



INFERTILITY ISN'T INFERIOR

# Surviving the Ex

Tips on how to live your life after separating from  
an Ex-wife or Ex-girlfriend when letting go was too  
hard in the first place.

2020

# Intro

## GUIDE TO SURVIVING THE EX

Welcome to the Surviving the Ex guide. This guide is to help you learn how to manage your new single life. With careful consideration and patience, walk through each page and reflect on your experiences. Each page provides an area for you to note any room for improvement.

Disclaimer: This guide does not take into consideration children or responsibility with children. Everyone heals from the separation from a previous relationship differently. You may have to refer to this guide several times throughout the healing process. Each stage of healing introduces a new stage of growth.






# *Money Management*

Rather you combined bank accounts or kept separate accounts, you are now responsible for managing your money. No more running purchases by someone else. This may be freedom to you or it may be your own financial downfall. Be careful and mindful.

I need to work on...



# *Sleep Well*

Regain your night. Coming out of a relationship is difficult as it, but the nighttime brings a whole new hurdle. During the relationship, it was filled with togetherness. Now that you are separated, you have to regain the night. Take the time to re-learn how to sleep alone.

I need to work on...





# *Move Out*

You may have packed all of your items and moved out, but have you packed and moved your emotions regarding responsibilities? Moving on from an Ex actually means stop managing the tasks of their personal shortcomings. You are no longer responsible for taking out her trash or changing her car's oil for example.

I need to work on...



# *Newness*

Finding new friends is tough. Finding a new go-to restaurant is hard work. But there is joy in the road to finding newness in life. This is the time to discover new hobbies, new places to travel and even a new crew to do it all with.

I need to work on...

Notes.

