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Finding Yourself After a Breakup

A Self-Compassionate Guide to Understanding, Healing, and Beginning Again

Lux Hettiyadura

Ignite Relationships Studio

Center for Human Connection, Personal Development , And Healing



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If You're Hurting Right Now...

A breakup can leave you wondering how the absence of one person can hurt this much.

You may wake up thinking about them.

You may replay conversations, looking for the moment when everything
changed.

You may desperately want answers.

You may miss someone you also know wasn't right for you.

You may understand intellectually that the relationship needed to end while another part of you still wants them back.

You may feel devastated one moment, angry the next, relieved for a few hours and then suddenly find yourself crying again.

And perhaps you're asking yourself:
Why can't I just let go?

There may be nothing simple about what you're experiencing.

When an important romantic relationship ends, you aren't necessarily losing only a person.

You may also be losing an attachment bond, familiar routines, physical intimacy, companionship, a sense of belonging, shared dreams, an imagined future and sometimes even the version of yourself that existed within that relationship.

Your mind may understand that the relationship is over long before the rest of you has caught up.

So before you pressure yourself to “move on,” this guide invites you to do something different:

Understand what is happening within you.

Because pain is not necessarily proof that someone was right for you.
Longing is not the same thing as compatibility.
Missing someone doesn't necessarily mean leaving or being left was a mistake.
It means something meaningful has been lost, and you are responding to that loss.

Before
We Begin..

Go gently.

This guide isn't designed to help you analyze yourself into healing.
You don't need to complete it in one sitting.
You don't need to answer every question.

And you certainly don't need to turn your heartbreak into a beautiful life lesson before you're ready.

Take what feels useful. Leave what doesn't.
Pause when you need to.
Come back another day.

Healing is not an examination you have to pass.

If a reflection brings up more than you feel able to hold, you are allowed to stop.

And if your breakup involves abuse, coercion, stalking, interpersonal violence, severe depression, thoughts of harming yourself, or significant difficulty functioning in daily life, please consider seeking appropriate professional or emergency support.

A reflective guide can support self-awareness, but it cannot replace individualized care when more support is needed.


Part One
Understanding
Heartbreak

Understanding Heartbreak

What is a Breakup, Really ?

On the surface, a breakup sounds straightforward:

A romantic relationship ended.
But emotionally, it can be much more complex.

Depending on the relationship, you may be grieving:

- the person
- the attachment and emotional bond
- companionship
- affection and physical intimacy
- familiar routines and rituals
- mutual friends or family
- a shared home or lifestyle
- your role in someone's life
- the feeling of being chosen
- plans you made together
- the future you imagined
- the person you hoped they would become
- the relationship you kept hoping the two of you would eventually have
- the version of yourself that existed within the relationship

Sometimes the deepest grief isn't only for what happened.

Sometimes the deepest grief isn't only for what happened.

It is for what you thought was going to happen.

The wedding that will not happen.
The children you imagined.
The home you talked about.
The places you planned to visit.
The version of the relationship you kept waiting for.
The future can become emotionally real long before it actually exists.
And when the relationship ends, that imagined future can disappear with it.
This is why telling yourself, *"It's just a breakup"* may not help.
Your loss may contain many losses.



Not Every Breakup Is the Same

There is no single experience called “heartbreak.”
How a relationship ends can shape how we experience its loss.

The Unwanted Breakup

“I didn't choose this.”

Someone you still wanted chose to leave.
Alongside grief, you may experience rejection, disbelief, helplessness or an overwhelming desire to change their mind.

The Breakup You Initiated But Never Wanted

“I love you, but I cannot keep living like this.”

Sometimes leaving is painful precisely because love was present.
You may know that ending the relationship was necessary while still grieving deeply.
Choosing the ending doesn't make you immune to the loss.

The Betrayal Breakup

“What I believed was true suddenly doesn't feel true anymore.”

Infidelity, deception or significant breaches of trust can leave you grieving the relationship while simultaneously questioning your understanding of what happened.

You may find yourself asking:

Was any of it real?

The On-Again, Off-Again Breakup

“We keep leaving each other, but somehow we keep coming back.”

Repeated separation and reunion can create an emotionally exhausting cycle of hope, loss, relief and renewed uncertainty.
The relationship may technically end many times while emotionally never feeling completely finished.

The Ambiguous Ending

“I don't even understand what happened.”

