

WORKSHEET

HOW TO GET OVER SOMEONE

Answer these probing questions



How to get over someone

Just for starters here are some probing questions to get you really thinking about the object of your (lost) desire. The following will help you to get a different perspective as well as discover for yourself how to let go..

If you were not spending your time obsessing about this person, how would you be spending your time?



How are you going to spend the next 2, 5, 10, 20 years of your life?



What opportunities are opening up for you without that person in your life? You're likely to have made some concessions to accommodate his or her needs and wants.




What restrictions and limitations would you have been facing if you were sharing your life with that person?



What hurt, stress and disappointments might you be having to deal with if you were with him or her?



What stories would you want to be telling your children/grandchildren about your life in 20 years' time?



If you could reclaim all the energy that you have been investing in obsessing about this person (if that's indeed what you've been doing), what would you be able to achieve with all that energy?

