

Hot-Cold Action Plan

You may not always be able to predict how you'll feel in the moment when your ex does something that you didn't expect. Or you might encounter something unexpected. These unexpected moments may put you in a Hot Emotional State, which leads to impulsive and often regretful actions. To avoid this behavior, create a rational action plan to mentally prepare yourself how you'd react if instead, you'd be in a cold state.

When/If ...

How will I feel when it happens?

What would be my (worst) impulsive decision?

What will I do instead?

Go through the most intimidating scenarios that you believe will put you in a hot state. Use the empty sample on the next page, or grab an empty piece of paper.

Sample Scenarios

When I find out that she is dating someone else

When I find out that she has blocked me everywhere

When I find out that she has deleted our pictures

When I find out that she is moving to another city

When I find out that she is on a dating app

When we are at the same event or party

When I see her somewhere in public

When it's our anniversary or special day

When her friends tell me she is happy

When I get lonely and miss her

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When/If ...

When it's our anniversary or Christmas eve.

How will I feel when it happens?

I'll be super sad and lonely. Maybe I'll cry a bit thinking of all the memories. Or get frustrated that I'm alone on our special day.

What would be my (worst) impulsive decision?

Maybe drinking. Calling her and acting immature and needy, asking her how she's been. Or maybe I'll just stalk her on her stories to see what she is up to... which she would be able to see!!

What will I do instead?

I'll try to keep it together. If it gets too heavy, I'll ask one of my bros to hang out, maybe get together for eat at one of our favorite restaurants. I'll try to find something to put me in a good mood on that day. My friends should be able to help me stay distracted, especially if we go out at night. Don't stay alone at home!

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