

Healing after a relationship breakup: How to make no contact work for you.

Struggling to move on? Discover why no contact is the key to healing and taking back your power.

Webinar Transcript

Hello. Thank you for joining me today, and for those of you who don't know who I am, I'm Becky Stokes, and I'm a counsellor and psychotherapist, based on the beautiful west coast of Scotland. I work one-to-one with people, supporting them with relationship issues, but I also want to be able to reach and support more people, which is why I've created this webinar. And as you may have guessed from the title, today we're going to be looking at the concept of no contact, and how that can help you when a relationship ends.

Now I'm sure you don't need me to tell you, that breakups are brutal. It's not just about losing a person - it feels like losing a part of yourself. One minute, they're your go-to person, the one you share everything with, and the next... everything changes. Sometimes, it's silence - deafening and unbearable. And other times, it's the opposite - arguments, endless back-and-forth messages, or rehashing the same conversations over and over again. Either way, it keeps you stuck in the same painful cycle, making it even harder to let go.

And if you're watching this right now, the chances are that you're struggling with that silence or the noise. Maybe you still love your ex. Maybe you're hoping they'll reach out, or you're fighting the urge to contact them, or check their social media just one more time. Whatever the situation, I'm guessing you're wondering how all of this is going to turn out, and if you're ever actually going to make it through this.

And I get it, because I've been there too. I may be a counsellor, but I'm also human and have had my own fair share of breakups and broken hearts. But I did get through them, and today I'm going to share with you what worked for me, so that by the end of this webinar, you'll have everything you need to help you to get through either the silence or the noise, and hopefully come out of the other side feeling calmer, empowered, and more self-assured, with a clearer vision of how you want to move forward – all without all the trial and error that I went through trying to figure it out by myself.

Firstly let's talk about why breakups feel so overwhelming. If you've been struggling - constantly thinking about your ex, checking their social media, wanting to reach out - it's not because you're weak or lacking willpower. It's because breakups aren't just emotional; they're a real loss. And with loss comes grief.

A breakup isn't just about losing a person - it's losing the future you imagined with them, the comfort of their presence, the little routines you shared. One day, they're part of your everyday life, and the next... they're gone. And your mind is trying to make sense of that absence.

So we often think of grief in the context of death, but breakups trigger a very similar process. There's shock, denial, bargaining - maybe you're replaying conversations, thinking, 'If only I had done this or said that.' There's anger, sadness, loneliness... and that deep longing for things to go back to how they were.

And on top of that, we naturally form deep emotional bonds with those we love. Those attachments make us feel safe, supported, and connected. So when that bond is suddenly broken, your mind goes into a kind of emotional panic. It keeps looking for little ways to fill the gap, to make sense of the loss, to find out what went wrong. That's why you might find yourself wanting to reach out, to check their social media, to read old messages - it's your mind's way of trying to hold onto something that feels familiar, or to get answers.

Right now, so much of your energy is probably wrapped up in thoughts about your ex - what are they doing, what are they thinking, do they miss me. But here's the thing: healing doesn't come from figuring them out. It comes from figuring yourself out. So instead of asking, 'Do they still care?' start asking, 'What do *I* need right now?' Instead of focusing on whether they'll come back, focus on how you can move forward.

So if you've been struggling to let go, please don't be hard on yourself. You're not failing, and you're not weak. You're grieving, and grief takes time. But healing starts when you stop looking for relief in the past and start focusing on the present moment, and what lies ahead. And that's exactly what no contact helps you do.

Now you may be familiar with the concept of no contact, but if you aren't, I'll just give you a quick overview of what we mean when we talk about no contact, and why it can be so beneficial.

So no contact means cutting off all communication with your ex - no messages, no calls, no checking their social media, no 'casual' meet-ups, or sneaky drive-bys.

And it's not about punishing them or making them miss you; it's about giving *yourself* the space to heal.

It allows you to break the cycle of emotional ups and downs that come with staying connected.

And no contact can be powerful in many ways...

It removes emotional triggers – Constant reminders of your ex keep you stuck in the past. So no contact helps you shift your focus forward.

It helps to give you clarity – So when your emotions settle, you see the relationship for what it really was, not just through the lens of longing or heartbreak.

It puts the focus back on YOU – So instead of worrying about what they're doing, you get to focus on healing, growing, and rebuilding your confidence.

And it also prevents re-opening wounds – So each time you reach out or check in, you're prolonging your healing. So no contact helps you to clean out that wound and helps you move forward.

But sticking to no contact isn't easy. Even with the best of intentions, the urge to reach out, check their social media, or just keep them in your life in *some* way can be overwhelming.

But here's the thing - while these actions can feel like they're helping in the moment, they actually make it harder to heal in the long run. How often have you reached out to your ex, had had rush of excitement when they've replied, but then been left feeling rubbish

afterwards because nothing has changed? Yep! Or maybe they didn't reply at all, and you get that awful sinking feeling of having been left hanging. Yep, been there too!

