

Anti-Pattern Inventory

It is crucial that you do not repeatedly give in to your urges and follow destructive actions that further cause harm between you and your ex girlfriend. Practice self-control so that both your ex and **especially you** can respect yourself to the fullest.

Sort actions that you want to do the most or that you think will cause the most amount of harm from top to bottom. The most detrimental actions are those that you need to consciously remind yourself to no longer attempt to do.

**Avoid
At All Cost**



Sample Scenarios

Message her / Break No Contact

Stalk her social profiles

Talk to her friends about you

Ask her family for advice

Share a story with the intent for her to see

Rant / Be insecure about a new guy who she is dating

Look at your old pictures

Send a love letter to her

Make subliminal / emotional social media posts about her

Over-apologize to her

Burn bridges or make an ultimatum that you'll move on

Hang out where she hangs out, such as at the gym

Make her jealous by taking pictures with other women

Avoid

Anti-Pattern Inventory

It is crucial that you do not repeatedly give in to your urges and follow destructive actions that further cause harm between you and your ex girlfriend. Practice self-control so that both your ex and **especially you** can respect yourself to the fullest.

Sort actions that you want to do the most or that you think will cause the most amount of harm from top to bottom. The most detrimental actions are those that you need to consciously remind yourself to no longer attempt to do.

Avoid At All Cost

Message her / Break No Contact

Push her to forgive me

Over-apologize to her

Stalk her social media

Look at your old pictures

Sample Scenarios

Message her / Break No Contact

Stalk her social profiles

Talk to her friends about you

Ask her family for advice

Share a story with the intent for her to see

Rant / Be insecure about a new guy who she is dating

Look at your old pictures

Send a love letter to her

Make subliminal / emotional social media posts about her

Over-apologize to her

Burn bridges or make an ultimatum that you'll move on

Hang out where she hangs out, such as at the gym

Make her jealous by taking pictures with other women

Avoid