

# Reframing Your Relationship Narrative

## Objective

To guide you through the process of shifting your perspective on a past relationship and breakup.

## What to Know

Reframing your relationship narrative is a cognitive process that invites you to explore the memories, emotions, and beliefs surrounding a past relationship. Imagine holding up a multifaceted gem to the light, allowing each facet to reveal a new angle of understanding.

All relationships involve shared experiences, emotions, and communication. If you have experienced a particularly difficult breakup, your perspective on these elements might be distorted. In addition, the relationship might have been affected by limiting beliefs, self-doubt, trauma, negative perceptions, and more. This can impact any positive aspects of the relationship, overshadowing the growth and insight you may have experienced while in the relationship.

The goal of this worksheet is to help you reframe your relationship narrative in a way that illuminates the hidden gems of empowerment, growth, and valuable life lessons. By examining your relationship (and the breakup) from different vantage points, you will have the opportunity to view it through a new lens—one that allows you to identify the positive aspects that might have been overshadowed by negative experiences.

The “new” narrative may allow you to focus on your strengths, wisdom, and capacity for change moving forward. By creating a new story, you are not denying the challenges. Instead, the focus is on your ability to rise above them.

## What to Do

**Step 1: Identify the Current Narrative.** Reflect on how you currently view the relationship and breakup. Write down key beliefs, emotions, and thoughts that characterize your current narrative.

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How do you typically describe this relationship to others?

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What emotions are attached to your memories of this relationship?

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What story do you tell yourself about the breakup?

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**Step 2: Recognize Limiting Beliefs.** Identify any limiting beliefs or negative self-perceptions that are part of your current narrative. These beliefs might be holding you back from moving forward.

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What negative beliefs do you hold about yourself due to the relationship and/or breakup? Be specific.

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How have these beliefs influenced your emotions and choices? Be specific.

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**Step 3: Exploring Alternate Perspectives.** Consider alternative ways to view the relationship and breakup. Challenge the existing narrative by examining different angles and interpretations. Imagine you are an outsider reviewing the situation. How might someone else see your relationship and breakup?

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How might this situation be viewed as an opportunity for growth or change?

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**Step 4: Exploring Lessons and Growth.** Focus on the lessons and personal growth you can pull from this relationship and breakup. Look for ways in which the experience has contributed to your development. Be as honest as possible.

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What have you learned about yourself through this relationship and its ending?

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How has this experience provided an opportunity for personal growth and transformation?

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**Step 5: Creating a New Empowering Narrative.** Use the insights from Steps 3 and 4 to craft a new narrative that empowers you and aligns with your growth goals. Write down a more positive and empowering way to describe the relationship and breakup. Include the lessons learned and the strengths you gained from the experience.

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**Step 6: Practicing Affirmations.** Create affirmations that support your new narrative. These affirmations reinforce your new perspective and help shift your mindset. Write down at least three affirmations that reflect your new empowering narrative. For example, "I am resilient, and I've grown stronger through this experience."

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Step 7: Reflecting on Progress.** Regularly revisit your new narrative and affirmations. Take note of any shifts in your thoughts, emotions, and actions.

How has reframing your relationship narrative affected your overall outlook? Be specific.

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Have you noticed any changes in the way you feel about yourself and the breakup? Explain.

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By shifting your perspective, you can transform a challenging experience into a source of strength and insight. Remember that changing your narrative is a process, and with time and effort, you can create a more positive and empowering story for yourself.

### **Reflections on This Exercise**

Describe how this activity helped shift your perspective on a past relationship and breakup.

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What was challenging about this exercise? Be specific.

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Did anything surprise you about this activity? If so, describe.

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How helpful was this exercise? \_\_\_\_\_

(1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful)

What did you learn from this exercise?

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