

Answer these questions as best you can. If a question doesn't seem relevant, skip it. If you like, you can print out this questionnaire (or save it to your computer) so you can re-answer these questions in a month or a year. You will be surprised how your point of view changes and how it doesn't.

If you feel comfortable doing so, please go to my blog and post your story here. It helps others so much to know that they aren't alone. Feel free to post anonymously.

Love, Susan

1. My break up occurred _____ days/months/years ago and since that time, my primary emotions have been _____, _____, and _____.
2. The last time I felt feelings such as these was when _____. What I notice when I compare these two experiences is _____.
3. The thing that has been the most difficult for me since this relationship ended is _____.
4. When I think about our break-up, the thought or thoughts that plagues me over and over is/are _____.
5. I feel the pain of this loss most acutely when I _____.
6. What I miss most about our relationship is _____.
7. What I don't miss about our relationship is _____.
8. The thing I regret most is _____.
9. The unforeseen benefit of this break up is _____.
10. If I could take him/her back right now, I would/would not and here's why: _____.
11. The most important thing others need to know about healing a broken heart is _____.
12. The last time I felt feelings such as these was when _____. What I notice when I compare these two experiences is _____.
13. The thing that has been the most difficult for me since this relationship ended is _____.
14. When I think about our break-up, the thought or thoughts that plagues me over and over is/are _____.
15. I feel the pain of this loss most acutely when I _____.

16. What I miss most about our relationship is _____.
17. What I don't miss about our relationship is _____.
18. The thing I regret most is _____.
19. The unforeseen benefit of this break up is _____.
20. If I could take him/her back right now, I would/would not and here's why: _____.
21. The most important thing others need to know about healing a broken heart is _____.