

# **21-Day Breakup Recovery Plan**

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## **Introduction**

Hello, I'm Chantelle.

This plan is designed to accompany you through the most difficult 21 days after a breakup. It breaks down the practices from the article "The Science of Breakup Healing" into concrete daily actions.

Please remember, healing is not a linear race, but a spiral upward journey.

Allow yourself to have setbacks, allow yourself to have emotions. Most importantly, do something for yourself every day.

## Week 1: Detox Phase - Clear the Space, Stabilize the Mind

Goal: Execute the strict "No Contact Rule" to allow your brain to slowly recover from the withdrawal symptoms of "love addiction."

<b>Day 1</b>	Declaration: Write down a statement to yourself: "I, ____(your name), from today onwards, commit to my physical and mental health and begin this 21-day recovery plan. I deserve a better life."
<b>Day 2</b>	Digital Detox: Block/hide all their social media (IG, FB, Threads...), delete chat records. Don't peek, this is your gentleness to yourself.
<b>Day 3</b>	Physical Detox: Pack up items that easily trigger memories of them (e.g., photos, their gifts). Out of sight, out of mind.
<b>Day 4</b>	Emotional Flow Day: Find a quiet space, allow yourself to cry, or write down all your anger, sadness, and unwillingness. Don't judge, just let it flow.
<b>Day 5</b>	Body Scan Practice: Do a 10-minute mindful body scan before bed, feel the tension and relaxation of your body, and gently coexist with it.
<b>Day 6</b>	Build Safety Net: Tell a trusted friend that you're going through a breakup and need their support.
<b>Day 7</b>	Week 1 Review: Write down your feelings this week. You did great, you've successfully completed the most difficult first week.

## Week 2: Reframing Phase - Rewrite the Story, See the Pattern

Goal: Walk out from the "victim" narrative, objectively observe this relationship, and learn from it.

<b>Day 8</b>	Write down your "victim story": Use the most emotional way to write down your version of the breakup story. Pour out your grievances and accusations.
<b>Day 9</b>	Switch to "director's perspective": Imagine you're an objective director, rewrite the breakup story, focusing only on facts, not adding emotions.
<b>Day 10</b>	Find "relationship patterns": Review your past relationships, are there recurring patterns? (E.g., always loving people who can't give you a sense of security)
<b>Day 11</b>	List 3 "flaws" of the other person: Write down 3 things in this relationship that made you feel uncomfortable or unbearable, the real flaws of the other person.
<b>Day 12</b>	List 3 "flaws" of the other person: Write down 3 things in this relationship that made you feel uncomfortable or unbearable, the real flaws of the other person.
<b>Day 13</b>	Write a "thank you and release": Write a letter (not to send), thank them for the growth they brought you, then formally say goodbye to them.
<b>Day 14</b>	Week 2 Review: Compare the texts from Day 8 and Day 13, feel your transformation. You're transforming from the actor in the story to the author of the story.

## Week 3: Rebuilding Phase - Connect with Self, Create New Life

Goal: Build a new dopamine reward circuit, shift life's focus from "losing them" to "having myself."

<b>Day 15</b>	Build a new "Dopamine Menu": List 5 things that make you feel happy and accomplished (e.g., exercise for 20 minutes, listen to a favorite song, complete something you've been putting off).
<b>Day 16</b>	Execute the menu: Choose one item from your "Dopamine Menu" to complete.
<b>Day 17</b>	Reconnect with an old friend: Make a date with a friend you haven't seen in a long time for a face-to-face conversation, chat about the current situation.
<b>Day 18</b>	Try something "new": Walk a new route to work, go to a new cafe, listen to a new podcast, create new neural connections.
<b>Day 19</b>	Set a "micro goal" for yourself: Write down a small achievable goal unrelated to love (e.g., finish reading a book, organize your closet).
<b>Day 20</b>	Write a letter to your future self: Imagine yourself three months from now, you've completely walked out. Write a letter to your current self, giving yourself some encouragement and wisdom.
<b>Day 21</b>	Complete and celebrate: Congratulations! You've completed the 21-day recovery plan. Do something special to celebrate yourself, like buying a bouquet of flowers or having a big meal. You deserve this honor.