

A broken silver chain is shown against a blue sky with white clouds and a bright sunburst in the background. The chain is broken in the middle, with the two ends hanging down. The text 'Unhook from the Unhealthy' is written in a red, cursive font across the broken chain. The word 'Unhook' is on the top line, 'from the' is in the middle, and 'Unhealthy' is on the bottom line.

Unhook
from the
Unhealthy

How to Cleanse & Detox
from Relationship Patterns

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I've Got Your Back!

Having a healthy and fulfilling relationship with a partner is wonderful, and is what I believe everyone truly wants deep down. But in order to have that with a partner, one must first have a healthy relationship with themselves.

Whether it's due to negative role models, family or cultural beliefs -- we may not have been taught what a healthy relationship looks like, much less how to have one. And then there's the issue of where do we find one?

The biggest challenge is the pressure put on by our family, peers, coworkers, and society to be in a relationship. I've known friends who've said they'd rather be in a shitty relationship than be single, because *"at least I won't be alone."* That statement never sat well with me!

What usually happens is each one finds themselves unhappy because they're in the WRONG relationship. And by wrong, I mean unhealthy, toxic or worse yet, abusive (verbally, emotionally or physically). I've never heard of anyone who longed for any of that in their relationship, or to have modeled to their kids as being okay.

What I have heard plenty of is people desperately wanting to break unhealthy relationship patterns and stop repeating these toxic cycles. This book is designed to be a practical guide in helping you unhook from unhealthy relationships and give you the clarity you need to get clear on what you really want from a relationship and how to move in that direction.

I want you to know you're not alone in wanting to *Unhook from the Unhealthy™*, and I want you to have the 'how-to' to be able to easily implement this into your life. My wish is that this mini e-book will help you detox from and then avoid unhealthy relationships, and open up space so you can finally find the relationship of your dreams.

I've got your back!

It's Time
To Love
Within!

This is the Shit!

I know you're feeling stressed. It really sucks – you're not feeling good about yourself. You want to be happy and feel settled; but no matter what you try it feels like you're not appreciated. You can't understand why the same cycles continue to repeat themselves. But what you do know is you want them to stop.

I know the frustration and pain of the cycles. I understand where you've been, because I've been there too!

You've expended lots of energy trying to understand what the other person's problem is, being overly empathic trying to put yourself in their shoes. You've even made excuses for their poor behavior. You've tried to fix things in hopes that the other person will then come around. You've even tried to mold the other person into what you want, but found that hasn't worked so well either.

Or maybe you've talked to friends or family surveying them for ideas on how to change (a.k.a. "fix") things. And, as you implement these "helpful" suggestions, inside you continue to again, hope the other person will finally come around. But as more time goes by with no significant or consistent changes, you find yourself feeling more and more frustrated. You recognize you've done this, but you don't want that anymore.

As a matter of fact, you've been waiting for the right person to come along. And you've believed that it's up to the other person to come in and sweep you off your feet and rescue you. So you busied yourself searching and chasing, ignoring your intuition and allowing yourself to fall prey to relationships that would fit if you molded *him* just right. Or, it started out promising and then a short time later it devolved into something else -- emotionally draining, toxic, and just plain icky. You CHOSE this because you were looking for a safety net.

You know you've been in these cycles, but you don't want that anymore....actually, you want nothing more to do with those cycles and all that drama. I understand your pain...and you want out, don't you? This is how you

know you're in the right place, because YOU know you want out. And now you recognize peace of mind doesn't lie in the safety net of another person. You think there has to be something more. And you have a hunch it's time to look within and do this for yourself.

And you're right!

YOU ARE
YOUR OWN
SAFETY NET!

You Got This!

Unhook from the Unhealthy™ is about focusing your attention on expanding and filling yourself with the right stuff – the right mindset, concept and activities. And when you do so, there won't be any room left for the unhealthy drama anymore. Below is the first of three sure-fire ways to shift your attention and free up your time.



This is ME two stories above the ground completing a ropes course in summer 2014!

It's Time to Let Go

Here's a radical concept: *YOU are your own safety net!* You've been led to believe there's safety in a partnership. However, it's NOT the other person you need to make you feel happy. It's time to let go of that belief. You DON'T need another person to fill that void. Yes, I know it sounds hard and you're worried you won't be safe. It's also scary because we rely on that other person for our happiness.