Perhaps someone disappeared.
Perhaps communication slowly stopped.
Perhaps they withdrew emotionally without clearly ending things.
Perhaps you never received the conversation you hoped would give you closure.
Ambiguity can leave the mind searching for an explanation long after contact has ended.

The Ending of a Painful or Unhealthy Relationship

“I know it wasn't good for me. Why do I still miss them?”

Leaving something painful doesn't automatically switch off attachment.
You can miss someone and still know that returning would not be healthy for you.
You can love someone and maintain a boundary.
You can grieve a relationship you would never choose again.
These things can exist together.

Different Endings. A Common Ground

Although every relationship has its own story, many breakups contain some combination of:

Loss.

Grief.

Attachment disruption.

Uncertainty.

Loneliness.

Identity change.

Rejection.

And the difficult process of reorganizing life without the relationship.

Understanding this can help us move away from:

“What is wrong with me?”

toward:

“What am I experiencing?”

That is a very different question.

Why Does Heartbreak Physically Hurt?

You may have heard people say:

“The pain of a breakup is the same as breaking a bone.”

No reliable equation lets us say heartbreak is physically equivalent to a particular injury, such as a broken bone.

But the comparison is fascinating.

Research into social rejection and romantic loss suggests that **social pain and physical pain can recruit some overlapping neural systems.**

In studies of people experiencing unwanted romantic rejection, reminders of an ex-partner have been associated with activity in brain regions involved in aspects of physical pain.

In other words:

“Heartbreak hurts” isn't merely poetic language

Relational loss can be experienced through the body as well as the mind.

You might notice:

a heavy chest.
a knot in your stomach.
difficulty sleeping.
restlessness.
loss of appetite or wanting to eat for comfort.

fatigue.
difficulty concentrating.
an urge to reach for your phone.
a feeling of emptiness when you wake up.
Your experience is emotional, cognitive, relational **and embodied.**

You don't need to minimize it simply because there isn't a visible wound

What Is Happening in Your Brain & Body During a Breakup?

There is another reason a breakup can feel so consuming.

Your relationship didn't exist only in your thoughts. Your brain and body had adapted to having this person in your life.

Over time, romantic connection can become woven into systems involved in attachment, reward, motivation, comfort and stress regulation.

A message from them.

Hearing their voice.
Seeing their face.
Being touched.
Falling asleep beside them.
Knowing they were there.
These repeated experiences became familiar to your brain and body.
They were no longer simply *events*.
They became part of what your system learned to expect.

So when the relationship suddenly ends, your brain doesn't necessarily respond with:

"Okay. This relationship is over. Let's move on."

It has to adjust to a reality that has changed.

Your Brain May Still Be Expecting Them

Romantic love involves the brain's reward and motivation systems, including pathways involving dopamine.

This is part of what can make connection feel exciting, motivating and deeply significant.
During a breakup, those learned expectations don't disappear immediately.

Your phone lights up—and for a split second, you wonder if it's them.
You automatically think of something you want to tell them.
You wake up and briefly forget that the relationship has ended.
You reach for the place where they used to sleep.
You find yourself wanting to look at their profile even though you know it may hurt.
Your brain is encountering something it learned to expect that is suddenly no longer available.

This can help us understand why longing after a breakup can sometimes feel almost like a **craving.**

It doesn't necessarily mean:

“This is the person I'm supposed to be with.”

It may also mean:

“My brain and body are still adjusting to their absence.”

Your Bonding System Has Changed Too

Close relationships also involve neurochemical systems associated with bonding and attachment, including **oxytocin** and other signaling systems.

Through repeated experiences of closeness, affection, intimacy and connection, another person can become deeply familiar to us.

When that person is suddenly absent, your system doesn't instantly erase that bond simply because the relationship has officially ended.

This is why you can intellectually understand:

“It's over.”

while emotionally experiencing:

“But I still want to reach for them.”

Both experiences can exist at the same time.

Your Stress System May Become More Active

A breakup can also be experienced as a significant stressor.

For some people, especially during the early stages of a painful separation, the body's stress-response systems may become more activated.

You might notice:

difficulty sleeping.
changes in appetite.
a racing mind.
restlessness.
tightness in your body.
difficulty concentrating.
exhaustion.

feeling unusually alert to anything connected with your ex.
or constantly checking for signs that they might contact you.

This doesn't mean something is necessarily wrong with you.

Your system may be trying to adapt to the sudden loss of something that had become emotionally important and familiar.

This Is Why Heartbreak Can Feel So Contradictory

One part of you may know:

“This relationship wasn't right for me.”

