



THE 3 TRAPS THAT KEEP YOU
STUCK IN PAIN



AND HOW TO
**BREAK FREE
NOW**

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INTRODUCTION



A breakup or divorce is one of the most painful transitions you may ever confront. Your entire life can feel turned upside down, and you may experience a variety of emotions—including deep sadness, fear, confusion, intense anger, and grief. When a relationship ends, whether it was your choice or not, it feels like a death. And, like any death, this type of ‘ending’ can rock your world, both internally and externally. At times like this, it is essential to get support from others who have actually walked this road.

ENTER... THE EX-PERTS



We are Neelama Eyres and Michael Schiesser, divorce EX-perts and founders of The Inner Journey Institute. We lead transformational workshops across the U.S., Canada, and Europe. Over the past 15 years, we've helped thousands of people navigate from heartbreak and pain into healing and new beginnings.

We were married in 2002, became parents of a special needs son in 2004, separated in 2006 and divorced in 2008. We know firsthand what it's like to experience the emotional stress, anxiety, and fear that occur during separation. **We've been right where you are, and know how hard it can be before, during and after a breakup!**

We've created this free guide because we want to provide you with important advice you can trust during this confusing and difficult time. It's full of "tried and true" methods, used in our own divorce and in our work with thousands of people in transformational seminars since 2000.

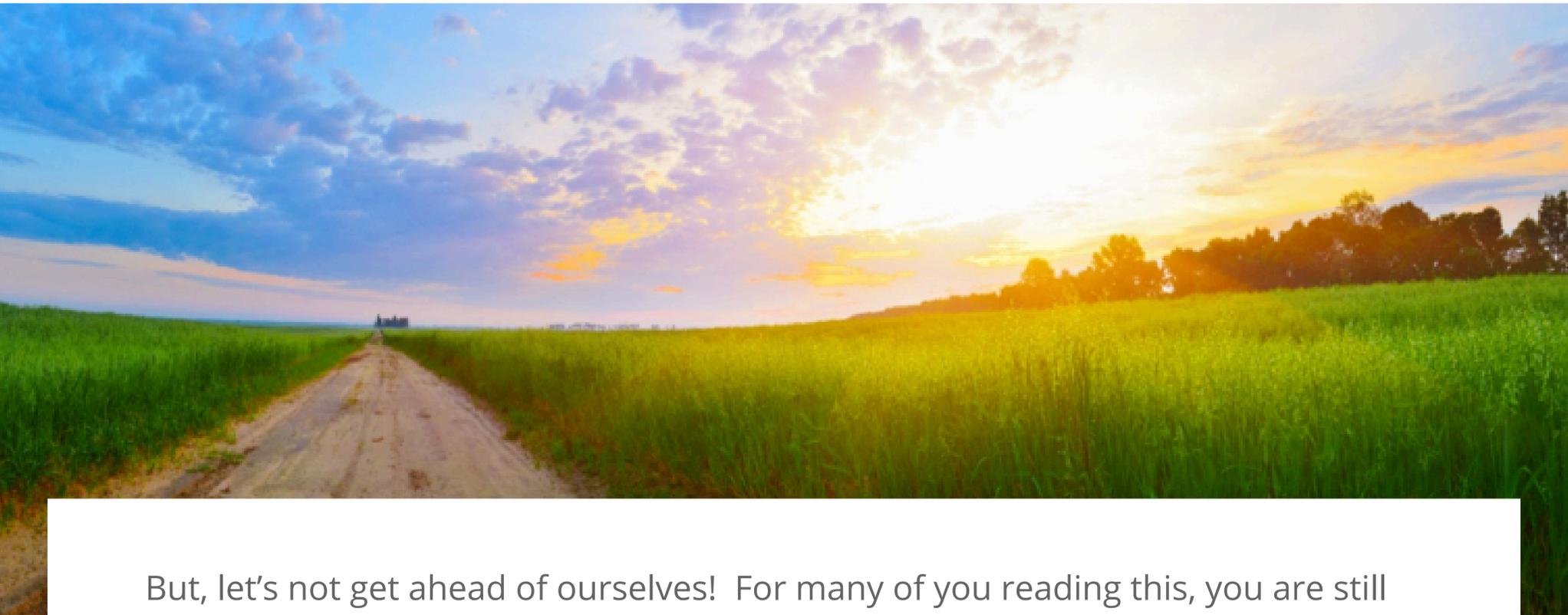
THE ROAD TO HEALING



Like all major turning points in life, the road to healing is a process that takes time and requires work, patience, persistence, and some humor too! If you are willing to make yourself and your growth the priority, the fruits of your labor will be greater joy, more compassion, increased vitality for your life, for your work, and for your children, and an open heart, allowing you to meet your next partner from a place of wholeness.

