

Bad Breakup Bingo

It is crucial to know what you did wrong in the relationship, but even more importantly, to be as critical of your ex as you might be of yourself. Reflect on both your mistakes, then decide on one thing that you want to work on & educate yourself further on. Don't ruminate non-stop. Pick up a book & empower yourself to get out of this stronger & smarter!

My Flaws

Lack Of Autonomy	Lack Of Similarity	Lack Of Supportiveness	Lack Of Openness
Lack Of Loyalty/Fidelity	Lack Of Shared Time	Lack Of Equity	Lack Of Romance
Too Much Criticism	Too Much Contempt	Too Much Defensiveness	Too Much Stonewalling

Her Flaws

Lack Of Autonomy	Lack Of Similarity	Lack Of Supportiveness	Lack Of Openness
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I should work on my tendency of...

My ex-girlfriend wasn't perfect because...`

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Being far too codependent. I could not stand being without her in the last year of our relationship. I clearly have a too small social circle. I made it all about her and my work. I need more "normal" friends. I'll read a book on codependency + socializing.

My ex-girlfriend wasn't perfect because...`

In retrospective, I think she criticized me far too much. Also, she did talk to guys and she says she didn't cheat on me, but the truth is that she was at the minimum getting attention from these guys..