. If you hold any of these beliefs, do yourself a favour and let them go by meditation or writing in a journal and burning the paper:

1. Do you feel you are unlovable since you always had to earn love
2. Do you feel that you are always one person before they chose to settle down
3. Do you feel that you can never be chosen or prioritized and you only have to settle down with breadcrumbs
4. Do you feel there are no good people around since all good ones are already taken
5. Do you feel the need to chase unavailable people.

Its time you take an introspection of your past relationship patterns again and keep a checklist of everything you think about yourself.

Working on these beliefs will take time and effort. No matter whom you are dating or at what point you are in a relationship, its important to keep a check of these beliefs.

Since while you are working on yourself, your dating patterns and the kind of people whom you associate yourself with still might reflect these old beliefs. So its important to be mindful of how you behave what you think.

For example, if you have worked on yourself but you are still chasing, obsessively texting or calling, or chasing unavailable people, you are operating from your old beliefs. You need stop and remind yourself, love is possible for you without any of these chasing or proving your worth to others.

Constantly reinforce your new beliefs and think like a person who believes a good things about them. You need consciously do this, unless this becomes a mindful habit.

Step 18: The art of dating

Dating is a game you play whether you believe it or not. Gone are the days when men used to approach women and everything happened through luck and fate. In the modern world in which there are so many options and tons of dating sites, if you do not get into dating and not play by the rules, your chances of happily ever after are slim. In order to successfully date and get hitched, there are a few rules you need to abide by. I will put some of them here but in my opinion read at least 5 books before you could get into dating again. If you have the luxury, hire a dating coach. They will help you navigate through the trenches and find your happily ever after. After all we do not want to sign up for another heartbreak or settle with a wrong partner only to have our children to deal with the traumas we carried through our relationship. We owe our future generation a peaceful life and set the example of a happy relationship. Mind you, when I say game of dating, I do not mean play mind games, make someone obsessed with you by playing hot and cold, become flaky so that they agree to everything we say. This is bad karma in dating and trust me what goes around comes around

By game what I mean is, how to hold your ground, how to not lose yourself in the relationship, how to set right expectations, how to feel loved without overgiving etc. So let us start on this journey of dating so that you soon get over the hurt, pain and find the best person who could give you everything you had looked for in the wrong person.

- **Rule 1: Its okay to date multiple dates unless asked for exclusivity:** This might seem counterintuitive. After all loyalty is what we actually look in a good healthy relationship. But guess what, how would you feel when you dated someone for months, stayed loyal from starting only to actually find out later the person wasn't right for you and never even respected you. How would you feel after months of dating the wrong person and how will you actually compensate for the emotional damage and time lost. So here am not asking you to lead someone wrong by promising exclusivity to someone and date multiple people behind their back. What I am saying is go on atleast three dates before deciding to stick to one person and date. This way you don't put all your eggs in one basket. When you have decided to be exclusive make sure the other person is too and have the conversation about it.

- **Rule 2: Be yourself and communicate your values.** How often we see people portraying something that they are not, only to find out they just did it to have your attention. This could be like saying something you don't like as you like such as dancing just because your date is a huge party freak only to later cancel out every Friday night parties. If you do this, you will lose the chance of finding someone who is genuinely suited to you and you also lose the chance with someone since they now see you as someone who is a fake. Instead genuinely communicate your interest and everything about you and stop feeling insecure about a quality your date has and you don't. You have your own qualities to be proud of.
- **Rule 3: Be open about what you are looking for.** Very often we say we just want casual or never have the 'talk' of commitment since we are too afraid to scare the other person away or not to seem very eager and desperate. But the question how long are you going to postpone this? Isn't it better to be upfront on what you actually want and walk away if the other person does not meet them.

- How does it matter what the other person thinks of you. What matters more is you get your needs satisfied in the most dignified way. I know its very difficult to tell the person that you are looking for a commitment and marriage when they are on casual dates. It feels very respectful to constantly be in touch and let the other person do the chasing. But what happens is while you act cool, you start to get anxious and lose focus on other areas of your life. So if the conversation of what you are looking for doesn't come up by third date, do yourself a favour and have it. The sooner the better. This also works in other way. Maybe you just wanted to have a casual date but ended up dating someone who was looking for serious relationship, why would you want to lead another person in the wrong way. After all why add up to the bad karma. In case you were looking for serious relationship and the person was looking for casual, have a polite conversation and leave. Don't even think the your love will change the person or be in a hope the person will change once they see a goody you. This does happen but more often in movies than in real life. Even if it does frequently, isn't