We are happy to report that we did come out on the other side. **YES there is another side!** From our own experience of a difficult and, at times, bitter divorce, we can promise you that **IT IS POSSIBLE to transform the pain**, guilt, blame, anger, depression, anxiety and heartache you may be experiencing into a profound opportunity for healing and growth. Our healing journey led us to become friends and supportive co-parents to our son. We know it's possible for you to **mend that broken heart of yours and love and be loved again. IF WE DID IT, SO CAN YOU!**

THE ROAD TO HEALING



But, let's not get ahead of ourselves! For many of you reading this, you are still in the earlier stages of separation or divorce, and are probably wondering how to **release the pain you're dealing with today**. This free guide describes three of the most common traps that keep you stuck in pain ... and shows you how to break free now.

Let's get started!



THE LONE WOLF SYNDROME

In the animal kingdom, wolves are pack animals—meaning they live together.

A **Lone Wolf** refers to the wolves that spend time away from their pack. Going through a breakup can be one of the **most isolating experiences of your life**. When you are overwhelmed with pain, guilt, or loss, there can be a tendency to withdraw and feel like you've got to get through this on your own. Perhaps you don't want to appear to be the "bummer" in the group, and therefore often choose to be alone. The emotional stress of a breakup may also leave you feeling depressed, or experiencing low self-esteem. For those of you who have been left, you might even go through a phase of distrusting life or people, causing you to retreat and lick your wounds.

Experiencing brief phases of The Lone Wolf Syndrome is natural, yet when it lasts too long or becomes a daily pattern, it has enormous consequences.

Remember, no man is an island. We are social beings, wired to connect with others, ESPECIALLY during hard times! When you spend too much time as a

Lone Wolf, your pain, anxiety, and depression will only increase.

Studies have shown that high levels of social support are related to lower levels of pain, while socially alienated individuals show higher pain and poor adjustment.

In 2012, psychologist Julianne Holt-Lunstead and colleagues published a meta-analysis that tracked the social interactions and health of over 300,000 people. They found that being lonely and isolated is as bad for a person's health as smoking 15 cigarettes a day or being an alcoholic! Other studies have shown that prolonged isolation can result in heightened:

- **Anxiety**
- **Depression**
- **Blood pressure**
- **Restless sleep**
- **Substance abuse**
- **Stress (increased cortisol levels)**
- **Feelings of hopelessness/meaninglessness**

These findings show the serious effects of being a Lone Wolf. It's important to be completely honest as you ask yourself: AM I TRAPPED IN LONE WOLF SYNDROME? Knowledge is power! Recognizing that something has a hold on you is the FIRST STEP TOWARDS FREEDOM.

THE GOOD NEWS: YOU ARE ALREADY COMING OUT OF THE LONE WOLF SYNDROME!

We acknowledge your willingness to visit our website and download this e-book! This action shows that you've already recognized the need for support during this challenging time. This means you're **READY** for our first tip:

SOLUTION: REACH OUT

Sometimes one literally has to force oneself to come out of isolation. It's kind of like going to the gym. If you've fallen out of the daily habit, you will most likely dread that first day back. Yet, when you push through that initial resistance AND do it anyway, you feel so much better afterwards. If you've been withdrawing for a while, it will take some effort to 'break the habit' and put yourself out there. We promise you, it will be worth it.



CREATE A HEART TEAM



During a breakup or divorce, it's important to get the ***appropriate kind of support***. Sometimes our normal interactions with friends or even family don't provide us with exactly what we need during this challenging time. A ***heart team*** is a term we've coined for a group of people that will be able to provide you with non-judgmental, loving and compassionate support when you most need it.

Steps to creating a Heart Team:

A. Sit down and write a list of names of all the people in your social networks that you could imagine being part of your Heart Team. Don't censor yet, just let your mind throw out as many names as possible.

