

Worksheet Masterclass for **the 3 big mistakes made**
when dealing with a break-up...

name

date

First of all, thank you for being here and having the courage to back yourself. Reaching out can often be the hardest step, so thank you for putting your trust in me. I really get what you're going through and I'm prepared to listen to your heart so you really feel heard.

You're here because you've started to notice some common mistakes when dealing with a break-up, and you want to stop a pattern in your relationships of attracting or being attracted to the wrong partners, am I right?

Well this is definitely for you. I'm really looking forward to have you join me and chatting with you after the class...
Tzara x



**1. A simple secret to stop your mind obsessing about;
- the last argument, a betrayal, any self contempt talk...**

Step 1. Thoughts in mind:

Step 2:

Step 3:

You stop your mind obsessing by:

2. The little-known strategy to stop you attracting emotionally unavailable or narcissistic partners... immediately!

Step 1: Remember...

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.....

Step 2: What happened?

.....
.....

Step 3: What's would you prefer?

.....
.....

Declaration:

I am a _____, I _____ that I am _____
and I am as _____ as _____ else.

3. How to stop feeling emotionally out-of-control after a devastating separation (even if that seems impossible right now)

Permission Statement: I give myself permission to feel...

.....
.....

Objection is:

.....
.....

New frame is:

.....
.....

Incorporated into my Statement is: I give myself permission to feel...

.....
because... ..