

AFTER US

A 30-Day Breakup Recovery Workbook

Missing them is not the same as needing to go back.

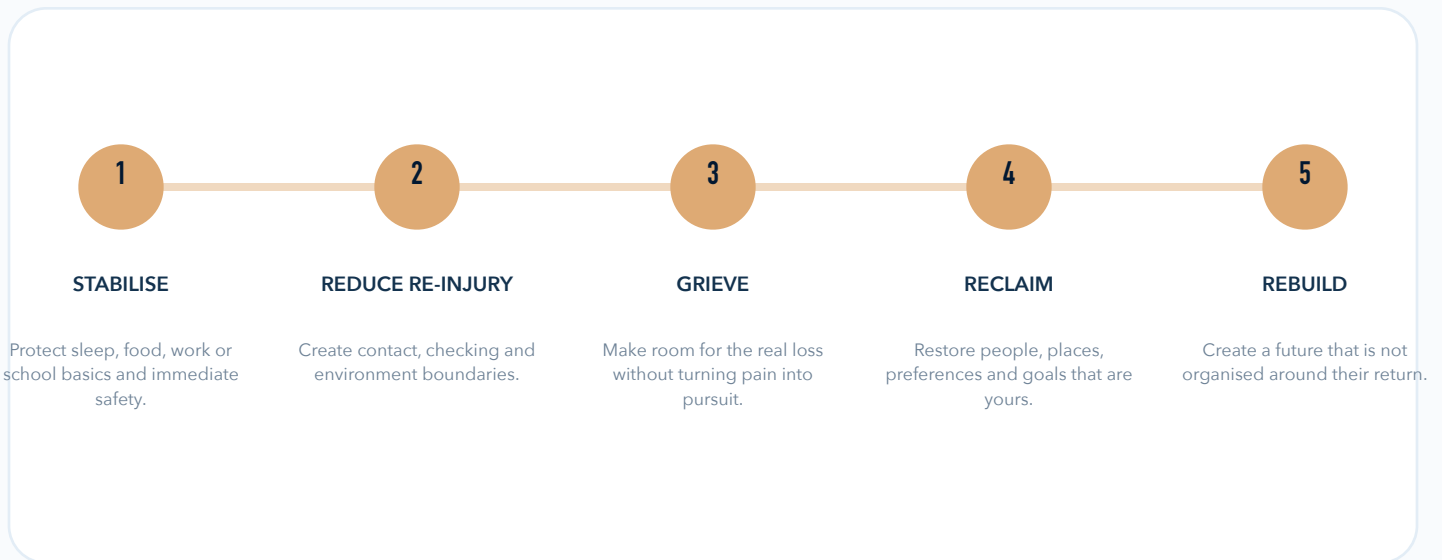
THE CORE PROMISE

A useful first framework and one action you can use today - intentionally shorter than the complete Extended workbook.

01 / UNDERSTAND THE PATTERN

THE RELATIONSHIP ENDED. YOUR LIFE DID NOT.

A breakup can disrupt attachment, routine, identity, home, friends and the future you imagined. Recovery is not pretending it did not matter. It is reducing re-injury, making room for grief and rebuilding a life that is yours.



WHAT THIS CORE EDITION HELPS YOU DO

● CORE OUTCOME 01

Separate missing from contacting.

● CORE OUTCOME 02

Create a respectful contact boundary.

● CORE OUTCOME 03

Stop the checking and re-opening loop.

● CORE OUTCOME 04

Rebuild routine, identity and future plans.

02 / USE THE ACTION CARD

THE DO-NOT-TEXT CARD

1

PAUSE

No contact for twenty minutes.

2

NAME

What layer am I grieving right now?

3

READ

Review the boundary and the reason for it.

4

REDIRECT

Send the unsent message to notes or a trusted person.

5

PROTECT

Use safety or professional help if the situation involves harm.

WRITE THE FIRST REAL STEP

If I do not contact them, I can care for myself by...

03 / CHECK IN + CHOOSE THE NEXT LEVEL

CORE CHECK-IN

● The pattern I noticed is...

● The smallest safer or more useful move is...

● The person, place, or support that helps is...

SCOPE + SAFETY

This workbook supports reflection and routine after a breakup. It does not diagnose trauma, attachment styles or mental-health conditions. Seek qualified support for persistent impairment, abuse, stalking, severe depression or safety concerns.

CORE OR EXTENDED?

CORE / FREE

THE FIRST MOVE

- 4 focused pages
- One clear framework
- One immediate action card
- A concise safety boundary

EXTENDED / \$7.99

THE FULL SYSTEM

- 15 focused pages
- 7 original visual scenes
- Complete exercises + plan

OPEN EXTENDED ->

SOURCE ROUTES: NIMH / SAFETY AND GRIEF NOTE / EVIDENCE NOTE

EXTENDED: <https://championverse.com/7-99-after-us-a-30-day-breakup-recovery-workbook-e-book/>

EDUCATION + REFLECTION / NOT INDIVIDUAL CARE

CORE 4/4