



The Sleep Restoration Protocol.

A Gentle Bedtime Routine for Women Healing After a Breakup or Divorce.

Dr Grace Anderson. <https://drgraceanderson.com>.

LESSON TWO.

Reclaiming Yourself: Seeing Yourself Through Your Own Eyes.

Lesson Outcome.

You'll begin to replace the identity your relationship left behind with the woman you truly are.

Why This Matters.

One of the greatest losses after a breakup isn't only the relationship. It is confidence. Many women begin to see themselves through the words, opinions or criticisms of their former partner.

Today, we're going to change that.

Mirror Exercise.

Stand comfortably in front of a mirror.

Look directly into your own eyes.

Not with criticism.

Not with regret.

But with kindness.

Say aloud:

"Today, I choose to see myself as I truly am—not as my former partner saw me, and not as he told me I was."

Now write down:

- Five qualities you genuinely admire about yourself.
- Five achievements you're proud of.
- Five challenges you've already overcome.
- Five reasons you're grateful to be the woman you are today.



The Sleep Restoration Protocol.

A Gentle Bedtime Routine for Women Healing After a Breakup or Divorce.

Dr Grace Anderson. <https://drgraceanderson.com>.

Take a few moments to celebrate these by dancing and watching yourself celebrate in front of the mirror.

Have fun with it. Like this:

I know I am an excellent cook! YE-EH!

I have great sense of humour – my friends tell me so! YE-EH!!

I am great at work – my colleagues tell me that! YE-EH!!

***I AM SO PROUD OF MYSELF!!
YE-EH!!!***

This mirror exercise, if done sincerely and enthusiastically, will gently shift your attention from loss to self-worth. It reminds you that your value has never depended on another person's opinion.

If done frequently, say, twice a day: one, before you go to work, and two, before you go to bed; you will gradually begin to regain your self-confidence and the feeling of being worthy. It will definitely reduce your Limiting Beliefs about Yourself. You deserve to be happy, so, take this exercise seriously.

You will stop having the feeling of worthlessness, because someone like your Ex, had constantly told you that you were “useless” or “worthless”. .

Only you can truly love who you are! We often believe that, as adults, we need someone else's love to be fulfilled. So wrong!

While someone else's love can add to our happiness, as adults, we are no longer totally dependent upon other people's love to thrive. We are no longer babies!

Your self-worth can only be raised by yourself. Why? It's because you know yourself better than anyone else can ever know you. So, be the one to project yourself as WORTHY!



The Sleep Restoration Protocol.

A Gentle Bedtime Routine for Women Healing After a Breakup or Divorce.

Dr Grace Anderson. <https://drgraceanderson.com>.

One quick way of truly reclaiming yourself, is to stop obsessing over your Ex.

- 1. Start by removing everything that reminds you of him from your house – photos, shirts, books, etc. You can't obviously remove your son or daughter that looks like him or sounds like him, I know! But you can remove everything else that makes your brain boil! Ask him to come and take them away. If he refuses to do so, give them to charity or throw them away.**
- 2. Hide any photos where you two feature, etc.**
- 3. Stop following him on social media, to see who has befriended him...give him his freedom, so you can reclaim your own freedom and independence.**
- 4. If he has been calling or texting you, change your phone number – so you are not constantly triggered emotionally, any time you hear his voice.**
- 5. Create a boundary between you and him. Make sure he knows your boundary rules and insist that he obeys them, or you'll choose never to allow him to reach you ever again.**
- 6. Give him permission to never contact you again, unless necessary – e.g. if the divorce case is still going on etc. In fact, you can ask him to only contact you through your Lawyer and never directly. That way, you can enjoy your own peace and freedom from his nasty ways!**
- 7. Most importantly, stop retelling your breakup story to every Dick and Harry!**

REFLECTION EXERCISE.

- 1. Get A Daily Journal or Notebook** if you don't already have one.
- 2. Write down the following in a more sincere and genuine way, now that you are regaining your self-worth.**
 - Five qualities you genuinely admire about yourself.**
 - Five achievements you're proud of.**



The Sleep Restoration Protocol.

A Gentle Bedtime Routine for Women Healing After a Breakup or Divorce.

Dr Grace Anderson. <https://drgraceanderson.com>.

- Five challenges you've already overcome, for example, not checking up your Ex on Social Media this week.
- Five reasons you're grateful to be the woman you are.
- Five reasons why you deserve to be truly **HAPPY**.

NEXT LESSON: A DEEP SLEEP MEDITATION EXERCISE.

In the next lesson, you'll learn a calming bedtime Meditation routine, designed to help quieten your thoughts, and prepare your body for a deep, restorative sleep.

See you again soon.