- your time more valuable than you waiting for someone to change their mind and give your power away. And the good chances are, you will constantly start to work more hard just to change the other person's mind, leading to anxiety and if it breaks to depression. No one is more valuable in your life than you.
- **Rule 4: Have healthy boundaries:** You do not need to constantly be on the lookout. But sometimes when you know you have been disrespected, its better to call them out. If you tend to ignore these initial disrespect, chances are it will only increase with time with you feeling worthless with increasing levels of disrespect. Hence even it was for fun, don't worry about being a mood killer and call them out immediately. If not able to do immediately, do call them out once you are in a safe space to do so. Always be prepared to walk away if not being valued. This way you will save yourself from constantly having to teach someone about you only to learn you have wasted time.

- **Rule 5: Go slow:** As tempting as it might be to rush to happily ever after and exchange vows, hold your thoughts and go slow. Emotional intimacy takes time to build. And if you build physical intimacy before emotional intimacy, you will confuse connection and compatibility with hot rush of chemistry. Its upto you when you want to get physical. In my opinion, physical intimacy should never precede commitment and a willingness to work towards a future together. This way you protect your energy and leave you less exhausted and feeling used in case your relationship doesn't work out. Also this way you will be much prepared to leave for whatever reason when it doesn't work out than feeling anxious and hesitant because you are already physically involved with someone. So do yourself a favour and go slow.
- **Rule 6: Be on the lookout for red flags:** The red flags you ignore at the start of dating will always be the ones you break up for. look for personalities such as Narcisstic, emotionally unavailable, commitment phobic, player, love bomber, the victim etc.

- Some of the common red flags to watch out for are:
 - Excessive negative and abusive language if not with you, even with others such as waiters etc. Chances are once you get comfortable, you will get the same kind of treatment
 - Narcissistic personality traits such as overly self centred and always feels superior to others.
 - The one who has no concern for your emotion what so ever and never cares to ever ask how you feel or why are you silent.
 - The commitment phobic who always evades serious conversations and only want to have fun.
 - The player who secretly checks out other people when you are not looking or openly checks out others in front of you and says its just for fun. Maybe sometimes its just for fun and its okay. but if you have communicated you don't feel good about it and they still go on, never bother to sit there giving multiple chances
 - The sex addict whose every conversation and jokes are about sex. Chances are this person is only looking for action

- The Addicts who are constantly on drugs or alcohol. Once in a blue moon, the fun parties are essential to have a life worth living. I am not talking about these people. I am talking about the ones with whom you never remember having a conversation without them being intoxicated.
- The whiner who constantly has a problem with everything and everyone around. You do not want to spend every waking moment listening to someone complain continuously
- The victim who constantly needs saving. The person who cannot manage their own life and keep up with things and who has just been a victim. Chances are you will be playing therapist to such a person. Your life is not meant to be sacrificed. After all everyone is looking for their happily ever after.
- The love bomber who constantly chases you in the start and comes on too strong and says I love you on the third date. Nothing wrong about instantly clicking with someone. After all love at first sight is true. But its better to take atleast 4 months to see if the attraction is still there.

- Even if the attraction has faded(which definitely will), what matters is commitment, loyalty , honesty post the initial attraction.
- The demotivated slacker who is avoids work and is never motivated about anything. They don't have a workout routine, do not eat healthy, not motivated about work or never passionate about any hobby. Chances are this kind of a person is looking for their emotional fulfilment and life satisfaction through you or by being in a relationship. And truth is nobody can give people the relationship they have failed to have it themselves. So don't be that person who constantly need to be with them and motivate them. No amount of love would motivate them. It might only work as long as they have a fear of losing you and you will be exhausted doing it continuously while trying to handle your life.
- The workaholic who lives only to work and chases achievement after achievement. Nothing bad working for a dream future. but it is equally important to enjoy the present while doing so.

- The person whose life revolves around drama - drama with friends, drama with family, drama in workplace etc. Chances are you will be sucked into all the dramas whether you like it or not.
- The debtor who has a hard time managing finances no matter how much they seem to earn. It doesn't matter how much someone earns if they constantly spend more than they earn and are in constant debt. Worse you seem to be paying their debts and they always seem to come up with a reason for their bad finances
- The person who is flaky from the start. Lets face it, if the relationship and you are important, you will not see them playing games. If they do, the truth is neither they are ready for relationship nor you are that important to them. So instead of fighting for their attention and thinking and hoping they would change with time, value your time more and find another person who could offer stability to you.
- Last but not the least, the person who constantly lies, cheats and breaks your trust. No matter what, never give such a person another chance.