Another part may desperately want contact.
One part may remember why you left.
Another may remember only the beautiful moments.
One moment you may feel strong.
The next you may want to send a message.
This doesn't automatically mean you're going backwards.
And it doesn't necessarily mean your breakup was a mistake.

Your understanding of the relationship and your body's adaptation to its absence may be moving at different speeds.

That distinction matters.

Because when we don't understand what is happening, we can easily interpret longing as instruction:

I miss them, therefore I should contact them.
I can't stop thinking about them, therefore they must be my person.
This hurts too much, therefore leaving must have been wrong.

But feelings don't always give us instructions.
Sometimes they give us information.

Your longing may simply be saying:
“Something I became deeply attached to is no longer here.”

Your System Needs Time to Learn a New Normal

Healing from a breakup isn't about forcing yourself to stop caring.
Part of the process is allowing your brain and body to gradually learn:

My life is different now.

New routines form.
New sources of connection emerge.
Your attention begins returning to other parts of your life.
The urge to check becomes less frequent.
Memories may still come, but they don't always carry the same intensity.
The person who once occupied enormous emotional space gradually becomes one part of a much larger life.
You aren't trying to erase the bond.
You are allowing your system to adapt to a new reality.

And that takes time.
So if you are wondering:

"Why am I still thinking about them?"
Why do I still want to reach for them?"
Why does my body seem to miss someone my mind knows I shouldn't return to?"

Perhaps begin with a little less judgment.
Your mind and body are doing something human:
They are learning how to live after something important has changed.

Why Can One Person Move Forward While Another Feels Completely Shattered?

You may know someone who ended a relationship, cried for a while, gradually adjusted and moved forward.

Meanwhile, perhaps months later, you still feel as though something inside you has been torn apart.

That does not automatically mean they loved less.
And it does not mean you are weaker.

Because two people can experience similar external events while having very different internal experiences.

The intensity and duration of breakup distress can be influenced by many things, including:

how emotionally significant the relationship became.
whether you chose the ending.
how suddenly it happened.
whether betrayal was involved.
whether the ending was clear or ambiguous.
how much of your identity and future became connected to the relationship.
your attachment patterns.
your current life circumstances.
your support system.
your ways of coping with emotional distress.
previous experiences of separation, rejection or relational loss.
and what this particular person or relationship came to represent to you.

This brings us to another important layer of heartbreak.


Part Two
The Attachment
Layer

The Attachment Layer

Sometimes It Isn't Only Your Heart Protesting the Loss

Human beings form bonds.

When someone becomes emotionally significant, we may begin turning toward them for affection, reassurance, comfort, intimacy, connection and belonging.

Their messages become familiar.
Their voice becomes familiar.
Their presence becomes familiar.
They become woven into our everyday emotional world.

And when that connection suddenly becomes unavailable, your attachment system may respond strongly to the separation.

This can help explain one of the most confusing experiences after a breakup:

“I know this relationship wasn't working. So why does every part of me want them back?”

Because understanding something cognitively and experiencing attachment loss are not always the same process.

When Attachment Becomes Activated

Attachment activation can look different from person to person.

For some people, separation creates an intense desire to restore connection.

You might:

check your phone constantly.
look at their social media.
re-read old messages.
replay conversations.
search for clues.
wonder whether they're seeing someone else.
feel an overwhelming need for closure.
send another message even after promising yourself you wouldn't.
imagine what you could say to make them reconsider.
feel temporarily relieved when they contact you—and distressed again when they disappear.

This can be particularly strong when someone tends toward attachment anxiety.

Underneath the pursuit may be a deeper question:
“Are you really leaving me?”

For others, heartbreak can look very different.

You may:

shut down emotionally.
tell yourself you never needed them.
throw yourself into work.
avoid talking about the relationship.
quickly remove every reminder.
disconnect from vulnerable feelings.
become intensely self-reliant.
move immediately toward another distraction or relationship.

This can sometimes reflect an attachment strategy of moving away from vulnerability rather than toward connection.

Neither response should become another label with which to judge yourself.

They are patterns worth becoming curious about.

And What Does Secure Attachment Look Like?

Secure attachment does **not** mean:

“I won't be hurt.”
It doesn't mean:
“I won't miss them.”

And it certainly doesn't mean:
“I should be completely fine because I know my worth.”

You can be emotionally secure and still grieve profoundly.
Security is not the absence of pain.

It is increasingly developing the capacity to experience difficult emotions without completely abandoning yourself inside them.

