



Ultimate
Resilience
Podcast

HOW TO GET OVER A BREAKUP OR DIVORCE FAST

A Step-By-Step Guide to Instant Pain Relief

by David Wimberley



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Podcast

EPISODE 1: HOW TO GET OVER A BREAKUP OR DIVORCE
FAST: A STEP-BY-STEP GUIDE TO INSTANT PAIN RELIEF

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This freebie condenses everything from the podcast episode into a single action plan for easy reference.

At the end, it also adds two BONUSES which aren't found in the podcast episode:

BONUS #1 - How to supercharge your progress by making Steps 6 through 9 part of your daily routine

BONUS #2: How to make PAIN the TRIGGER to your pain RELIEF – and never again get stuck in a negative emotional



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BONUS #1: The simple way to supercharge your progress by making Steps 6 through 9 part of your daily routine.

BONUS #2: An ingenious trick to make PAIN itself the TRIGGER to your pain RELIEF.”



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STEP 1 - ASK YOURSELF: “WHAT IS A MOTIVATING, REALISTIC SNAPSHOT OF MY DREAM LIFE IN THE NEAR FUTURE?”

Step 1 is to ask yourself: What is a motivating, realistic snapshot of your dream life in the near future?

Get out your Resilience Journal. If you don't have one (you probably don't, if you're listening to this podcast), then create one on your phone or by purchasing a small notebook that can fit in your pocket or backpack or purse.

Ask yourself: What is a motivating, yet realistic snapshot of my dream life in the near future? What is a snapshot of my life the way I'd want it to be, once I'm over this breakup?

Wait while your mind brings images up before you.

Choose one and write a quick description of it.

Also write a short title/label for it.



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STEP 2 - COMMIT TO THIS SIMPLE, POWERFUL 3-PART GOAL.

Step 2 is to commit to this simple, powerful 3-part goal. It's in three parts because it addresses your attitude toward your past, your present, and your future.

Part 1 (Past): You can pull out of, at will, any negative emotional loop, especially about the past.

Part 2 (Present): You can enjoy the present moment just fine. Even keeled.

Part 3 (Future): You can look forward to the future just fine. Even keeled.

In the space below, or in your Resilience Journal, write:

"I commit to this 3-part goal: Learning to: 1) Pull out of, at will, any emotional loop, especially about the past. 2) Enjoy the present moment just fine. 3) Looking forward to the future just fine."



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STEP 3 - LABEL THE PAINFUL EMOTION.

Step 3 is to label the painful emotion you'll drop. Or, if you're beset by a hornet swarm of negative emotions, go meta and label that emotional state.

Don't belabor the labeling. There's no need to make it a scientifically valid classification. This is just a label, for your own use. It's a tag. It's a way of naming and recognizing this state, so that whenever it comes back, you'll recognize it immediately. By the label, you'll remember it, and you'll remember having defeated it before. This will give you a rapidly increasing amount of control over it, and an growing measure of freedom from it.

What's your label for the emotion or the emotional state which is causing you pain right now?

Write it in the space below.



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STEP 4 - ASK YOURSELF: "HOW USELESS AND UNDESIRABLE IS THIS PAINFUL EMOTION?"

Step 4 is to ask yourself, "How useless and undesirable is this painful emotion, in terms of reaching the 3-part goal in Step 2, above?"

Set a timer for 10 minutes and ask yourself, "For reaching the 3-Part Goal I committed to in Step 2, how useless is this emotion, and how undesirable is it?"

"What are some examples of how this negative emotion prevents me from pulling out of a negative emotional loop at will?"

"What are some ways it prevents me from enjoying my present life?"

"What are some ways it keeps me from looking forward to the future?"

Repeat these questions aloud to yourself using a tone of curiosity, openness, and introspection. Really feel the curiosity, openness to experience, and introspection.

Speak aloud and use an open, introspective, curious tone. Even if you must whisper, speak the questions aloud, because speaking aloud activates circuits in your brain which aren't activated by thinking alone.

You'll experience the profound difference in focus and in the quality of answers your mind causes to rise up into the light of your consciousness.



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STEP 5 - REALIZE THAT ALL YOUR EMOTIONAL PAIN IS GENERATED WITHIN YOUR OWN BODY.

Step 5 is to realize that all your emotional pain is generated within your own body.

A great way to begin is to put your palms or your fingertips on your head. Realize that what we each experience as emotions are located right there – literally now in the palms of your hands.

You're ultimately in control of your emotional states, at a very granular level too – or you can be, if you continue, as you are right now, learning how to choose your emotional states.

Some people resist this realization, and why? Because this realization offers them potential for enormous power in their own lives.

Why would anyone fear power? Because as you've heard a thousand times: with great power comes great responsibility. Responsibility means it's on us. We are responsible. We can't simply blame the ex, or blame our circumstances.

Responsibility can be a burden.

And wouldn't you agree it's ultimately less of a burden than the pain of a breakup or divorce?

With the power of realizing that you are ultimately in control of your emotional states, you can choose states that allow you to learn, to solve problems effectively, and to live the life you want.

And so, Step 5 is an inner action of realization.