- **Rule 7: Don't chase:** Nothing good ever comes out of chasing. If someone you have dated suddenly pulls away, don't follow your impulse and start chasing them. Don't think just because you start to prove your love now and start calling them more, they will come running to you. You might chase the person more. Neither you send a lengthy verbal tirade and block them before they play you. Instead hold your calmness, ask to have a decent conversation. If they are not ready just move on without wasting your time.
- **Rule 8: Be aware of your attachment style.** There are three attachment style. Avoidant, anxious and secure attachment style.

Signs of a avoidant attachment style: This kind of an attachment style is developed in response to early experiences with caregivers who were unavailable or rejecting. The traits of an avoidant attachment style is:

- **Discomfort with Intimacy:** Individuals with an avoidant attachment style often feel uneasy with closeness and emotional intimacy. They may prefer to keep others at a distance to avoid vulnerability.

- **Independence and Self-Reliance:** They place a high value on independence and self-sufficiency, often prioritizing personal space and autonomy over closeness with others.
- **Difficulty Expressing Emotions:** People with this attachment style may struggle to express their feelings and tend to avoid discussing emotions, both their own and others'.
- **Avoiding Commitment:** They might have a fear of commitment and find it challenging to sustain long-term relationships. They may feel trapped or suffocated by the expectations of commitment.
- **Distrust of Others:** There can be a general mistrust of others' intentions and a belief that relying on someone else is risky. They might be skeptical of others' motives and prefer to keep their guard up.
- **Emotional Withdrawal:** In times of conflict or stress, individuals with an avoidant attachment style often withdraw emotionally. They might shut down or distance themselves rather than confront the issue.

- **Preference for Solitude:** They may enjoy spending time alone and often seek solitude as a way to recharge or escape the demands of relationships.
- **Minimizing Needs:** They might downplay their own emotional needs and have difficulty recognizing or expressing them. This can lead to a lack of self-awareness about what they need from others.
- **Focus on Tasks Over Relationships:** People with an avoidant attachment style might prioritize work, hobbies, or other tasks over personal relationships. They might immerse themselves in activities to avoid dealing with relational issues.
- **Difficulty with Dependency:** They might find it hard to depend on others or allow others to depend on them. This can lead to a reluctance to ask for help or to offer support to others.
- **High Standards for Partners:** They might set unrealistic standards for potential partners as a way to avoid intimacy. This can include focusing on their partner's flaws or finding reasons why the relationship won't work.

- **Mixed Signals:** They may send mixed signals in relationships, appearing interested and affectionate at times but then pulling away and becoming distant without clear reasons.

Signs of a anxious attachment style: This kind of an attachment style usually stems from inconsistent caregiving during childhood by primary caregivers. Here are some signs of an anxious attachment style:

- **Fear of Abandonment:** Individuals with an anxious attachment style often have an intense fear of being abandoned or rejected. They may worry excessively about their partner leaving them.
- **Need for Reassurance:** They frequently seek reassurance and validation from their partner. This can include needing constant affirmations of love and commitment.
- **High Sensitivity to Partner's Actions:** They are highly attuned to their partner's behaviours and moods, often interpreting neutral actions as signs of disinterest or rejection.
- **Difficulty Being Alone:** People with an anxious attachment style may feel uncomfortable being alone and often seek the company of others to feel secure.

- **Intense Emotional Reactions:** They can have strong emotional reactions to perceived threats to the relationship, such as anxiety, panic, or anger when they feel their partner is pulling away.
- **Over-Investment in Relationships:** They may become overly invested in their relationships, putting their partner's needs above their own and neglecting other aspects of their life.
- **Clinginess:** They might exhibit clingy behavior, wanting to be in constant contact with their partner through calls, texts, or physical presence.
- **Jealousy:** Individuals with an anxious attachment style often feel jealous and possessive, fearing that their partner is interested in someone else.
- **Difficulty Trusting Partner's Love:** Despite reassurances, they may struggle to trust that their partner truly loves them and is committed to the relationship.
- **Low Self-Esteem:** They often have low self-esteem and may believe that they are not worthy of love, leading them to doubt their partner's affection.

