



// THE BREAKUP GUIDE • FREE

The 72-Hour *SOS Plan*

To stop checking your ex's profile.

Three days. One door to close. A protocol for the moments when you'll want to give in.

LE-GUIDE-RUPTURE.VERCEL.APP

Before you start

You asked for this plan because you're still checking. Their profile, their stories, your old messages. You know it hurts you, and you go back anyway.

This isn't a lack of willpower. A breakup lights up the same circuits in the brain as withdrawal from an addiction. The urge to check their social media is the same mechanism as a craving for a cigarette. It's documented, predictable, and reversible.

You don't have a character problem. You have a method problem.

What this plan does

- It tells you where you really are (5 minutes).
- It has you close off access to your ex, tonight (45 minutes).
- It tells you what to do, minute by minute, when the urge to check comes back.

What this plan doesn't do

It won't heal you in three days. Nobody heals in three days. In 72 hours, you'll still be sad. But you'll have gone three days without checking, and you'll know you can hold on. That's the first step. The

rest are in The Breakup Guide, and I'll tell you about it on the last page.

To check boxes and write on your phone

First save this PDF to your phone, then open it in Adobe Acrobat Reader (free) or in the iPhone Files app. If your reader asks "Save?" when you close it, say yes: that's what keeps your boxes and your lines. If nothing saves on your device, write in your notes or on paper: it works just as well.

One important thing

This plan is a tool, not medical care. If you're having dark thoughts, if you feel like you don't want to live anymore, what you need isn't a plan, it's a person. If you're in the US, call or text 988. In the UK or Ireland, call Samaritans on 116 123. Elsewhere, call your local emergency number. You can come back to the plan afterward. It will still be here.

1. Where you really are

Before you fix anything, you need to know where you are. Not where you think you are. Where you are.

Answer honestly. Nobody will read these answers.

Question 1. How long has it been?

How much time has passed since the breakup?

☐ Less than a month

☐ Between one and six months

☐ More than six months

Question 2. Contact.

In the last 7 days, how many times did you check their social media, reread your messages, or look for news about them (directly or through someone)?

☐ Zero

☐ One to three times

☐ Almost every day

Question 3. The dominant thought.

When you think about your ex, what's the first sentence that comes to mind?

☐ "I don't understand what happened."

☐ "I'll never find that again."

☐ "I'm not enough."

YOUR ANSWER TO QUESTION 3 GIVES YOU YOUR PROFILE.

First sentence: profile A. Second sentence: profile B. Third sentence: profile C. You'll find them on the next page.

2. The three profiles

There aren't a thousand ways to stay stuck after a breakup. There are three. Recognize yours.

Profile A. Stuck on the question

Your dominant thought: "I don't understand what happened."

You go around in circles. You rebuild the timeline. You look for the moment when everything changed. You need an explanation to move forward, and since it doesn't come, you don't move forward.

Your way out: you will never get the full explanation. Your rebuilding starts the day you agree to move forward without it.

Profile B. Stuck on the person

Your dominant thought: "I'll never find that again."

You're not grieving the relationship, you're grieving a person you put above everything. You compare everyone to your ex. You kept the messages, the photos, and you still check their social media.

Your way out: what you're grieving is an edited version of your ex, not your ex. Cutting off access

is how you step out of the edit. This plan was written for you first.

Profile C. Stuck on yourself

Your dominant thought: "I'm not enough."

The breakup confirmed a fear you already had. You don't think "my ex left," you think "people leave me." You turn everything against yourself.

Your way out: it isn't the breakup that hurts you, it's the sentence it woke up.

You might recognize yourself in two profiles. That's normal. Pick the one that weighs heaviest today.

Whatever your profile, the first step is the same: cut. You can't get over someone you're still getting news about.

3. *Tonight: you cut*

Cutting isn't a punishment for your ex. It's care for you. You close one door so you can build another.

Set aside 45 minutes. Do the five steps in order and check each box.

☐ **Social media.** Block or mute them on every platform. "Mute" is enough if blocking feels too harsh. The goal is that you can't stumble on them without meaning to. Also remove the people close to them whose accounts work as a window.

☐ **Messages.** Archive the conversation. Don't delete it if that's too much. Put it in a folder you rename "Archived, 90 days." Make a date with yourself in 90 days to decide what to do with it.