B. Look back through your list, and connect to your intuition regarding each person. Ask yourself:

- Does this person feel like someone whom you trust and who has the capacity to be there for you with acceptance and compassion as you share your heart's pain, worries, and fears?

- Is this person a good listener? Most people are better at talking and giving advice, but some people can just listen with an open heart and understanding. Is this person willing and able to listen and wait until YOU ask for advice? If so, circle that name.

C. Once you have finalized your list of names, contact these friends or family members, and be courageous enough to ask them to be on your heart team! Then **be very specific as to what you need**. For example, when Michael created his heart team during his separation from Neelama, he asked those people to LISTEN and allow him to vent, share, and express anything he was feeling. He let his team know that they didn't need to "fix" him by giving advice or saying "Don't worry, you'll feel ok again soon." He explained that what he needed most was the person's loving attention, or sometimes just their shoulder to cry on. He asked a few people to be on his heart team, ensuring that there was always somebody available when he needed support.

You might be asking yourself: What's the difference between a Heart Team and my day-to-day friends?

It can be very difficult for some of your friends and loved ones to see you in pain. Out of their concern for you, they might be quick to judge, give advice, or minimize something you are genuinely experiencing. This can leave you feeling misunderstood, and actually increase your sense of loneliness. That's why it is essential to find people in your life with who you can be yourself.



HEALING HAPPENS WHEN WE FEEL
UNDERSTOOD

Michael's heart team was the greatest support and asset to him on his healing journey. The more you can surround yourself with a few people who are willing to allow you to go through your experience, however painful that may be, the more quickly you can heal from your breakup and move forward with an open heart.

FIND STRUCTURED & ONGOING SUPPORT:

While a heart team is one important vehicle, most people going through a breakup need even more structured support through their healing process. We recognize that certain types of support might not be right for everyone. Below are suggestions for three forms of professional support, depending on what suits you the best.

1. Join a Support Group

If you enjoy groups, we highly encourage you to look for weekly or monthly meetings in your area (offered through local YMCAs, adult education networks, or religious organizations) or online. It's incredibly healing to know that you're not alone in your breakup process. These groups provide a wonderful opportunity to be with others who can relate to what you're experiencing.

2. Work with a Coach, Therapist or Counselor

As coaches ourselves, in the beginning of our own separation we foolishly thought we "knew it all", and didn't need professional help. Boy, were we wrong! Working with separate coaches was an invaluable support for each of us. Trained professionals are able to provide a specialized level of support during such an emotionally charged and challenging time—offering competent and essential guidance and expertise.

For information about our Divorce Coaching Services, please visit:
www.HealingDivorce.com/Services/Individual-Coaching

