

# Hot-Cold Action Plan

You may not always be able to predict how you'll feel in the moment when your ex says or does something that you didn't expect. These unexpected moments may put you in a Hot Emotional State, which leads to impulsive & often regretful actions. To avoid this behavior, create a rational action plan to mentally prepare yourself how you'd react if instead, you'd be in a cold state.

**When/If ...**

**How will I feel when it happens?**

**What would be my (worst) impulsive decision?**

**What will I do instead?**

Go through the most intimidating scenarios that you believe will put you in a hot state. Use the empty sample on the next page, or grab an empty piece of paper.

## Sample Scenarios

When I find out that she is dating someone else I will

When I find out that she has blocked me everywhere

When I found out that she has deleted our pictures

When I find out that she is moving to another city

When she leaves me on read / ghosts

When I find out that she is on a dating app

When she messages me for the first time

When we talk about the relationship & it gets heated

When she blames me for the relationship failure

When she tells me to leave her alone

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## When/If ...

When she blames me for the failure of the relationship

## How will I feel when it happens?

I will feel cornered, like she still resents what happened between us. I will feel underappreciated and might become angry.

## What would be my (worst) impulsive decision?

I will become very defensive, try to argue with her, or worse, might become aggressive and try to blame her for the failure of the relationship as a counter.

## What will I do instead?

I will tell her that I feel agitated and disappointed, but I will let her know that I'd like her to explain in detail why she feels that way. I'll tell her and let her see that I want to resolve problems through listening and gaining a better understanding of her needs.

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