To seek appropriate support.
To respect another person's boundary even when it hurts.
To maintain your own boundaries even when you miss someone.
To tolerate uncertainty without desperately trying to control it.
To recognize that rejection is painful without turning rejection into a definition of your worth.

And eventually, to integrate what happened and continue living.

Your Attachment Pattern Is Not Your Identity

Attachment language can be incredibly useful.
But be careful not to turn it into another box.

You are not simply:

“an anxious person.”
“an avoidant person.”
“a secure person.”

Attachment patterns can be influenced by relationship context and can change over time.

The purpose of understanding attachment isn't to diagnose yourself or your ex.

It is to notice:

What happens inside me when connection feels uncertain?
What do I do when I fear losing someone?
What do I do when someone gets very close?
How do I respond when my attachment system feels threatened?

Understanding the pattern gives you something much more useful than a label:
choice.

Start Here

Understand How You Attach

Before continuing into the deeper reflections in this guide, consider taking our Attachment Style Assessment.

It may help you recognize some of the patterns that emerge for you around closeness, separation, reassurance, independence and emotional safety.

Take The Attachment Style Assesment

Your result isn't a diagnosis or a permanent identity. Use it as an invitation to become curious about how you relate.



Part Three

What Is Underneath the Heartbreak?

What Is Underneath the Heartbreak?

Sometimes heartbreak arrives loudly.

You notice:
Sadness.
Anger.
Longing.
Jealousy.
Confusion.
Numbness.
Obsessing.
Regret.
Relief.

But underneath these immediate reactions, there may be other emotional experiences.

Rejection

“Why didn't they choose me?”

Rejection can quickly become personalized.
Instead of:

“This relationship ended,”

the mind may conclude:

“I wasn't enough.”

But the ending of a relationship and your value as a human being are not the same thing.

Abandonment

“Will everyone eventually leave?”

Sometimes the loss of one person feels much larger than the present relationship.

The emotional experience can become:

People always leave.
No one stays.
I am alone again.

That may be an important place for curiosity.

Shame

“What does this say about me?”

Shame turns an experience into an identity.

There is an enormous difference between:
“Someone rejected me.”

and:
“I am unlovable.”

Between:
“This relationship didn't work.”

and:
“I am a failure at relationships.”

Notice when your mind crosses that bridge.

Fear

“What if I never find love again?”

A breakup ends one relationship.
Fear can transform that ending into a prediction about your entire future.

What if that was my only chance?
What if everyone good is taken?
What if nobody ever loves me like that again?

Fear speaks in absolutes.
You don't have to answer every question fear asks.

Grief

“Something mattered to me, and now it is gone.”

Sometimes there is nothing to solve.
Something mattered.
You lost it.
And it hurts.
Grief doesn't always need to become a psychological puzzle.
Sometimes it needs space.

Identity Loss

“Who am I without us?”

Relationships can become woven into identity.

Our friends.
Our weekends.
Our home.
Our plans.
Our future.
Our story.

When “we” disappears, “I” sometimes needs to be rediscovered.

Powerlessness

“I cannot make them choose me.”

This can be one of heartbreak's most painful realities.

You can communicate.
You can apologize.
You can take accountability.
You can express love.
You can change your own behavior.

But you cannot make another person stay.
Accepting what is outside your control can be painful.
It can also eventually become freeing.

Part Four

When This Breakup Touches Something Older

When This Breakup Touches Something Older

Not every painful breakup is evidence of childhood trauma.

You don't need to discover a traumatic childhood explanation for every difficult emotion you experience.

Sometimes heartbreak hurts because heartbreak hurts.
And yet, romantic relationships can sometimes touch much older relational learning.
Long before our first romantic relationship, we were already learning about connection.
We learned what happened when we needed someone.

Whether comfort was available.
Whether emotions were welcomed.
Whether love felt consistent or unpredictable.
Whether conflict could be repaired.
Whether closeness felt safe.
Whether we had to become pleasing, successful, quiet, independent or emotionally invisible to maintain connection.

These experiences don't rigidly determine our adult relationships.

But they can contribute to the expectations and strategies we bring into closeness.

And sometimes a breakup touches one of those older places.

The Breakup Says:

“This relationship ended.”

But something deeper may whisper:

“Everyone leaves me.”

The Breakup Says:

“This person didn't choose this relationship.”

But shame may whisper:

“I'm not worth choosing.”

The Breakup Says:

“I'm alone right now.”

But fear may whisper:

“I will always be alone.”