Knowing you are your own safety net will cultivate the confidence you need to move forward. It's easier to let go of the concept of what you thought was a safety net when you realize it's just an illusion. Letting go isn't losing. Letting go is a process – just like changing habits

or losing weight is a process.

While it doesn't happen overnight, when you accept that you are your own safety net, letting go of unhealthy habits will become a reality much sooner. In the upcoming sections we will discuss how to get you there through a healthy cleanse and detox.

You Got This!

YOU Are
Who You've
BEEN Waiting
For!

This is the Cleanse!

The second sure fire way to *Unhook from the Unhealthy™* is to undergo a deep cleanse! Cleansing rids unwanted people and situations, and helps cultivate more confidence so you can continue to move forward.

Embrace Being Single

Yes, you read that right....it's time to embrace singlehood! You might have some hesitation about this because there's this stigma in society about being single. That there's got to be something wrong with you or that you'll



turn into the neighborhood's "crazy cat lady." You maybe even have tried going the single route for a while, but were met with comments or questions that left you feeling uncomfortable and unlovable. And after a point you even started to think something might be wrong with you. I assure you there isn't!

Embracing being single doesn't mean your life is over or that this is a forever arrangement. Much to the contrary, it's an exciting new way to live that helps you to *Unhook from the Unhealthy™* patterns and people that have kept you feeling stuck and unhappy. It's a way of life that enables you to also embrace who you are and what you're doing.

You may have gone right from your parent's home to a live-in relationship or marriage. This may be the very first opportunity you've had to be the boss of you, without having to ask permission from ANYBODY! You get to do whatever YOU WANT, on your terms, without having to take anyone else into account (well, excluding minor children and pets, of course).

Embracing singlehood helps you learn about yourself through exploration. You get the opportunity to form your own opinions, to notice what you like and don't like, who you wish to spend time with, and reprioritize your life around what you've discovered.

You are the one you've been waiting for! You don't need someone else for you to be whole – wholeness comes from within. So embrace being single because when you do this is how you learn about yourself, and truly accept and love yourself.

I know it's difficult, and may sound easier said than done, especially when everyone around you is thinking there's something wrong with being single. Some of them just want you to be miserable like they are in their relationship or marriage. But guess what? They just have a fear of being alone. Those are the people that don't know this secret.....that *YOU are who you've been waiting for!* I'll address ways how to step further into letting go and embracing being single in the next section.

No Halfzies!

WAIT! Before we move on, I want to address an all too common theme – only having one foot in, while the other foot's out! So now's the time to get super honest with yourself about what you've been doing (or might be tempted to do), because **I know you!**

You say you're done with dating, but you're still secretly on the prowl and in *looking mode*. You feverously check your online dating accounts or apps, or social media and engage in flirtatious messaging. You continue to go on dates but don't tell anyone, and rationalize to yourself that it wasn't really a date because you went Dutch. You can't go to a party, the nightclub, or even the grocery store without imagining what Mr. Sexy Smile or Mr. Hot Eyes (or ass or abs) might be like to take home, and you allow yourself to flaunt the fact that you're single and intentionally flirt with any *"Hi, You'll Do"* potential suitors.

Or, you're *still hanging on* to that going no-where relationship because you think by working on it and giving-giving-giving that you're making progress in getting

him to finally come around. You pretend that you're totally okay with it being a casual thing, an open relationship all while inside you're feeling furious and have found yourself stalking his whereabouts on social media if you haven't heard from him in a while, sending him angry text messages (either when you're drunk or sober), and even giving him ultimatums that typically blow up in your face (if not right away, down the road). You know, ALL that exhausting work, time and energy (and probably money) you've been spending trying to keep him happy and hopefully bring you two closer – but ultimately ends in you feeling miserable – sure *seems* better than actually being SINGLE!

The honest-to-God's truth is, **if you're in "looking mode" or still "hanging on" YOU ARE NOT embracing being single!**

So if you find yourself in this position, recite this line by Cher's character in the movie, *Moonstruck*: "SNAP OUT OF IT!" Sweetheart, there are **No Halfzies** when embracing being single!

This is the Cleanse!

When You Fill
Yourself Up With
Good Stuff,
There's No Room
For The Toxins!

This is the Detox!