- **Preoccupation with Relationship:** They tend to be preoccupied with their relationship, constantly thinking about their partner and the state of their relationship.
- **Seeking Approval:** They may go to great lengths to gain their partner's approval and avoid conflict, sometimes sacrificing their own needs and desires.
- **Difficulty Handling Conflict:** They often have a hard time dealing with conflict, fearing it might lead to a breakup. They might become overly emotional or avoid addressing issues directly.
- **Negative Self-View:** They might have a negative self-view, feeling inadequate or unlovable, and may rely heavily on their partner to feel valued and worthy.
- **Hyper-Vigilance:** They can be hyper-vigilant, constantly scanning for signs that their partner might be losing interest or considering leaving.

Signs of secure attachment style: A secure attachment style is characterized by healthy, balanced relationships and a positive view of oneself and others. Here are some signs of a secure attachment style:

- **Comfort with Intimacy:** Individuals with a secure attachment style are comfortable with closeness and emotional intimacy. They enjoy being connected to others without feeling overwhelmed or anxious.
- **Healthy Boundaries:** They maintain healthy boundaries, respecting their own and others' needs for space and independence. They understand the importance of balance in a relationship.
- **Trust:** People with a secure attachment style trust their partners and expect that trust to be reciprocated. They have confidence in the reliability and integrity of their partner.
- **Open Communication:** They communicate openly and honestly, expressing their feelings and needs without fear of rejection or judgment. They listen actively and empathetically to their partner.
- **Emotional Regulation:** They are skilled at managing their emotions, even in stressful situations. They handle conflicts calmly and constructively, seeking resolution rather than escalation.

- **Independence and Interdependence:** They strike a healthy balance between independence and interdependence, enjoying time alone as well as time spent with their partner.
- **Supportiveness:** They provide and seek support in their relationships. They are dependable and available for their partner, and they feel comfortable asking for support when needed.
- **Positive Self-Image:** Individuals with a secure attachment style have a positive view of themselves. They feel worthy of love and respect, and they bring this self-assurance into their relationships.
- **Positive View of Others:** They generally have a positive view of others and believe that people are trustworthy and kind. They give others the benefit of the doubt and approach relationships with optimism.
- **Comfort with Dependency:** They are comfortable with a healthy level of dependency in relationships. They can rely on their partner and allow their partner to rely on them.
- **Adaptability:** They adapt well to changes and challenges in the relationship. They are flexible and willing to work through issues collaboratively.

- **Low Anxiety and Avoidance:** They exhibit low levels of anxiety and avoidance in relationships. They do not fear abandonment or intimacy and feel secure in their connection with their partner.
- **Enjoyment of Relationships:** They find joy and satisfaction in their relationships. They engage in activities and share experiences that strengthen their bond.
- **Conflict Resolution:** They approach conflicts with a problem-solving mindset. They focus on the issue at hand and work towards a mutually beneficial resolution.
- **Empathy and Compassion:** They are empathetic and compassionate, able to understand and share their partner's feelings. They respond to their partner's needs with care and consideration.

Most of the time the anxious attachment style choose the avoidant attachment style and vice versa in order to reinforce the already existing beliefs about relationship. But its best to heal these attachment patterns in yourself and move towards a secure attachment style. Also be mindful of these patterns in the person you choose.

- **Rule 9: Be mindful of your relationship patterns.** In the previous step 13, we identified the relationship pattern in yourself. While dating someone new, it's very easy to fallback to the unconscious relationship patterns. Be mindful of them until you stabilize your relationship and even after. After all its those habits that did not give you the success you deserved. Although hard to follow initially, this is absolutely necessary to rewrite your story
- **Rule 11: Be open to receiving love in the way you never expected.** Sometimes we are so focused on certain qualities such as tall, handsome/beautiful, a graduate that we ignore much more important qualities such as honesty, loyalty, etc. But often we may find the love we need from people from whom we never expected to click on the first meet. So be open to the idea the list of materialistic qualities you made, its okay to switch them for much more fulfilling ones such as caring, loving etc. This does not mean you need to settle for someone just because they offered you that commitment which you may not get from someone who is your equal. What I mean is be mindful of what you value more.

- **Rule 10: Be prepared for rejection:**

Sometimes even if you do everything right, it doesn't work out. Its important at these times to be calm instead of falling to the victim mode and understand that it just wasn't meant to be. After all a rejection is just a redirection to something thats truly meant for you.

