

Anti-Pattern Inventory

It is crucial that you do not repeatedly give in to your urges and follow destructive actions that further reduce your self-esteem, increase your breakup anxiety, make you miss your ex-girlfriend more, or make you try to reconnect with your ex when you should focus on yourself. Practice self-control so that you can respect yourself to the fullest and be proud of yourself.

Sort actions that you want to do the most or that you think will cause the most amount of harm from top to bottom. The most detrimental actions are those that you need to consciously remind yourself to no longer attempt to do.

Avoid At All Cost



Sample Scenarios

Message her / Break No Contact

Stalk her social profiles

Talk to her friends about you

Ask her family for advice

Share a story with the intent for her to see

Rant / Be insecure about a new guy who she is dating

Look at your old pictures

Send a love letter to her

Make subliminal / emotional social media posts about her

Over-apologize to her

Burn bridges or behave bitterly

Hang out where she hangs out, such as at the gym

Make her jealous by taking pictures with other women

Avoid

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Message her / Break No Contact

Push her to forgive me

Over-apologize to her

Stalk her social media

Look at our old pictures

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