Adopt Healthy Transformative Alternatives

Healthy Transformative Alternatives (or HTA's) is the third way to *Unhook from the Unhealthy™*. But first, allow me to explain what HTA's are and what they can do for you:

- HTA's are various action-based and non-action based activities that you can implement in your life that will take the place of internal drama and self-judgement.
- HTA's are NOT distractions, because distractions allow for us to stay where we're at and continue lying to ourselves.
- HTA's will help you focus on yourself, allowing for clarity in what you want, as well as space so you can heal from past experiences. They are also a way to help build your self-confidence.

This transformation belongs to you! It's time to let go of past ways of thinking, embrace being single, and adopt Healthy Transformative Alternatives into your life. Continue on to the next section, **Twelve Things You Can Do NOW**, to get started!

This is the Detox!

Twelve Things You Can Do NOW!

In this part you will learn more about how to *Unhook from the Unhealthy™* – letting go of those behaviors and past ways of thinking – that you need someone else to make you feel whole. Implementing these **Healthy Transformative Alternatives** (HTA's) will help you to fully embrace being single.

1. What to Avoid

Avoid the bar scene or environments (in-person and virtual) that don't foster self-healing, including any unhealthy or toxic people. Avoiding these places and



people will keep you from repeating your old patterns that leave you feeling *less than* because the people there have ulterior motives. They're going to try to tug you back in because it makes them feel better. Be prepared though, they might get pissed because YOU don't want that drama anymore. In addition:

- Unsubscribe from online dating sites and apps, groups or chat rooms – free and paid. Browsing the “buffet” of potentials goes against the *No Halfzies* rule discussed previously.
- Unfriend and block unhealthy people on your social media sites. Do not simply unfollow or hide them because while you may not see what they are doing, you're still keeping the door open for them to stay up on you and your life. Blocking them will allow you to no longer have to worry about seeing their updates or them to see yours, and opens up your newsfeed to see more of the good things posted by loving family members and healthy friends.
- Block toxic people from contacting you. If you have a smartphone, simply go into the settings area and add the individual(s) number you wish to

block. If you need assistance, you can simply contact your cell phone provider. If you are unable to block text messages, then change that person's name in your contacts list to: "MR TOXIC – DO NOT REPLY!" or "BAT-SHIT CRAZY – DO NOT REPLY!" It is imperative that you do not get sucked back in to communicating with them again. But if you suspect you'll break this rule, then pre-arrange to call or text a trusted friend to help you stay on course.

2. Work it Out

Exercise is an excellent way to love you! You're seeking love, right? So start loving yourself! Exercise helps burn away stress, plus it offers a wonderful brain chemical mix-up that can give you more clarity.

Schedule workouts for yourself (mornings before work, during lunch, or evening) with friends, neighbors or coworkers, or go by yourself and make new friends! Or, if you have a flexible or rotating work schedule, then exercise when it feels good to you!

- Join your local fitness club and take classes that interest you. If you've always wanted to try yoga, Zumba, hula hooping, water aerobics, strength and toning, a spinning class, or maybe even pole dance exercise....give it a whirl girl!
- Or if you really need something of higher intensity, hire a personal trainer, sign up for a Boot Camp class, or how about joining CrossFit? Participating in an ass-kicking workout shifts your focus to the routine, the number of sets and reps, maintaining proper form, and building your strength and stamina. And then there's the benefit of



the happy chemical party going on in your brain during and after your workout! 😊

Any of these options will immerse you in a supportive community of like-minded people with similar health and fitness goals.

3. Return to Reading

Reading books is another way to love you! There are MANY books out there to select from – printed versions, electronic, and also books on CD (or mp3) that you can even listen to at your leisure.

Go to the bookstore or browse online *for YOU* and start exploring topics you are interested in. What interests have you put on the backburner again or pinned to your vision or dream board but never attempted? This is the time to start exploring – again, not going on the prowl – but seeking to feed yourself something that’s really interesting. Remember, you don’t need another person to be there with you to do what you love!

- **“Self-Exploration” books** are those which help you learn more about yourself. Much like when you’re in a romantic relationship, you want to explore and get to know the other person....so why not get to know yourself better?



These are often found in the self-help section, but don’t let the stigma of *self-help* keep you from checking them out. I realize they can get a bad rap, and some people totally avoid them, because they fear they’ll be perceived as *less than* or broken, or that some stranger’s just going to tell them what to do. Believe me, I get it!

I invite you to ignore the *self-help* label and join me in referring to them exclusively as “SELF-EXPLORATION”! There are many great authors out

there who have wonderful and effective concepts that you can learn and apply in your life. *Ahem....that includes me! Lol!* I suggest finding an author whose message resonates with you and read away!

