

Baxter Breakup Bingo

It is crucial to know what you did wrong in the relationship, but even more importantly, to be as critical of your ex as you might be of yourself. Reflect on both your mistakes, then decide on one thing that you want to work on & educate yourself further on. Don't ruminate non-stop. Pick up a book & empower yourself to get out of this stronger & smarter!

My Flaws

| | | | |
|------------------------------------|-------------------------------|----------------------------------|---------------------------------|
| Lack Of Autonomy | Lack Of Similarity | Lack Of Supportiveness | Lack Of Openness |
| Lack Of Loyalty/Fidelity | Lack Of Shared Time | Lack Of Equity | Lack Of Romance |
| Too Much Criticism | Too Much Contempt | Too Much Defensiveness | Too Much Stonewalling |

Her Flaws

| | | | |
|------------------------------------|-------------------------------|----------------------------------|---------------------------------|
| Lack Of Autonomy | Lack Of Similarity | Lack Of Supportiveness | Lack Of Openness |
| Lack Of Loyalty/Fidelity | Lack Of Shared Time | Lack Of Equity | Lack Of Romance |
| Too Much Criticism | Too Much Contempt | Too Much Defensiveness | Too Much Stonewalling |

I should work on my tendency of...

My ex-girlfriend wasn't perfect because...

Baxter Breakup Bingo

It is crucial to know what you did wrong in the relationship, but even more importantly, to be as critical of your ex as you might be of yourself. Reflect on both your mistakes, then decide on one thing that you want to work on & educate yourself further on. Don't ruminate non-stop. Pick up a book & empower yourself to get out of this stronger & smarter!

My Flaws

| | | | |
|------------------------------------|-------------------------------|---------------------------------------|---------------------------------|
| ✗ Lack Of Autonomy | Lack Of Similarity | Lack Of Supportiveness | ✗ Lack Of Openness |
| Lack Of Loyalty/Fidelity | Lack Of Shared Time | ✗ Lack Of Equity | Lack Of Romance |
| ✗ Too Much Criticism | Too Much Contempt | ✗ Too Much Defensiveness | Too Much Stonewalling |

Her Flaws

| | | | |
|---|------------------------------------|---------------------------------------|---------------------------------|
| Lack Of Autonomy | Lack Of Similarity | ✗ Lack Of Supportiveness | Lack Of Openness |
| ✗ Lack Of Loyalty/Fidelity | ✗ Lack Of Shared Time | Lack Of Equity | Lack Of Romance |
| ✗ Too Much Criticism | ✗ Too Much Contempt | Too Much Defensiveness | Too Much Stonewalling |

I should work on my tendency of...

Being far too codependent. I could not stand being without her in the last year of our relationship. I clearly have a too small social circle. I made it all about her and my work. I need more "normal" friends. I'll read a book on codependency + socializing.

My ex-girlfriend wasn't perfect because...

In retrospective, I think she criticized me far too much. Also, she did talk to guys and she says she didn't cheat on me, but the truth is that she was at the minimum getting attention from these guys..