So let's go through some common challenges that people face when they're going through no contact and why letting go of these habits can set you free. So maybe you'll recognize some of these patterns in yourself. And if you do, don't beat yourself up about it - it just means you're human.

So firstly, checking their social media: Totally understandable and very easy to do - you want to know what they're up to and it's right there on your phone. But every time you check, you keep yourself emotionally tied to them. No contact helps you take the focus off them and bring it back to yourself.

Holding onto 'hope' as a reason for no contact: And it's okay if part of you is hoping they'll realise what they lost. But the real power of No contact isn't about them - it's about you gaining clarity on what *you* want and need.

Talking about them constantly: Now processing your emotions is *so* important. I'm a counsellor so I'll *all* about talking about how you're feeling as a way of processing emotions and helping you to move on. But if you're staying stuck in the same conversations with your friends over and over again, it just keeps you emotionally trapped. So no contact gives you space to let go of these emotions, start new conversations and ones that are about *your* future, not just your past.

Keeping the door open 'just in case': So maybe you're still replying to their messages, even if you're technically 'not reaching out first.' And this is normal - but ask yourself: does it help you move forward, or is it keeping you in limbo?

And finally, using no contact as a 'test': Wanting them to miss you is natural, but the real transformation happens when you stop *needing* them. So no contact isn't about proving a point; it's about giving yourself a chance to heal.

So if you've been stuck in these patterns, it doesn't mean you're doing no contact 'wrong.' It just means you're still in the process of letting go. And that's okay. Just the awareness of this, gives you the power to start making different choices, and ones that will actually help you heal.

Now, let's talk about the 'What ifs'. I know some of you might be thinking: 'What if my ex reaches out?' Or, 'What if I still want them back?' It's completely normal to have doubts like these while you're in no contact. So let's have a look at some of these common objections.

First of all, and this is a big one. You're probably wondering: 'What if they text me or call me? What should I do?' And here's the thing: When you set a boundary with someone - especially your ex - it's a way of saying, 'I'm putting myself first.' Boundaries are there to protect you and to give you space to heal.

But here's the truth: If your ex truly cares about you and your wellbeing, they'll respect that boundary. Real love doesn't need chasing. And sometimes, that space can give them a chance to see how much you mean to them.

And this leads to the next big 'What If': 'What if I want them back?' Well, if it's meant to be, space will only strengthen what you've shared. The time apart gives you both a chance to grow, reflect, and rediscover what you really want - whether that's getting back together or moving forward separately.

If the relationship is truly meant to work, then this time apart won't be the end of it. In fact, it can often lead to better understanding and a healthier future, either together or apart.

Now, what if you slip up and break no contact? You're not perfect, and neither is this journey. You're human, and sometimes emotions get the best of you. But here's the thing: no contact isn't about perfection. It's about progress. If you slip up, it's okay - what matters is how you get back on track.

Remember, each day that you stick to no contact, you're strengthening your emotional resilience and giving yourself the chance to heal.

Now that we've talked about why no contact feels so hard, let's focus on making it easier.

Firstly, instead of focusing on going no contact indefinitely – because that may just feel too overwhelming right now (and if you're feeling it's impossible before you even start, then you're more likely to have a slip). So we're just going to think of having no contact for just 30 days. Not only does that seem a more manageable period of time, studies have shown that 30 days is enough to form a new habit, so already this feels like a better place to start from.

Now, even a month of no contact might feel pretty impossible just now, so for now we're just going to focus on the first 3 days. Because the first three days? They're always the hardest. Your emotions are raw, your brain is craving contact, and every part of you is telling you to reach out.

But if you can get through these three days, not only are you're setting yourself up for success, but you'll have a solid foundation that will support you through the rest of the 30 days.

So, I'm going to share with you an activity for you to do on each of the first 3 days of no contact, and talk about how these will help you. You can take a note of these if you want, but the slides are available to download below, so that you can refer to them again later.

So day 1 is about acknowledging your emotions.

This is the day when everything feels the hardest. The urge to reach out is strongest. But instead of fighting your emotions, I want you to *acknowledge* them.

So the activity for the first day of no contact is to write down everything you're feeling - anger, sadness, confusion, hope - whatever it is, let it out onto the page. Don't judge it. Don't try to change it. Just observe it and let it be.

And why? Because suppressing your emotions only makes them come back stronger.

Acknowledging them helps you process them so that they lose their power over you.

Now day 2 is about defining your intentions.

So at the moment, your thoughts might be *all* about your ex - what are they doing, what are they thinking, are they going to come back? But what about *you*?

So the activity for day 2 is to Take five minutes to answer this question: 'What do I want for *myself* in the next 30 days?' Is it emotional clarity? More self-respect? A sense of peace? Just Write it down.

And the reason for this is because when you shift the focus from your ex to yourself, you can start reclaiming your power. No contact isn't just about cutting *them* off - it's about reconnecting with you.

Now on day 3 I want you to look at setting boundaries.

Building on your feelings and intentions from days 1 and 2, the day 3 is about creating boundaries that protect your healing.