- **Inspirational stories** can be found in books, magazines, and even in online blogs. These can be on any subject, not just relationships! It doesn't matter. If it inspires and lifts you up, and that's what you enjoy....then READ IT! And when you're feeling inspired it's like extra space opens up in your mind. You begin to feel better about yourself because you can relate to the struggles the writer talks about in their story.
- **ANYTHING that appeals to you!** Do you enjoy travel, crafts, mysteries, biographies or history? What are the things you want to do but you've been waiting for a relationship to allow yourself to do? Stop waiting, go seek it out and start learning!
- If you have a love of travel, this is the perfect time to start exploring that! Always wanted to travel across Europe? Go to Australia, South America or Africa? Maybe you want to travel within the United States and North America. Let yourself check that out!

4. The Power of Pets

You're looking to give and receive love, right? A pet fits that beautifully! One thing we miss when we're not in a relationship is having a place to put all this love



we have to give. Getting a pet (dog, cat, rabbit, bird, guinea pig, horse, etc.) to give and receive that love you've been looking for!

Pets provide companionship and help you feel more grounded and purposeful. They also require structure and attention. So instead of staying out all night at a party,

you have a responsibility to come home and care for your pet. *OMG, Aren't they adorable?!!*

Dogs, for example, need to get regular exercise -- so it's a chance for you to also get some exercise at the same time! Go for a walk or run, check out the new hiking path, or venture through a new neighborhood. You can even take them to the local dog park to play with other canines! And if you've never been to a dog park before, it's a chance to make new acquaintances. *Plus you'll probably notice how much dog owners refer to their pets like they're children....and soon you'll be doing the same thing. It's really neat!*

5. Seek out Support

Getting Support is another way to love you! If you've been in a toxic relationship, seeking help from a certified life coach will aid in your healing and recovery process. These professionals are each specifically trained to help you identify the underlying reasons and thought patterns that are keeping you stuck, and provide you with the tools and support that can help you swim out of that pool of despair, heal, move forward and achieve your goals.

Note: If your issues are deep rooted, such as extreme emotional, physical or sexual abuse, clinical depression, PTSD, or you've been diagnosed with a mental illness, then seeking care from a licensed therapist or psychiatrist is highly recommended.



- If you're going through a divorce or recently divorced, then **joining a divorce support group can be beneficial**. You can attend a local support group, such as Divorce Care, or another with similar structure.

Divorce support groups can teach basic skills on how to get on with your life and provide tips for managing your finances. Being amongst people with a common circumstance allows you to hear how others are coping and how they've grown over time. They also provide an opportunity for you to learn more about yourself – who you are and what you want. And some may even offer organized group outings so you can get out and learn how to enjoy activities and make new friends.

- *I personally went through Divorce Care at a local church and found it to be very beneficial. They had strict rules intended to help the participants feel safe and so they could heal and move forward. Dating other attendees was strictly prohibited.*



- **CAUTION:** Please know that while support groups are beneficial for healing, they can sometimes be a hide-out for those who prefer to stay stuck in their misery, even for many years, verses moving on.
 - You may encounter some toxic people too – and you know the rule – **toxic people are OFF LIMITS!** No matter what their sob story might be you should keep your guard up and be prepared

to set boundaries and not get suckered into becoming their instant new best friend.

- I encourage you to go by *feel* – if you feel safe and heard and there are others further along in the healing process you can learn from, then it's probably a good place for you to get support. But, if you feel an “icky” vibe after a couple sessions please give yourself permission to not return and seek out a new group.

- **Reach out to family or friends who've been through similar experiences and who exude self-love!**

- Do you know a person who's totally embraced their singleness? Who's confident – but not cocky about it – and knows they don't need anyone else, but is open to whatever happens next? Someone who's really good with being single. Do you know someone like that? If so, reach out to *THAT* type of person to hang out with and get to know better.
- Or, reach out to someone you know who was single and exudes self-love even after finding the relationship of their dreams. Reach out to *THEM*, because that's where you'll get some great support!

6. Make a Difference

Get involved in your community, a cause, or become a volunteer! It's a great opportunity for you to focus your time and energy on helping others. Think of it as your chance to *“Pay it Forward!”*

Getting involved in this way also helps you feel good about yourself – which is



another thing we falsely think we're going to get from a relationship. And the more positive and fulfilling activities you allow yourself to be a part of, the less room you have for the old habits, drama or toxic people.