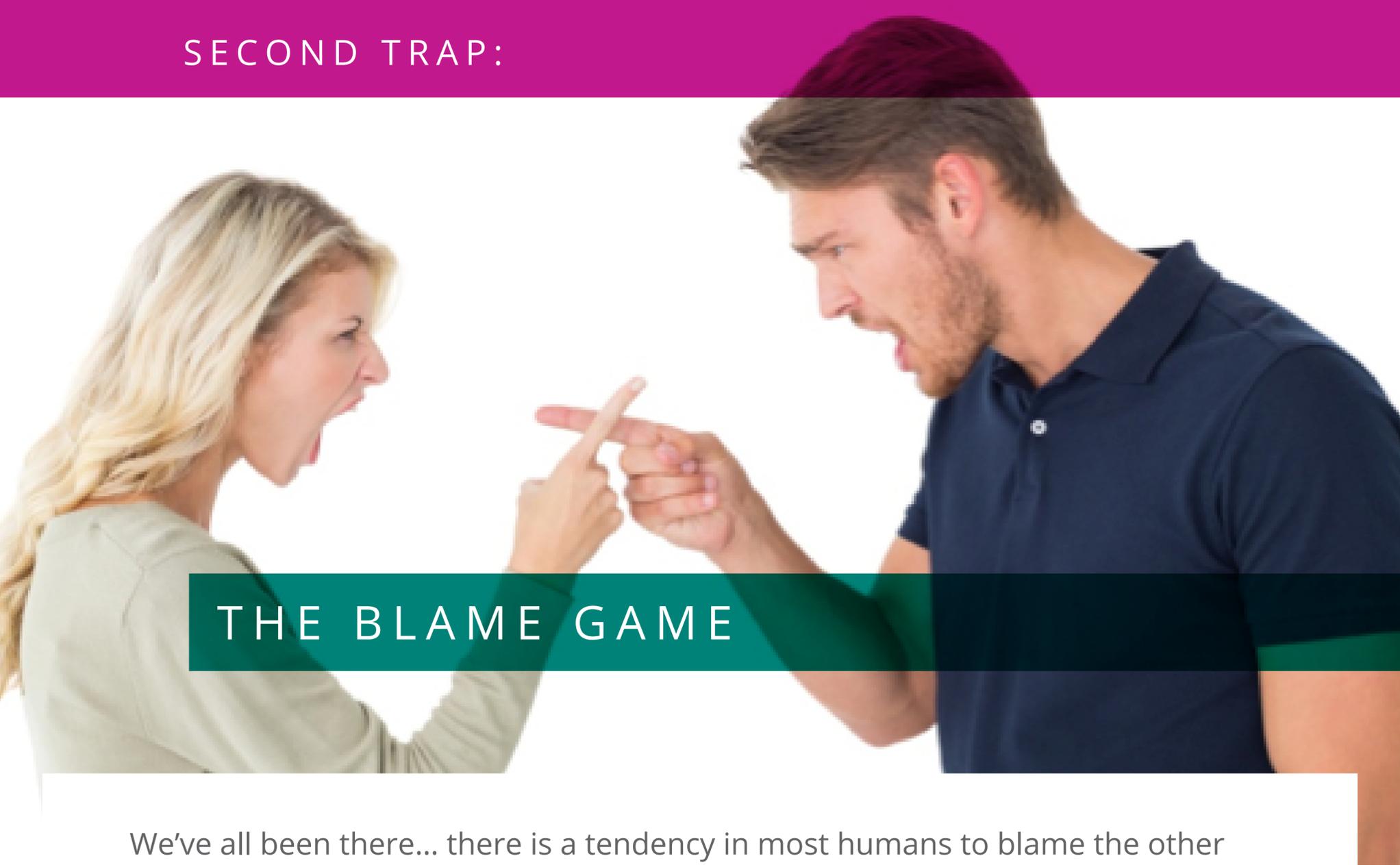
3. Participate in an Online Workshop:

This is a great way to engage in a seminar from the comfort and privacy of your own home. Online courses are usually offered for a period of weeks or months and tend to be easier on the budget than one-on-one therapy. There are many types of online seminars available that can be easily found on the Internet. MAKE SURE you find a seminar that offers a holistic (treatment of the whole person rather than the specific symptoms) healing model like ours:

Our Institute offers a 7-Module E-course: The Healing Heart Protocol: Release Your Pain, Reclaim Your Life, Open to Love again! – Click here to find out more: [www. HealingDivorce.com/Programs/Healing-Divorce-Programs/Healing-Heart-Protocol-Downloadable-e-Course](http://www.HealingDivorce.com/Programs/Healing-Divorce-Programs/Healing-Heart-Protocol-Downloadable-e-Course)

ACTION STEP: Write down ways (from list above) that can help you bring more structured support into your life TODAY!





THE BLAME GAME

We've all been there... there is a tendency in most humans to blame the other for what we are experiencing. "How could he/she do this to me!" Blame, also known as fingerpointing, is one of the most common traps people encounter during a separation. Initially it might even feel good to point out everything your "ex" has done wrong. Both of us were trapped in the blame game for far too long. Each of us wanted to be "right," and be seen as the "good guy" in the breakup. We tried to justify ourselves by often pointing out all the other's flaws. While this is quite a normal reaction initially, if you stay too long in the blame game, it leads to some very negative consequences.

BLAME LEAVES YOU:

- **Bitter**
- **Resentful**
- **Disempowered**
- **Helpless**
- **Victimized**

The difficult truth is, **the road of blame has no end** and leads to NOWHERE. You cannot do anything about your partner's flaws or all the bad things he/she did! You have NO control over their actions. When you focus on blame, it only leads to feeling stuck and paralyzed. Blame causes you to be angry, and even lash out. It's often those closest to you, your children and loved ones, who suffer when you live with so much resentment in your heart.