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As you touch your palms or fingertips to your skull, vividly imagine the chemicals leaping from synapse to synapse. Imagine the flows and storms of electricity coursing through that cantaloupe sized organ known as your brain.

All that pain you feel is chemicals and electricity. Because consciousness is ultimately mediated through chemicals and electricity, you can be sure it's not magical or uncontrollable. It's in your control.

You can run that machine. You ARE that machine. You can, using your own mind and body, learn to choose the emotions that you feel.

Right now in this podcast episode, you're learning one beginner's way to do that. It means you'll drop the disempowering pain that's driving its cactus tines into you right now.

So, vividly imagine the small size of your brain. Imagine the chemicals and electricity in your brain flashing and flowing with life energy. It's not so intimidating. You can absolutely educate it and train it to supply power and joy and resourcefulness rather than pain and doubt and exhaustion.

It's exactly what you are learning to do right now in this podcast episode.

Realize your pain (and your joy) is generated within you, and you can be ultimately in control of your emotions. You need only to learn the specific skills and knowledge for running the machine.

This realization is the first key.



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STEP 6 - ASK YOURSELF: “WHAT CAN I BE GRATEFUL FOR RIGHT NOW?”

Set a timer for 5 minutes or less, and ask yourself this question: “What can I be grateful for right now?”

Ask the question aloud, even if whispering, because speaking aloud activates circuits in your brain which thinking alone does not. Speaking aloud gives you more focus. More power.

Ask it in a tone of voice that is profoundly curious, introspective, expectant.

And then answer – aloud – with the answers your mind serves up.

In the blank lines below, or in your Resilience Journal, jot down the answers.

When the answers slow or stop, ask yourself again: “What else could I be grateful for, right now?”

However corny or obvious the answers may seem to a judgmental eye, write them down. They’re your answers.

When your mind gives sarcastic answers, or otherwise resists what you’re doing, don’t engage with the sarcasm or resistance.

Let it pass.

Ask it again, “No really, what else could I be grateful for, right now?”



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STEP 7 - CHOOSE ONE ITEM FROM THE LIST AND ASK YOURSELF: “WHY AM I SO GRATEFUL FOR THAT?”

Choose one item from the list in Step 6 and ask, “Why am I so grateful for _____?” (And name that item of course, in your question.)

Ask question aloud, even if you whisper. Ask it in a deeply exploratory tone, deeply introspective tone.

Don’t take notes this time. You’re working directly in your own mind now, so don’t break the momentum of emotion by taking notes.

You’ll be amazed at how answers will simply arise. Speak these answers aloud, too – at least quietly, even if you’re whispering. Speak with true and expressive emotion, as if you’re speaking a prayer of gratitude.

Why speak aloud in a grateful tone? Because it has an effect in your mind – in your brain, that cantaloupe sized location of every feeling, every emotion you feel.

As you speak in this true and emotional way, what do you feel? Do you feel your sense of gratitude swell? Everyone I’ve ever done this with answers “Yes, absolutely!” You’ll feel your sense of gratitude deepen and begin to envelop you.

Having amped up the emotion of Gratitude within you in this way, move right on with one motion, without pausing, into Step 8.



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STEP 8 - ASK YOURSELF: “WHERE AND HOW, IN MY BODY, DO I FEEL THE PHYSICAL SENSATIONS OF THIS GRATITUDE?”

Set a timer for a couple of minutes or less and ask yourself, aloud, with a profoundly interested and open tone of voice,

“Where and how, in my body, do I feel the physical sensations of this gratitude?”

Really take the time to notice and feel.

Answer aloud too, with a tone of precision, and of wonder, and gratitude.

Really use an emotional tone. Can you feel the empowering emotion of gratitude swell and deepen as you focus on the physical sensations? You may be almost overwhelmed with positive emotion at this point.

Having amplified the emotion of Gratitude even more than in the last step, move without a pause, with one motion, directly into the final step, Step 9.



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STEP 9 - INHALE, EXHALE, AND HEAR INSIDE YOU THE MANTRA, “FEELING GRATEFUL ABOUT

_____.”

Step 9 is a breathing-and-positive-trigger exercise, with 10 repetitions.

In other words, it’s a 10-rep simple breathing exercise, paired with a mantra, which is another name for a positive trigger.

You’re already feeling the physical sensations of gratitude in your body, and you’re already focused on that.

So:

1. Breathe in slowly, deeply, hold for one beat, then exhale naturally.
2. As you exhale, think (don’t speak it aloud) the mantra (the positive trigger) “Feeling Gratitude about _____.” (And name the focus of Gratitude which you used in Steps 7 and 8.)
3. Extend one finger to count the breath.

Repeat that process until your fingers have counted 10 repetitions.



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How different do you feel from the state of pain in which you began this 9-step method?

If you're in a state of constant pain, you can use this method three times a day.

I did, and it was like a rocket launch for my recovery.

I had much more to learn, of course. Lessons from the divorce. Lessons from life. Lessons about reality. About "love". About people. About her.

There's a lot to learn.

But let it wait.

First, pain relief.

Some people talk about pain management. Forget that! You can drop the pain, and this exercise is a foundational technique for doing that.