- Volunteer at your kids, grandchildren, niece/nephews school or at their extracurricular activities.
 - Chaperone field trips;
 - Help out in the concession stand;
 - Coach/assistant coach for local recreation department youth sports;
 - Become a club advisor or be a judge for student competitions.
- Help out at your church – teach religion classes, assist with community dinners, or special events.
- Become a Big Brother or Big Sister.
- Care for animals at the area Humane Society.
- Join Habitat for Humanity and help build homes for needy families.
- Join a community organization mentoring youth or young business professionals.
- Raise awareness and do fundraisers for your favorite charity.
- Sign up to work or participate in community-sponsored events.

Being actively involved in these types of activities also helps you be more present with your kids, family, friends, or colleagues as you create new experiences and special memories.



7. Challenge Yourself

Challenging yourself is a great opportunity to expand your experiences and try something new! This is *your chance* to take the lead and try something all on your own!

- **Put yourself out there** and become an independent sales representative for your favorite company. Being a sales representative gets you out in front of people and enables you to enhance your communication skills. It's a way to focus on helping other people and satisfying their needs in a healthy and supportive way. Plus you get that love and attention from other people who truly like you!

The sky's the limit on what type of company you might want to represent – food, jewelry, make-up, bakeware, purses, organization product, cleaning supplies, weight loss supplements, etc. You can pick what YOU love, make some extra money (who doesn't love that idea?!), and get support from your team leader, other representatives, and the company.

- **Teach a class** you love! Teaching is an opportunity for you to share yourself with others – which is another thing we're after in a relationship. You can teach anywhere there's a need, so go ahead and explore what's out there (and what you may need in order to be able to teach).



Check out your community Recreation Center, local YMCA/YWCA, the Boys and Girls Club, or the city recreational department to inquire about their needs, as well as share what you're able to offer.

Examples of classes may include:

- Cooking or baking class
 - Exercise: yoga, Zumba, step aerobics, swimming lessons, spinning, Pilates, hula hoop, BOSU, TRX, etc.
 - Crafts: knitting, crocheting, sewing, quilting, scrapbooking, card making, painting, creating mosaics or pottery, etc.
 - Become an adjunct instructor for a local community, technical college or university to teach subjects that pertain to your work experience. *Please note: These courses may have specific education requirements.* Some examples may include:
 - o Foreign language
 - o Interior Design
 - o Computers, Graphic Design
 - o Business, Finance or healthcare
 - o General Education – math, science, communications
 - o Or community classes
- **Take a class** – something you’ve always wanted to learn. It’s also a chance to meet people and build new friendships! Again, whatever interests you is waiting for you to seek it out! Below are some examples, but also refer to *Teach a Class* above for additional ideas:
 - Sewing or quilt making
 - Cooking or baking (learn how to make sushi or amazing deserts)
 - Learn about wine and the wine making process
 - Gardening or landscaping
 - Learn a foreign language, etc.
 - **Try a new “active” hobby** – something that you’ve always wanted to do, but haven’t made time for! Interested in golfing, bowling, biking, inline skates, swimming, kayaking, paddle boarding, surfing, horseback riding, downhill skiing, snowboarding, water skiing, or even fishing? Whatever it might be, go check it out!

8. Hit the Road Jack 🎵🎵🎵🎵

Take a daytrip, a weekend get-away or extended weekend visit, or better yet, a full-blown vacation somewhere you've wanted to go with a friend or relative! It's a chance to experience new things that you haven't been able to do before.



Dial up your BFF who loves to travel and start checking off cool destinations like:

- NYC or Chicago for some big city fun; enjoy island life in Hawaii or the Bahamas; visit Arizona - the Grand Canyon and beautiful Sedona; get your beach fix in California and check out Hollywood and Beverly Hills; head to Florida – Disney (without the kids...Woo-Hoo!); drive down to the Florida Keys; go hiking or skiing in majestic Colorado, etc.
- Take a cruise to the Bahamas or Alaska. You can usually find good deals on last minute cruises or if it's a newly-christened ship's maiden voyage.
- Looking for something more? Then consider traveling abroad – a Mediterranean cruise, a trip to England or Europe, or how about to the Australian Outback or an African Safari!?!
- Or, if friends or family have been inviting you to come visit and you've always said you couldn't – whether they're states away on a few hour's drive away – guess what? **No more excuses....pack your bags....the change in environment, new adventures, and fun company will do you good!!**

9. Creativity Connection

Our lives tend to be so packed full of work and “to-do’s” that we can forget about the benefits of allowing ourselves time to be creative. When you’re feeling creative, it’s more like play versus work. You can discover new things about yourself, what you like or don’t like, and what you want. Creativity allows for expansion in your mind – new ideas and ways of “seeing” things emerges. You get to know yourself better too!

