

## Moving Forward

### How to move toward the future with a stronger sense of self after a breakup.

While you may still be grieving following a breakup, it is essential to think about what may hold you back from moving forward with your life and forming new relationships – when ready to do so.

Think of your last relationship and answer the following questions as completely and honestly as possible. This is not about blame but learning how to move on and taking that learning with you:

#### What were the five biggest things that were wrong with the relationship?

1.	
2.	
3.	
4.	
5.	

#### What part did you play in what was wrong?

1.	
2.	
3.	

4.	
5.	

**What learning can you take forward to your next relationship? What did it teach you?**

**Why do you think it was for the best that the relationship ended?**

Coming to terms with why the relationships ended will help you start your new life and let go of anger and guilt.

Dr. Jeremy Sutton