SOLUTION: TAKE BACK YOUR POWER



RECLAIM YOUR SPACE:

Bringing your attention back to yourself is a very empowering and necessary step on the road to healing. In our separation, we discovered the importance of taking time out from each other. This helped us from feeling like we were being constantly invaded with news of each other. We decided to take a few months off from any non-essential contact with each other, and it worked!

STEPS:

1. Let your ex know that you are terminating contact with him/her for a certain period of time, unless absolutely essential (e.g. logistics regarding children, financial/legal issues etc.) to focus on taking care of yourself.
2. Avoid ALL nonessential phone and email correspondence.
3. For a period of time, block your ex on social media (you can always unblock later).
4. If you do feel the urge to communicate with your ex for any nonessential reason, write a letter expressing everything you need to say, but DO NOT SEND it. Keep your letter for at least 4 weeks, rereading it at that time to see if you still feel this is an essential communication. More often than not, the letter never needs to be sent.
5. If you share mutual friends, explain to them that you are taking time out from your ex and ask that they not speak to you regarding him/her.

Reclaiming your space will assist you in detangling from your ex and taking back control of your own life!

SELF CARE:

Though initially challenging, self care can be one of the greatest gifts of the separation process. Being single allows you to experience one of the essential lessons regarding love: ***love actually begins with self love***. Most people were raised to believe the complete opposite: love ONLY happens with the other. This fundamental shift towards yourself will help you heal from the breakup and attract future love in your life from a place of wholeness. Below are some tips for practicing the art of self-love.



GET A MASSAGE

SPEND TIME IN NATURE

TAKE A HOT BATH

MAKE A PLAYLIST WITH YOUR FAVORITE FEEL-GOOD TUNES AND GO FOR A FAST-PACED WALK (EXERCISE IS PROVEN TO RELEASE THE 'HAPPY' CHEMICALS IN OUR BRAIN)

GO OUT FOR A FUN EVENING WITH FRIENDS

ATTEND A LIVE MUSIC EVENT

ATTEND A COMEDY CLUB (LAUGHTER IS THE BEST MEDICINE)

VOLUNTEER FOR A CAUSE THAT SPEAKS TO YOUR HEART (RECENT STUDIES SHOW THAT CHARITABLE GIVING INCREASES OUR HAPPINESS LEVELS!)

REACH OUT TO A FRIEND/FAMILY MEMBER WHO IS STRUGGLING AND

PROVIDE A LISTENING EAR (SAME PRINCIPLE APPLIES)

COOK YOURSELF A WONDERFUL CANDLELIGHT DINNER

GET AND GIVE A HUG EVERY SINGLE DAY

Now let's move on ... we want to teach you about the third trap, and actually THE BIGGEST trap that keeps you in heartache. Before we understood this, we spent so much unnecessary time suffering! We wondered, *how much longer do I have to endure this heartbreak? How many more days, weeks, or months will I have to feel lonely, afraid, or empty inside? How many more tears are there to cry?*

This trap kept us fighting with each other and prolonged our pain. It left us feeling irritable, and at times impatient with our son and loved ones. Some days we were just plain DEPRESSED! Once we realized the trap we were in, and found the key to release ourselves, we regained the freedom, joy, and peace necessary to heal.

We ask only that you STAY PRESENT to this information. Please don't skim this last part ... we KNOW from experience that this stuff works and is ESSENTIAL to healing yourself!



HEARTSICK WITHOUT
A PROPER CURE

A breakup is one of those times when you need, but often don't have, a proper cure for your pain. Your separation has turned your familiar world upside down, and brought with it an immense grief. Suddenly you find yourself lost, alone, and heartsick. You don't recognize who or where you are anymore. A breakup is one of the most challenging and painful transitions you will ever encounter as a human being.

Why is that?

An intimate relationship creates a profound bond between yourself and another. When such a relationship comes to an end, the impact of that loss can be compared to a death. In the case of an actual death, it is widely recognized that those left behind need to go through a grieving process in order to move forward. **What is not well understood is that when your relationship dies, you *also* need to go through a very specific protocol to heal your heart and reclaim your life.**

If you don't follow specific directions, in this case a step-by-step healing process for your heartbreak, you can remain heartsick—trapped in an endless cycle of pain, depression, anxiety and loneliness. You might have met people in your life who are bitter and resentful over their divorce or breakup—lost with no direction how to heal. Some people live trapped in their heartbreak for years, decades, and even a lifetime.