Below are some ideas to connect with your creative side (feel free to also consider the previous ideas shared under #7):



- Draw or paint (on canvas, pottery, murals, etc.)
- Writing – journaling, blogging, try your hand at poetry/music lyrics, or write a book!
- Make pottery, sculpture, jewelry or floral designs
- Organize/reorganize or re-decorate your living space
- Design a flower garden or vegetable garden
- Sewing, quilting, or needlepoint
- Photography or graphic arts
- Make a Vision Board – either on Pinterest, or if you like hands-on, buy some poster board, gather magazines (or print pictures from online) and build your collage. You can have a themed board, such as career or travel. Or it

can be a visual copulation of anything you wish to help manifest for your future!

10. Get More R&R

Give yourself more rest and relaxation! R&R is about self-care and self-love, and giving back to you helps you to be more present in your life – with yourself, for your family and friends, and at your job.

- **Slow down and Just Say No** to invitations to events or get-togethers that don't fill you with joy. When you receive an invite, first give yourself time to think about it and check your schedule – you don't have to give an answer on the spot. And second, give yourself permission to say “No.”

Make excuses if you feel the need, but know that you don't owe anyone an explanation! Excuses are just a way for us to spare the other person's feelings and hopefully hear from them that it's okay we don't attend. However, simply saying: *“I'm sorry, I won't be able to make it”* is an honest and empowering way to be true to you.

- **Get regular massages and other bodywork treatments!** Massage helps you relax and let go of stress and offers many therapeutic benefits to your health. And it's great for relieving muscle soreness from exercise!

- **Take a power nap** (between 20-45 minutes long). Naps can help reduce stress, alleviate headaches, and give you a much needed boost of energy! Give yourself permission to nap on your days off, weekends, and even on vacation. *Your body will thank you!*



- **Get 7-8 hours of rest a night**, including weekends. Creating a bedtime routine means you're putting YOU first and taking care of yourself.

11. Spend Time with YOU

Spend time alone with yourself so that you can reconnect and be “okay” with you. We expend a lot of energy when we're around other people, so it's a great way to conserve energy....and in turn honoring you as well. Even if it's a little scary, challenge yourself to be with JUST YOU – practice it. Here are some ideas...

- **Intentionally schedule time alone** into your day/week. It can be as simple as going for a walk or reading. Consider putting your electronics on silent or turning them off so you're not disturbed.
- **Go to a movie by yourself.** YES, I just said that! Go with just you!! Sure, it may feel a bit awkward the first time you go, but I promise...you're not the first or last person to do this. SO, pick a movie YOU really want to see and at a time that works for your schedule! Keep in mind, you can have your popcorn just the way YOU like it, or whatever concession food or beverage



you desire! Plus you get to enjoy not having to share the arm rest with someone, and the bonus is you usually have open seats on each side of you!

And if you notice people noticing you're alone, simply give them a confident smile

and go back to enjoying your “me-time”! You may be met with surprised reactions, so have fun with it!

- **Go browsing or shopping solo!** Check out the boutiques, shoe stores, thrift shops, craft stores, or whatever strikes your fancy! Go when it works for your schedule! Feel free to try on clothes, even if you don't buy them! Have fun - trying on stuff is FREE!
- Do you enjoy flowers or gardening? Visit a botanical garden or arboretum. Love animals? Go to the zoo and take your time visiting your favorite animals. Want to see the new Broadway Show or Play that's touring the local theater? Buy a ticket and go!

12. Tune In To YOU!

Tuning into yourself might be the most challenging of these twelve strategies, mainly because it involves *you* getting still and learning to pay deep attention to yourself. Below are a few very beneficial ways to practice this skill:

- **Start a journal.** Write down your thoughts (positive and fearful), how you feel, what you're grateful for, and even what you learned or discovered. You can do this daily: first thing in the morning, mid-day, or right before going to sleep at night. Journals are also fun to read again later to see how far you've come in your transformation process!



