

## What To Do Next

### What would you like to do next following a breakup?

Sometimes relationships end for the right reasons. While it can be hard to accept, one of the paths out of grief is to focus on a new, bold, and exciting future.

Think back to who you were before and during the relationship:

### What were the things you loved to do before the relationship that you stopped doing while in it?

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### What things did you do in your relationship that you hadn't previously done?

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Think through each of the above points.

Create a list of activities that you would like to restart, continue, or begin.

Think big. What would you like to do going forward, having learned from your recent past?

What is the activity?	How could you begin?

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You can either stay stuck grieving your losses or create a future that excites you.

Dr. Jeremy Sutton