What happens when we don't have a cure for our heartbreak?

The latest scientific research shows that the **heartbreak of separation can severely impact our physical, mental, and emotional health.** The American Psychiatric Association is even considering adding “heartbreak” as an official diagnosis. Findings show that the emotional stress of losing a loved one through separation can have as powerful an impact, as a full-blown depression. Not only can heartbreak have a **devastating effect on your emotional health**, the loss of a vital connection can also lead to the breakdown of the functions of your heart. The reason for this is that

heartbreak is an emotional stress that triggers your body's natural "fight-or-flight" response. When your body enters into this stress response, the released adrenaline increases your blood pressure, heart rate, and breathing.



If your body remains in "alarm mode" for any length of time, you become prone to **stress-producing conditions**, ranging from aching neck muscles, headaches and ulcers to allergies, diminished sexual desire and heart disease.

A breakup can be so intense and traumatic that it can even affect brain plasticity, doctors say. Dr. Robin Tassinari, a Professor of Psychiatry and internal medicine at Albany Medical College says, "Heartbreak can reinforce every bad thing we think about ourselves and our place in the world. And whenever we think about the breakup, we rehash those thoughts!"

We know this to be true from our own separation. Each of us lay awake many nights trapped inside the prison of our own thoughts.

We were headed down the road of a typical bitter divorce saga, complete with anger, resentment, blame ... and lawyers in the wings.

Thankfully, a massive U-turn occurred when we discovered there was a specific process that we needed to go through in order to heal our heartbreak and move forward with our lives. This personal process became the foundation of what we want to share with you:

THE HEALING HEART PROTOCOL: A 7-Step Cure for Releasing your Pain and Reclaiming Your Life.



The Healing Heart Protocol is an online program divided into 7 downloadable MP3 modules with interactive worksheets, or “curesheets” as we call them. We’ve discovered that this is the best format for busy people, since it allows you to participate in the program at your own pace—during times that fit your schedule, and in the comfort and privacy of your own home.

By the end of this program, your pain will be released, your heart will be healed, and you will be open to love again.

In order for ANY healing program to be successful, there are 4 KEY components necessary to create sustained and lasting change.

I. The program must be HOLISTIC:

What do we mean by this?

In order to release pain and heal, the cure must address what we call the FAB FOUR. These are the 4 essential levels of every human being: physical, mental, emotional and spiritual. When these levels are healed and balanced you feel FABULOUS.



Yet, during a breakup, the pain you feel is pervasive—meaning it affects all of those levels of yourself in a negative way.

LEVEL	When out of balance, you experience:
<i>Mental</i>	<i>self-judgments, negative thoughts, low self-esteem</i>
<i>Physical</i>	<i>extreme exhaustion, difficulty sleeping, eating too much or too little</i>
<i>Emotional</i>	<i>overwhelming pain, sadness, depression</i>
<i>Spiritual</i>	<i>detachment from a greater purpose to your life, a sense of hopelessness or meaninglessness, disconnection from Source</i>

In our work with thousands of people, we've discovered that **healing is not successful unless it's holistic**. The Healing-Heart Protocol will provide you with techniques and exercises specifically designed to promote healing and balance within all of these levels. By using the distinct set of tools we provide for each level, you will be well on your way to feeling fabulous again!

II. The program must be REPARATIVE

For the healing protocol to be successful it must mend your heart completely. When your heart has been broken, it needs to go through several essential phases in order to heal, just like any other part of your physical body.



When your arm is broken, your body goes through various phases to repair the bone. These are called:

- **The reactive phase**
- **The reparative phase**
- **The remodeling phase**

It is crucial that each healing stage is given proper attention, so that full recovery can be reached. If you don't follow the specific protocol, you will cause more harm to yourself. Imagine if you tried to use your arm too early: It would cause greater damage to the bone, and possibly even prevent the bone from healing completely!

In the world of heartbreak, this is illustrated by the statistics of second marriages, where studies have shown an even greater likelihood of failure. In our work with people, we have seen a direct correlation between hearts that have not properly healed and future relationships that fail.

Our Reparative Protocol guides you through all the phases necessary to mend your broken heart. Just as a completely healed bone is actually stronger than before, a mended heart gives you even greater wisdom, maturity, and capacity for love.

III. The program must be taught by those who've walked this path

There's a saying in our field,
"you can only guide someone
as far as you have gone yourself!"