☐ **Things.** Everything that belongs to your ex, or reminds you of the two of you, goes in a box. Photos, gifts, clothes, ticket stubs. A shoebox is enough. Close it, write the date 90 days from now on it, and put it somewhere you don't walk past.

☐ **Go-betweens.** Send the message below to mutual friends.

☐ **The number.** Rename the contact "DO NOT CALL." Don't delete it, because an unknown number calling you is worse.

THE MESSAGE TO COPY FOR MUTUAL FRIENDS

"I'm doing okay, I'm rebuilding. Please don't give me news about my ex, even if I ask. Thank you."

What will push back

Your brain will tell you: "This is extreme." No. It's clean. The gray zone is what has kept you stuck all this time.

It will tell you: "What if my ex needs to reach me?" Your ex knows where you are. It's not your job to leave the door open.

What you'll feel tonight

A mix of relief and panic. Both are normal. The panic is the access shutting down. It eases starting tomorrow.

4. *Two things to set up before you sleep*

Your person. Just one. Someone you can text when it hits hard. Send them this message now:

"I'm doing something to feel better. For three days, I might text you 'want to give in, holding on.' No need to reply."

☐ Message sent to my person

Your sentence. Write here, in one line, why you're cutting. You'll reread it when the urge comes.

I'm cutting because: _____

☐ Sentence written

5. The SOS protocol: 10 minutes when the urge comes back

There will be moments when the urge to check, to text, to call will feel stronger than anything. Here's what to do, in order. It takes 10 minutes.

Minutes 0 to 2. Name it.

Say out loud: "I want to get back in touch. It's an urge. It will pass." Urges rise, peak, and come back down. Always. Often within a few minutes, sometimes longer: you don't have to make them disappear, you just have to not obey them.

Minutes 2 to 5. Move.

Physically change rooms. Get out of bed, get off the couch. Go to the window or outside. When your body moves, your brain switches tracks.

Minutes 5 to 8. Read.

Reread your sentence, the one from the previous page. Slowly. Don't skim.

Minutes 8 to 10. Send.

Text your person: "Want to give in. Holding on." No reply needed. Writing it to someone else changes

everything.

IF YOU GAVE IN ANYWAY

You're not back to zero. Write down: "Gave in on [date]. What triggered it: ... What I felt afterward: ..." And keep going from the day you're on. The count doesn't reset. A slip is information, not failure.

6. *Your 72 hours*

One box a day. Check it at night, even if you gave in once during the day. What matters is that the door is still closed tonight.

Night 0. You cut.

☐ The five steps are done

☐ My person knows, my sentence is written

Day 1

The hardest of the three. Urges come often, especially at night.

Urges today: _____ Protocol done:
_____ times

☐ Tonight, the door is still closed

Day 2

Your brain will offer you a "just once, just to see." That's the urge bargaining. Do the protocol.

Urges today: _____ Protocol done:
_____ times



Tonight, the door is still closed

Day 3

The urges are still there. Just notice whether they last less long than on day 1.

Urges today: _____ Protocol done:
_____ times



Tonight, the door is still closed

72 hours. You just did what you couldn't manage for weeks, maybe months. You didn't wait for it to pass. You took action.

What's next?

You closed the door. That's the first step of a method that has four, and the other three aren't in this plan.

1 COUPER

fait avec ce plan

2 VIDER

dans le guide

3 ANCRER

dans le guide

4 VÉRIFIER

dans le guide

Why cutting isn't enough

Cutting removes access. It doesn't remove the idealized version of your ex that your brain replays at night. It doesn't fill the empty hours. And it doesn't tell you whether you're moving forward. To hold on for 30 days, not just 3, you need what comes next.

What's inside The Breakup Guide

- **Step 2, EMPTY.** The list of ten truths and the letter you don't send. This is where the idealized version falls apart.
- **Step 3, ANCHOR.** Three fixed points a day that hold even when you can't, and an evening ritual for the hardest moment.

- **Step 4, CHECK.** Three simple signals to know whether you're moving forward, and what to do when you slide back.
- **The 7-day plan.** One page a day, one task, one box to check. You've already done day 1.
- **The five traps,** the templates to copy, and three bonuses for the hard moments.

What it promises, and what it doesn't

In 7 days, "I can't get over it" becomes "I'm getting over it." Not zero sadness. Not total forgetting. You don't forget. You stop being stuck.

THE BREAKUP GUIDE AND ITS BONUSES: \$91 VALUE, \$17.

Discover The Breakup Guide

You weren't weak. You didn't have a method.

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