

What to Do When You Don't Know Why They Broke Up With You (WORKSHEET)

© Jeffrey Kishner, LMHC

<https://psychotherapy.jeffreykishner.com>

What You're Afraid Drove Your Ex Away	Why It Would Push Someone Away	What's the Fear Behind Your Insecurity?	Action Steps
I'm too needy	I think my ex didn't feel like they got enough space and felt burdened by my wanting them to always spend time with me	I am afraid of being abandoned, terrified of being alone	Start psychotherapy to learn how to feel comfortable with myself
I'm not attractive enough	I think my ex wasn't turned on by me or kept looking for someone hotter	I'm overweight I'm not built My nose is too big	Work on self-acceptance (affirmations) Start a self-improvement regimen that doesn't cause me to be harsh on myself
I push too fast for exclusivity	My ex may not have been ready to commit, or may have felt suffocated	I worry my partner will fall for someone else	Work through issues like jealousy, insecurity
I am afraid of commitment	My ex may have gotten impatient with me if they were ready to move on to the next step	I am afraid of choosing the wrong person to settle down with I don't want to be unhappy like my parents	Explore my fears in psychotherapy