This couldn't be more important than in the arena of breakups, where people like you are looking for trusted advice and guidance. We call ourselves the EX-perts because each step in our *Healing Heart Protocol* is something *we have both mastered successfully in our own journey through divorce, and have used to counsel and support others*. Since this protocol was developed by both of us, you will also get the added benefit of two unique perspectives: male and female. What we have found in our work with others is that when people can open themselves up to different perspectives, their capacity for compassion grows exponentially. This creates an opportunity for tremendous healing, and is what will transform your painful breakup into a vehicle for profound growth.

IV. The program must create CLOSURE for you (regardless of your ex)

Let's face it, one of the biggest challenges of a breakup is how to find resolution, so that you can move forward with your life.

This is particularly hard when your ex has no interest in participating in the healing process. If you can't find closure, your heart, your life, and your children (if applicable)

will suffer. If you're unable to release the pain of your heartbreak, it will fester inside of you, leading to a heart that is bitter, cold, and shut down. A heart clouded by anger and pain is not open to attracting love again. Think about it this way: when your house is cluttered with hurt and resentment towards your ex, that house isn't really open to invite somebody new inside.



It's the same with your heart—if it remains “occupied” with the unfinished business from your breakup, there's hardly any room for someone else to enter. If someone does manage to get in, the baggage in your heart will eventually leak out into that next relationship.

When you have closure, your entire nervous system calms down—a huge mental and emotional anguish lifts, and you feel a sense of inner peace again. You are able to sleep better, and remain calm under the demands of daily life. Your heart is unburdened, and you feel clarity of mind and a lightness and joy returning to your life.

If you have children, they will benefit immensely when you are able to create closure for yourself. It's our children that suffer the most when the two people they love most are in conflict. When you are able to find resolution within yourself, your children will feel more at peace, more secure, and liberated from the pressure of having to “take sides” or be ‘in between’ their own parents.

The *Healing Heart Protocol* contains our unique CCP: *Conscious Closure Process*. The CCP is designed to enable you to complete your relationship in a way that promotes healing for yourself and your children. The beauty of this process is that it EMPOWERS YOU to find resolution, even when your ex doesn't want to participate. This process will free your heart from pain and resentment, and open you up to finding love again.



ARE YOU READY TO RELEASE YOUR
PAIN AND MOVE FORWARD WITH
YOUR LIFE?

ARE YOU READY TO CREATE
CLOSURE AND OPEN YOURSELF
TO LOVE AGAIN?

IF the answer is YES, then our *Healing Heart Protocol* is for you.

Let's talk about the investment.

You can choose from two approaches, which offer similar solutions.

1) You can work with either of us one-one-one. In fact, we highly recommend individual sessions: you'll get everything you'd get through our *Healing Heart Protocol*, just in a very personalized format. The investment to do this personalized program with either of us in a one-on-one format is \$1575.

2) Alternatively, you can chose our full online *7-Module Healing Heart Protocol*, where you'll receive all of our valuable teachings and techniques, as well as our tried and true methods to release your pain, where your investment is only \$297. This program, once downloaded is yours to keep for life.

ADDED BONUS: When you sign up for the online program, you will ALSO receive a discounted rate for any individual coaching you want to do with us.

To register, or for more information and FAQs about our 7-Module E-course: "The Healing Heart Protocol: Release Your Pain, Reclaim Your Life, Open to Love again!", please visit: [www. HealingDivorce.com/Programs/Healing-Divorce-Programs/Healing-Heart-Protocol-Downloadable-e-Course](http://www.HealingDivorce.com/Programs/Healing-Divorce-Programs/Healing-Heart-Protocol-Downloadable-e-Course)

Conclusion:

If you've come this far in our e-book, it means you are **committed to heal!** We acknowledge and honor you for your sincere commitment to yourself. We send you, and everyone involved in your separation process, many blessings on the continuing journey. Please know we are always here for you. Feel free to send us an email to let us know how you're doing, reach out to us for a coaching session, watch some of our EX-pert episodes, or download a guided meditation from our website.

Coming from our own personal experience, our deepest wish and intention is that everyone be able to come through this process with a healed heart. We know it's easy to say, but we truly mean it when we say we wish you well.

Many blessings until we meet again!

*Michael, Neelama,
and Kai!*