Step 19: Getting back with ex

It's always very tempting to run back to your ex after you have done all the above work. After all, everyone loves to re-write a failure story. Besides, your ex is your familiar comfort rather than the fear of unknown. There is nothing wrong with this. A lot of people have split apart, grown individually as a better person and have once again had a very beautiful relationship with each other. So if you feel you want to give your ex a beautiful chance, it's okay to do so. But while you reconsider your chances, ask these questions:

- You are a changed person with better values and much more knowledge. But is your ex a changed person? It only takes a few triggers from them again for you to fall back to your old patterns leaving all your hardwork futile.
- Will you be able to stand up for yourself in case you see old patterns in your ex. If let them walk over you all over again, it's not a good idea to be with them.
- Did you both have a conversation on what happened before and what you could have done better. Did you and your ex have the talk of not repeating those patterns again?

- Is your ex aware of in what ways they hurt you before and swore to not do it again. If you were too terrified even to tell them, chances are you have pedestalyzed this person and jumped into the first chance you got to be with them again. If that is the case, don't get back since you view them as a prize and you will not be able to hold your ground and take care of your needs if you get back.
- Have you forgiven your ex for what they have done? If the answer is no, then don't get back since you will most likely react to old resentments even to the slightest trigger from them. If you happen to be constantly nagging and reacting to past resentments, this will definitely break and chances are you will more heartbroken than the first time.
- Do you think you can create a new relationship with this person wiping you slate clean and starting fresh again? The old relationship did not work because it had was between two people operating at low vibrations levels. But if you are getting back make sure you start a fresh healthy relationship even if it is with the same person.

Step 20: Manifesting a new loving relationship

Manifesting a new loving relationship involves aligning your thoughts, emotions, and actions with your desire to attract a healthy and fulfilling partnership. Here are some steps to help you manifest a loving relationship:

- **Set Clear Intentions:** Clearly define what you want in a relationship. Visualize the qualities you desire in a partner and the type of relationship you want to have. Be specific about your needs, values, and the kind of love you seek. Make a list and be on the lookout for such as person. The list should contain:
 - Must have
 - Nice to have
 - Can compromise on it
- **Visualize Your Ideal Relationship:** Spend time each day visualizing yourself in a loving, fulfilling relationship. Imagine the emotions, experiences, and joy that come with it. Feel the love and happiness as if it is already happening.

- **Practice Gratitude:** Cultivate a mindset of gratitude for the love you already have in your life, whether it's from friends, family, or self-love. Being grateful opens your heart and attracts more positive experiences. Spend at least 10 minutes everyday writing the things you are grateful for.
- **Be Open and Receptive:** Stay open to new possibilities and experiences. Be willing to meet new people and step out of your comfort zone. Trust that the universe will bring the right person into your life at the right time.
- **Take Inspired Action:** While manifesting involves a lot of internal work, it's also important to take action. Join social groups, attend events, and engage in activities that interest you. Put yourself in situations where you can meet new people. Don't relax and think the person will just knock on your door. Finding your life partner is almost like your alternate career. The same way it takes time to build a fulfilling career, it takes time and effort to find that person who is worth it and build a fulfilling relationship with them.

- **Use Affirmations:** Repeat positive affirmations that reinforce your belief in finding a loving relationship. Examples include "I am worthy of love," "I attract a loving and supportive partner," and "Love is coming into my life." You can practice these affirmations or own affirmations that resonates with you. Spend 10 minutes repeating these affirmations everyday and believe them.
- **Let go of your old identity:** Let go of your identity of always being the one to be dumped and rejected. Instead change it by saying to yourself positive affirmations and self talk such as "I am lucky in love".
- **Stay Patient and Positive:** Trust the process and remain patient. Manifesting a loving relationship may take time, but staying positive and focused on your goal will help you attract what you desire. Pick up each time you have a minor setback. Its okay in the long run, when you find that one person, it will all be worth it.
- **Stay consistent:** Its very easy to lose hope and quit. But rome wasn't built in a single day. No matter how many times you feel like giving up, don't quit the process. Instead take a break and start again. Consistency and hardwork beats luck.

This journey you embarked to regain self confidence and seek for happily ever after is the journey you will always cherish. At the end when you find that love that fulfils you like nothing before, the hardwork will all be worth it. You owe this to yourself. No matter what your past has been, believe that love you deserve is just around the corner. You deserve it and you will have it no matter even it doesn't seem to be the case now. So heal yourself and find your happily ever after. I hope I have given all the value you paid for. I hope you use the tips and tricks I have provided in this book. Do drop a message if you were able to heal and find your partner. Also keep in touch and follow for more

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