The Breakup Says:

“Something I deeply wanted didn't work.”

But self-blame may whisper:

“I ruin everything.”

The Breakup Says:

“They moved on.”

But self-blame may whisper:

“I was replaceable.”

The Breakup Says:

“They couldn't give me what I needed.”

But an old relational pattern may whisper:

“Maybe if I become easier to love, they finally will.”

This is where heartbreak can become more than a story about another person.
Not because your past caused everything that happened.

And not because the other person's behavior should be explained away by your attachment history.

But because your reaction may contain information about you.

Part Five

From “Why Did They Do This?” to “What Is Happening Within Me?”

From “Why Did They Do This?” to “What Is Happening Within Me?”

After a breakup, the mind naturally travels outward.

Why did they do it?
Do they miss me?
Are they happier without me?
Were they lying?
Are they seeing someone?
Will they come back?
Do they regret leaving?

These questions are understandable.
But there is a painful limitation:
Many of the answers live inside another person.
And you may never have access to them.
Eventually, healing may require another direction of attention.

Not:
“How do I stop caring about them?”

But:
“What is this experience revealing within me?”

A Relationship Can Become a Mirror Me?”

Perhaps you've heard people jokingly say:

“The universe sent that person for character development.”

You don't have to believe that someone was “sent” to hurt you.
You don't have to believe everything happens for a reason.
You don't have to call betrayal a blessing.
You don't have to be grateful for pain.
And you never need to romanticize mistreatment in order to heal from it.

But you can decide what you do with what happened.
Sometimes relationships reveal places where we:

abandon ourselves to maintain connection.
ignore our needs.
struggle to communicate boundaries.
mistake intensity for intimacy.
confuse longing with compatibility.
stay attached to potential rather than reality.
make another person's choice mean something about our worth.
lose parts of our identity inside “us.”
struggle to receive healthy love.
or repeatedly choose what feels familiar even when familiar isn't what feels safe.

None of this means blaming yourself for the relationship ending.

It means reclaiming the part of the story that belongs to you.

Perhaps Heartbreak Can Become an Invitation

Not an invitation to become so independent that you never need anyone again.
Not an invitation to close your heart.
Not an invitation to convince yourself that relationships don't matter.
Quite the opposite.
Perhaps this experience can become an invitation to develop a deeper relationship with yourself.

To discover:

What do I actually need in a relationship?
What are my boundaries?
Where do I compromise myself to maintain connection?
What does emotional safety feel like to me?
What do I want to do differently next time?
What kind of love am I capable of giving?
What kind of love am I willing to receive?
What does it mean to remain connected to myself while loving another person?

This is not about becoming self-sufficient enough that you never need connection.
Humans need humans.

The invitation is to build a relationship with yourself strong enough that loving someone else doesn't require abandoning yourself.

Part Six

Three Reflections for Beginning Again

Three Reflections for Beginning Again

You don't need to complete these exercises today.

Choose one.

Take your time.

Write without trying to sound wise, healed or emotionally evolved.

Your answers don't have to be beautiful.

They only need to be yours.

Reflection
One

The Breakup Iceberg

What we see on the surface is rarely the entire emotional experience.

This exercise helps you move from what happened toward what it means to you.

1. What happened?

Describe the ending in a few factual sentences.

Try to separate what you know from what you imagine.

What actually happened?

_____
_____
_____

2. What am I feeling ?

Try naming the emotions rather than explaining them.

I feel :

_____
_____
_____

Reflection
One

3. What am I afraid this means?

Complete this sentence without censoring yourself:

“The thing I am most afraid this breakup means is...”

---

4. What is underneath the fear

Perhaps:

“They left.”
became:
“Nobody stays.”

Or:
“They chose someone else.”
became:
“I'm replaceable.”

Or:
“They don't want to reconcile.”
became:
“I wasn't worth fighting for.”

Reflection
One

Ask yourself:

What story has my mind created about me because this relationship ended?

_____

_____

_____

5. And now ask:

Is that story a fact—or is it pain trying to make meaning from loss?

_____

_____

_____

Reflection
Two

What Am I Actually Grieving?

Sometimes we say:

“I miss them.”

But “them” may contain many things.

Read each statement slowly.

Notice which ones feel true.

I am grieving…

□ The person themselves.

□ The way I felt around them.

□ Having someone to talk to.

□ Physical affection or intimacy.

□ Our routines.

□ Their family or our shared community.

□ The feeling of belonging somewhere.

