

STEP INTO YOUR QUEEN



A Gentle Guide Through a Breakup

A compassionate workbook for feeling what is here, learning without blame, and finding your way back to yourself.

You do not have to make sense of everything today. Begin with the person who is hurting: you.

Remember | Release | Reclaim | Embody

Move through these pages at your own pace. Keep what helps; leave what does not.



A GENTLE PLACE TO START

Begin with care for yourself

A breakup can bring sadness, anger, relief, longing, confusion, or numbness. You may miss someone and still know the relationship was not right for you. More than one feeling can be true at once.

This guide will not ask you to rush, forgive before you are ready, or turn pain into a lesson on command. You can use one page today and return to the rest later.

For the next few hours

- Drink some water and eat something simple if you can.
- Let one trusted person know how you are really doing.
- Choose one small task, then let that be enough for now.
- Give yourself permission to postpone decisions that do not need to be made today.

There is no correct pace for healing. You are allowed to take the time you need.

What would feel kind and manageable for me today?

Write a word, a sentence, or more. No perfect answer needed.





RELEASE

Feel the hurt and watch it with awareness

You do not need to push the hurt away. Let yourself feel what is here, while remembering that a feeling is a visitor in your awareness, not the whole of you.

A gentle observing practice

1. Pause and notice what is present. You might say, *I notice sadness* or *I notice longing*.
2. Find where the feeling shows up in your body. Describe the sensation with simple words, such as tight, heavy, warm, or restless.
3. Take a slow breath and imagine giving the feeling a little space around it. You can be with it without becoming only the feeling.
4. Ask what would support you now. A pause, a walk, a conversation, a cry, or rest may be enough.

I can feel this deeply and still observe it gently. This feeling is part of my experience, not all of who I am.

What I notice in this moment

Write a word, a sentence, or more. No perfect answer needed.

What might help me feel supported

Write a word, a sentence, or more. No perfect answer needed.





RECLAIM

Give your heart fewer reminders

When you are hurting, it is tempting to reread old messages or check their social media for clues. Each visit can reopen the question of what they are thinking and make it harder to settle into your own life.

Make checking less easy

- Mute or unfollow their account for now. You can decide later what you want.
- Archive the message thread or move photos out of immediate view.
- When the urge comes, wait ten minutes. Write down what you hope to find, then choose a grounding activity.
- Ask a trusted friend to be your check-in person when the urge feels strong.

If you need to stay in contact for practical reasons, choose one channel and a time to check it. Keep the conversation focused on what needs to be arranged.

What tends to trigger me to check?

Write a word, a sentence, or more. No perfect answer needed.

When the urge comes, I can instead

Write a word, a sentence, or more. No perfect answer needed.

I do not need to search for answers in a place that keeps hurting me.





REMEMBER

Let the whole story be true

The mind may replay the tender moments and forget the painful ones. Or it may focus only on what hurt. Writing down both sides can help you hold the whole relationship with more clarity.

What I loved, valued, or will miss

Write a word, a sentence, or more. No perfect answer needed.

What hurt, felt lonely, or did not work for me

Write a word, a sentence, or more. No perfect answer needed.

What I needed and asked for

Write a word, a sentence, or more. No perfect answer needed.

This relationship mattered. It is still one chapter in a life that is continuing.





REMEMBER

Learn from patterns without judging yourself

Look back with curiosity rather than blame. A pattern may have been a way to seek closeness, avoid conflict, feel chosen, or stay hopeful. It may not have helped you, but there was a reason you reached for it.

You did the best you could with the awareness, support, and tools you had at the time. You can learn something new now without punishing the person you were then.

What behaviors or familiar relationship patterns do I notice?

Write a word, a sentence, or more. No perfect answer needed.

What was I hoping this behavior would protect or give me?

Write a word, a sentence, or more. No perfect answer needed.

What need was underneath it?

Write a word, a sentence, or more. No perfect answer needed.

What might I try differently when I am ready?

Write a word, a sentence, or more. No perfect answer needed.

I can take responsibility for my growth without turning against myself.