- **Be in nature!** Go for a walk on a nature path, hike through the woods, walk along the beach, simply sit in a tranquil place outside, or lie on the grass and look up at the clouds or stars.
 - *Sit (or lay) and listen to the sounds around you* – tune into the chirping birds, the sound of the leaves blowing in the breeze, the waves washing up on shore, the trickle of water down a creek, the frogs or crickets talking. It’s a way to pay attention to other things, and in doing so it doesn’t leave room for all that other mind chatter. Feel the ground under your feet or as you sit or lay. And if the thoughts and chatter creep back in, simply notice them and shift your attention back to the sounds and sights of nature.

- **Meditate!** Don’t be afraid of this word! Meditation can be done in a variety of ways – it’s not just sitting cross-legged and saying “Ohhhmmm”. Any form of meditation is an excellent way to get to know you better and practice self-love.
 - Being in nature, as discussed above, is a form of meditation too.
 - You can listen to recorded meditations or download free mediation apps to help you practice, relax and settle in. Guided meditation helps you focus on the calm soothing voice, and in time allows you to turn off the constant chatter and thoughts flowing in your mind.
 - The most advanced level of meditation is where you go completely silent, without being guided, and you go within to quiet your mind.

Your Ideal Relationship

The ideal relationship you crave is out there, and you can have it!

You want these things: To feel safe to be yourself, to be treated well, and to feel confident in your relationship. You want support and understanding, and someone to have your back. And you want a place to put your love.

All these things already exist within YOU!

When you start with *you*, to become whole, this is where your most amazing transformations will occur. And, you'll be poised for magical things to come your way. So...

- ✓ Let Go!
- ✓ Embrace Being Single!
- ✓ Adopt Healthy Transformative Alternatives!
- ✓ Give yourself everything you're looking for from a relationship!
- ✓ Become your own best friend!
- ✓ Practice being who you are!
- ✓ Treat yourself well!
- ✓ Be confident in what you know!
- ✓ The support and understanding you're looking for – make sure you're giving it to yourself!

Create and cultivate the ideal relationship with yourself. When that happens, you'll finally realize that *YOU* are the one you've been waiting for!

THIS is ***Your Ideal Relationship!***

Now What?

Turning Point Just Ahead!

I know first-hand that moving forward into letting go and fully embracing being single can seem very frightening. The idea sounds great, but your brain is screaming, “I don’t think I can do it!!”

Maybe you’ve tried something like this before, but found that for each step forward, you took five steps back – not just two! And you were left feeling defeated or fell back into old habits and patterns again.

There’s a part of you that knows this is not a job to undertake on your own. And, with some solid support, guidance, and accountability, you’ll finally be able to *Unhook from the Unhealthy™*.

I can help you navigate that turn safely so you, too, can have an amazing and happy life and open up space to find *your* modern-day Prince Charming and finally have the relationship you’ve always longed for....the one you deserve!

I invite you to sign up for a [complimentary 30-minute Relationship Detox Consultation](#) where we’ll explore:

- What you’re no longer willing to settle for,
- What you *really* want,
- What’s in the way,
- How to get you your ideal relationship, and
- How to clear the way so you can finally find the relationship of your dreams!

Click [HERE](#) to schedule your free [Relationship Detox Consultation](#) call TODAY!

About the Author



Jodi Schuelke is a Certified Life Coach, the best-selling author of *I Just Want Out: Seven Careful Steps to Leaving Your Emotionally Abusive Husband*, a speaker, adjunct communications and business professor, corporate trainer, project manager, and business/coach mentor. She is also an adept relationship coach, following countless years of first-hand experience: 10 years spent trying to “fix” her emotionally abusive first marriage and surviving a painful divorce; enduring a tumultuous re-bond relationship, engagement and break-up; single parenting (and co-parenting with a jerk); and six years of hard-

core dating. It all paid off in 2011 when Jodi finally found the relationship of her dreams and married her best friend, Dan, in 2013.

Nearly two decades on the other side of anguish and heartache, personal growth and healing, Jodi helps smart women who find themselves caught up in unproductive or unhealthy relationship patterns get unstuck so they can finally have the relationship of their dreams....a relationship filled with all the love, support, and mutual respect they’ve always wished for! And oh, so much more!

Jodi is also an adventure-seeker, traveler, and fitness enthusiast. She lives in northeast Wisconsin with her wonderful husband, Dan, her two sons and step-children, and their fur-child, Echo the Siberian Husky.

Let’s Connect

If you have any questions, feel free to [email me](#).

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