Reflection
Two

□ Being someone's partner.

□ Feeling chosen.

□ The future we planned.

□ The future we planned.

□ The future I privately imagined.

□ Who I was when I was with them.

□ Who I hoped they would eventually become.

□ The relationship I hoped we would eventually have.

□ The hope that things would finally change.

□ Not being alone.

□ Something else:

_____

_____

_____

Reflection
Two

Now pause.

And ask yourself:

If I am completely honest, what am I grieving most?

And then:

Is what I want back the relationship that actually existed—or the relationship I hoped it could become?

There is no correct answer.

Just notice what becomes clearer.

Reflection Three
Returning to Myself

Heartbreak naturally makes us look toward the person who left.

This final reflection gently turns your attention toward the person who remains:

you.

1. What Did I Give Away?

Were there parts of yourself you silenced, neglected, compromised or abandoned in order to maintain the relationship?

Perhaps your:

voice.
boundaries.
friendships.
needs.
interests.
values.
time.
body.
rest.
ambitions.
self-respect.
joy.
intuition.
Ask yourself:

What parts of myself became smaller while I was trying to keep this relationship?

---

2. What Did I Discover?

Without forcing the relationship to become a “lesson,” what do you understand about yourself now that you didn't understand before?

This relationship taught me that I need…

I discovered that I struggle with…

I discovered that I value…

A boundary I understand more clearly now is…

Something I want to do differently in my future relationships is…

---

3. What Am I Reclaiming?

What belongs to you that you want to begin bringing home?

Perhaps:
your time.
your voice.
your friendships.
your body.
your creativity.
your dreams.
your standards.
your boundaries.
your confidence.
your playfulness.
your sexuality.
your independence.
your tenderness.
your hope.
your capacity to love.

Complete:

“The part of myself I am ready to reconnect with is…”

And finally:

If secure love begins with not abandoning myself, what would staying with myself look like today?

Not forever.
Not for the next year.
Not even for the next month.
Today.

Perhaps it means not checking their social media tonight.
Perhaps it means calling someone you trust.
Perhaps it means eating something nourishing.
Perhaps it means crying.
Perhaps it means keeping the boundary you established.
Perhaps it means getting out of bed and taking a shower.
Perhaps it means asking for professional support.
Perhaps it means admitting that you still love them without turning that love into an instruction to return.

Perhaps it simply means saying:
“This hurts. And I am going to stay with myself while it hurts.”

Write your answer:

_____

_____

_____

A Final Note
To You

Healing from heartbreak is not about learning never to need anyone again.
Secure attachment is not radical independence.
It is not:

“I don't need anybody.”

It is developing the capacity to remain connected to yourself while also allowing yourself to connect deeply with others.

You can love another person without disappearing inside them.
You can need connection without making another human being responsible for your entire sense of safety.

You can miss someone without returning to something that hurts you.
You can grieve an ending without making it evidence that you are unlovable.

You can carry love for someone while choosing a different life.
And you can experience rejection without rejecting yourself.
Perhaps this chapter isn't asking you to close your heart.
Perhaps it is inviting you to know yourself more deeply.

To understand how you attach.
To understand what you need.
To recognize where you abandon yourself.
To discover what you will no longer abandon yourself for.
To strengthen the relationship you have with yourself.

A Final Note
To You

And eventually, when you are ready, to bring that stronger, more secure relationship with yourself into the love you create with another human being.

You don't have to figure all of that out today.

You don't have to know how the story ends.

For now:

Begin with you.

Want to Understand Your Relationship Patterns?

Take the Attachment Style Assessment

Understanding your attachment patterns can help you become more aware of what happens within you around intimacy, uncertainty, conflict, separation and emotional safety.

TAKE THE ASSESSMENT →

Need More Support?

You Don't Have to Navigate This Alone.

Sometimes self-reflection is enough to begin creating movement. Sometimes we need another person to help us see the patterns we cannot yet see ourselves.

If this breakup has opened deeper questions about your attachment patterns, relationship choices, boundaries, self-worth or the relationship you have with yourself, you are welcome to explore this work with us.

Work with Lux Hettiyadura
Attachment-Informed Relationship Specialist
Ignite Relationship Studio

EXPLORE RELATIONSHIP SUPPORT →

About This Guide

This resource is intended for psychoeducation and personal reflection. It does not provide a diagnosis, psychotherapy, medical advice or emergency mental health support. Attachment patterns are complex, contextual and capable of change; they should not be used to reduce yourself or another person to a label.

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