RELEASE

Forgive in your own time

Forgiveness does not mean that what happened was acceptable, that you must reconnect, or that you need to forget. It can begin as a willingness to loosen the hold of resentment and return your attention to your own life. You can forgive in small pieces, later, or not today.

An optional release ritual

If the idea of a karmic bond is part of your spiritual language, you can use this as a symbolic ritual to release that tie. Choose a quiet moment. Place a hand on your heart, take a few steady breaths, and read the words below slowly. You can change them, write your own, or simply sit in silence. This practice is for your own reflection; the other person does not need to take part.

THE RELEASE PRAYER

I release the bond that keeps me tied to pain. I forgive you for what I am ready to forgive, and I ask forgiveness for the ways I may have hurt you. May we both learn from what we shared. May love bless us as we go our separate ways. I wish you peace, and I release our paths to unfold apart. I call my energy, my heart, and my future back to myself.

When you are done, write a few words about what you are choosing to release. You may fold the paper and keep it, or tear it up as a symbol of letting go.

What I am ready to release today

Write a word, a sentence, or more. No perfect answer needed.

What I am not ready to forgive yet

Write a word, a sentence, or more. No perfect answer needed.





RELEASE

Include yourself in forgiveness

You may wish you had spoken sooner, left earlier, trusted a feeling, or made a different choice. You made the choices you could with what you understood then. Let regret teach you without making it a sentence you serve forever.

A few words to yourself

*I forgive myself for the ways I left myself behind. I understand why I did what I did.
I was trying to do my best. I am allowed to learn, to grow, and to choose differently
now.*

What I wish I could tell the version of me who was in that relationship

Write a word, a sentence, or more. No perfect answer needed.

One thing I can offer myself today

Write a word, a sentence, or more. No perfect answer needed.





REMEMBER

Remember who you are beyond this relationship

A relationship can become woven into routines, plans, and the way you see yourself. Reconnecting with yourself can begin with small details that belong to you.

What feels comforting in my day or in my home?

Write a word, a sentence, or more. No perfect answer needed.

What did I enjoy before I asked whether it was convenient?

Write a word, a sentence, or more. No perfect answer needed.

Who lets me be honest and still feel like myself?

Write a word, a sentence, or more. No perfect answer needed.

What quality in me has carried me through difficult seasons?

Write a word, a sentence, or more. No perfect answer needed.

Your worth did not begin with this relationship, and it does not end with it.





EMBODY

Let what you learned prepare you for love

If you believe the universe is guiding you, you may find comfort in trusting that this experience can have a place in your larger path, even when you cannot see it yet. That does not mean the hurt was deserved or that you must understand the reason now. Meaning can grow from what you learn and the care you give yourself.

What you have learned may help you recognize a love that is mutual, steady, kind, and respectful of who you are. It can prepare you to choose a relationship that feels more like home to your whole self.

Practice trust without forcing certainty

I do not need to know the whole story today. I can trust that what I am learning will help me meet the love that is right for me, when I am ready.

What I understand about love and my needs now

Write a word, a sentence, or more. No perfect answer needed.

What I want to feel in a future relationship

Write a word, a sentence, or more. No perfect answer needed.

One small way I can trust life today

Write a word, a sentence, or more. No perfect answer needed.





EMBODY

Move forward one choice at a time

Moving on does not mean you stop caring or never remember. It means you slowly give more of your attention to the life that is here now. Start with a choice that reconnects you to yourself.

Choose one small next step

- Make a plan with someone who helps you feel at ease.
- Return to an interest, place, or routine that feels like yours.
- Set a kind boundary around contact or social media.
- Notice one moment in the day that belongs to the present.

One thing I want to make room for again

Write a word, a sentence, or more. No perfect answer needed.

A promise I want to keep to myself this week

Write a word, a sentence, or more. No perfect answer needed.

I can cherish what was meaningful, grieve what ended, and still choose a life that feels right for me.

Created for Step Into Your Queen

Remember | Release | Reclaim | Embody

This guide offers reflection and general emotional support. It is not a substitute for individualized mental health care.

