

Break The Negative Belief

If you believe that your ex is negative towards you, not being aware of this belief cycle will impact how you influence her to feel that way, and vice versa, how her feeling that way will keep on making you feel worse about yourself. **You need to break the cycle and accept that her thoughts about you have nothing to do with you.**

Trigger



I think

I feel
How do your thoughts affect your feelings?

I do
How does what you feel affect what you do?

She thinks

She feels
If she thinks that, what might she feel?

She does
If she feels that way, what might she do?

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