So the activity for day 3 would be to Identify at least one boundary that will help you stay committed to no contact. Maybe it's unfollowing them on social media, blocking their number, or even telling a friend to hold you accountable.

And why? Because boundaries aren't about punishing your ex - they're about protecting *your peace* and putting yourself in control of who or what is in your life.

The first few days are the hardest - but having an activity, a focus, on each of the days, can support you and help to keep you on track.

As I've said, no contact isn't just about ignoring your ex - it's about rediscovering you. It's about creating space for your healing, your growth, and your future. And believe me when I say this: You are so worth the effort. The first 3 days I've given you are enough to get you started - so use these to guide your actions through the rest of the no contact period. If you're able to do that, then you're in a better position to let no contact work for you.

So let's have a look at how no contact has the ability to transform you. The process consists of three phases, so let's have a look at each one, to give you an idea of what to expect and how your journey might unfold.

Phase 1 is "Emotional Withdrawal".

So the first week or so can feel overwhelming. You might experience waves of sadness, anger, or even relief - it's all valid. This stage is about adjusting to the absence of someone who was a big part of your life, and that's not easy.

You may find yourself wanting to reach out or seeking comfort in old habits. And that's completely normal. But this period is also an opportunity - to sit with your emotions, acknowledge them, and start shifting the focus away from your ex and back onto yourself. Healing doesn't happen overnight, unfortunately, but every day you choose no contact, you're creating space for something better.

Phase 2 is the "Mindset Shift".

So as time passes, you might start to notice small changes. The initial intensity of your emotions may begin to ease, or at the very least, feel more familiar and manageable. You may catch yourself thinking less about your ex and more about yourself - what *you* need, and what *you* want.

And this phase is about perspective. It's when many people start realising that no contact isn't just about staying away from their ex - it's about coming back to *themselves*. The urge

to check in on them or rehash the past may still be there, but there's also a growing awareness that moving forward is possible.

And phase 3 is "Breakthrough".

As you move further into no contact, something shifts. Maybe you still miss your ex at times, and that's ok, but there's also a new sense of clarity. The breakup doesn't define you. And Your happiness isn't dependent on them.

For some, this is when they start feeling moments of confidence, freedom, or even gratitude - not necessarily for the breakup itself, but for the growth that's come from it. The space you've created is allowing you to rebuild on your terms.

So no contact isn't about forgetting the past - it's about making sure your future isn't controlled or defined by it.

Now, as a counsellor, I've supported a number of people through their no-contact journey and, with their permission, here are some of the things they've had to say about it.

"My self-esteem has improved and I'm seeing the benefit of being more boundaried and putting myself first. I'm feeling much more positive compared to when I began, and feel more confident about the future."

"I'm noticing how far I've come since we broke up. I now value my independence and can see the greater opportunities it gives me."

"It's got to a point where I don't want to hear from him. I never thought I'd say that!"

So I want you to just take a moment and imagine yourself 30 days from now, having stuck to no contact. How do you want to feel? Confident? Free? Relieved?

What does success look like for you after no contact?

Hold onto that vision, because no contact is the path that will support you to get there.

So, we've covered a lot today - why breakups feel so hard, why no contact works, some of the thoughts you may have during the process, and a guide to help you through the first 3 days. And these are enough to start you on your no contact journey, but if you're still thinking "but how do I get through the next 27 days?" or feel like you would like some more support to help you progress through the 3 phases of the no contact journey, then I've got exactly what you're looking for - it's an interactive workbook that takes you step-by-step through every one of the 30 days of no contact.

The workbook is designed to give you a clear path forward, so you won't have to guess what to do next. It has daily activities and journal prompts for each of the 30 days, along with the reasons why each activity will benefit you. Plus, remember the "what if's" we talked about earlier? Well, the workbook also has detailed strategies telling you exactly what to do if your ex contacts you, you've contacted them, or if you're struggling because you're missing them so much.

And there's also a checklist, so not only do you have a visible record of the progress you're making, but it also helps to keep you motivated.

Instead of wondering what to do each day, you'll have it all planned out for you. Every day, you'll know exactly what action to take, what to focus on, and what emotions to work

through. You won't have to figure it out alone. And once you've downloaded it, the 138-page workbook is yours forever to use again and again, or just to refer to when you need a reminder of your progress

Now, I want to be clear: You do not need this workbook to succeed. You can absolutely do No Contact without it, and everything we've covered today has been designed to set you up and give you the very best start. As I said earlier, the slides from today's webinar are available to download below, and I've also added a bonus pdf which includes additional points to consider, and of course you can watch this video as often as you'd like.

But if you don't want to figure out the rest of it out alone, or feel you need something to keep you on track and accountable, then the workbook is here to be the support you need to help you move from confusion to clarity, from doubt to confidence, and from pain to healing.

It's the guide that I wish I had had when I was on my no contact journey, which is exactly why I've created it – because I don't want you to struggle like I did.

Click the link below to get your copy and start your journey towards emotional freedom, clarity, and the kind of love you truly deserve.

So, that's it! Thank you for joining me today, and I wish you all the best on your no contact journey and beyond.

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