In fact, even if you're not in constant pain, making this process part of the fabric of each of your days will make you fireproof against emotional pain of all kinds.

You'll still be stung. You'll still be burned. But you'll feel it for a few minutes at most.

How do you feel?, or soon? Absolutely you can, and will.



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BONUS #1: Supercharge your progress by making Steps 6 through 9 part of your daily routine.

Supercharge your progress by making Steps 6 through 9 part of your daily routine, twice a day, morning and evening.

You may have already thought of this bonus tip, below. But as you're dealing with the emotional aftermath of breakup or divorce, it may not yet have occurred to you.

That's why I'm here, my friend – to help you through this time with every bit of detail and assistance possible.

"Create the habit!" Yeah that's often said, and it sounds great, but how can you remember each day?

By taking action right now. Take the action of setting a reminder in your phone.

You can set the following reminder, with an automatic alert, in your phone: "Do Ultimate Resilience Episode 1, Steps 6-9, right now."

Set it for the first moments you wake in the morning, and for the last moments before you sleep, and you'll take control at a whole new level of speed in recovery.

It's the simple "cliche" actions in life, cliches that work, which will make ALL the difference in your life a week from now, a month from now, and a year from now.



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Set the reminders! Don't wait, do it now, and use technology to your advantage – to keep you focused this time, not to distract! Then practice Steps 6 through 9 twice daily. You got this!

How to stay accountable?

You can email me at david@davidwimberley.com.

Drop me a line about your challenges and progress. Ask me to help you stay accountable for doing Steps 6 through 9 daily, and I'll help to remind you myself.

(Put "DW317922" in the subject line! I search for that code in gmail, to filter through the spam to what's really important – your messages to me.)

BONUS #2: Make PAIN ITSELF the *TRIGGER* to your pain RELIEF – and never again get stuck in a negative emotional loop.

What if you could program the most amazing computer you'll ever interact with, your own brain, to automatically enter a healthy pain-relief response whenever acute breakup pain begins to storm over you?

In other words, any time you began to feel pain from the breakup, your brain automatically deployed enough Gratitude to relieve your pain?



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Well, you can. I'll bet no one ever told you how to use your mind in such a way that it automatically responds in healthy ways to challenges like breakup pain.

Look, aren't you already using your brain to do the opposite? In other words, when you suddenly get a pang of sadness (or other negative emotion such as guilt, anger, panic, bitterness, whatever), doesn't that trigger another thought which causes you to feel pain as well? And doesn't that trigger another thought which causes you more pain?

And sooner or later in this string of chain reactions, don't you come back around to the same or similar thought which started the negative emotional loop in the first place?

Absolutely. That's absolutely what a negative emotional loop is.

So, what if you could, at the first link in that chain, you could trigger Gratitude instead of more pain?

You can do it with a modified version of Step 9.

First you have to practice Steps 6 through 9 religiously, daily, twice a day, for a week. Really get to the feeling of Gratitude, amp it up, and say the mantra, "Feeling Gratitude about _____".

Then, after that week, any time a painful thought arises, go straight to Step 9.

An example. Say, like me in the weeks after my divorce, you could hardly bear to enter a grocery store. I just felt this overwhelming pain, because for 20 years, entering a grocery store meant buying food for us.



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Do you have something like that in your life right now? I know you do. Suppose, for the sake of the example, it is entering a grocery store.

You walk in, hear the sounds of shoppers, beeps of cash register computers, displays of specials, all of that – and you feel a wave of deep sadness and nostalgia.

Instead of being led by the nose into a negative emotional loop, from one painful thought to the next, you can – right there in the grocery store while shopping – breathe slowly, deeply, in and out, on the sly, while thinking the mantra, “Feeling Gratitude about _____.”

You’ll be amazed at what happens after a week of conditioning yourself to that mantra. It’ll take the edge off the sadness you feel at that stimulus.

Whenever your mind jumps off the track of “Feeling Gratitude about _____,” simply smile inwardly at its recalcitrant nature, and redirect it back to 1) your breath and 2) the mantra which you are thinking with each exhalation.

As you repeat this process (I’m speaking of BONUS #2), more and more, the beginning of pain will automatically trigger the response of Gratitude.

In the example of the

Two things:



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First, when using this “short cut” or “leap forward” method, don’t breathe quite as deeply as you do in your daily practice. Why? You could get lightheaded. ;)

Second, don’t substitute this “short cut,” or “leap forward,” for your daily, twice a day practice (I’m talking about in BONUS #1, above).

Reserve this “short cut,” or “leap forward” for real-life situations in which you don’t have time to do either 1) All 9 steps or 2) Steps 6 through 9.

Make sense?

Read carefully, make notes, experiment. Play with this as you would learning a *simple* new language.

Need further help?

You can email me at david@davidwimberley.com.

(Put “DW317922” in the subject line! I search for that code in gmail, to filter through the sediment of spam to what’s really important – your messages to me.)

Remember, I’ve been where you are now, and I’m absolutely dedicated to helping you get over your breakup or divorce fast and legitimately, as much as I am able.

Thanks again for being a part of this incredible existence with me.



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