

RELEASE YOUR EX

ENERGETICALLY AND EMOTIONALLY



6 STEP GUIDE

NIKKI HORSFORD MENTOR

Welcome!

I've created this guide for women who are ready to release themselves from the emotional and energetic bounds of their ex partner. This process is the first step towards reconnecting with your mind, body and heart, and revealing your true organic self.

Your true self is confident and creates a magnetic field that draws in all you desire, including your ultimate intimate relationship. Once we free ourselves from what held us in the past, we open up our energetic field to welcome in new opportunities and new love.

If you're a woman wanting to improve their emotional, mental and relationship health, then you are exactly where you need to be!

Clear the stagnate energy from previous relationships and experiences will unlock your inner GODDESS, giving you the permission you seek to move effortlessly into the life you have fantasized about.

Enjoy the journey

Nikki Horsford



ABOUT ME

My journey to finding love began with clearing the emotional and energetic bounds from my past. I am now excited to share my processes with every woman so you too can open yourselves up to the possibility of true love.

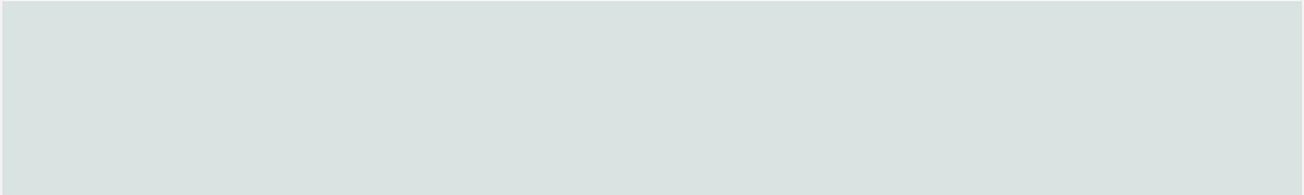
I bring to you a mash up of psychology and spiritual processes that unlock the bounds of your past and free for a future you desire.

GIVING YOURSELF SPACE

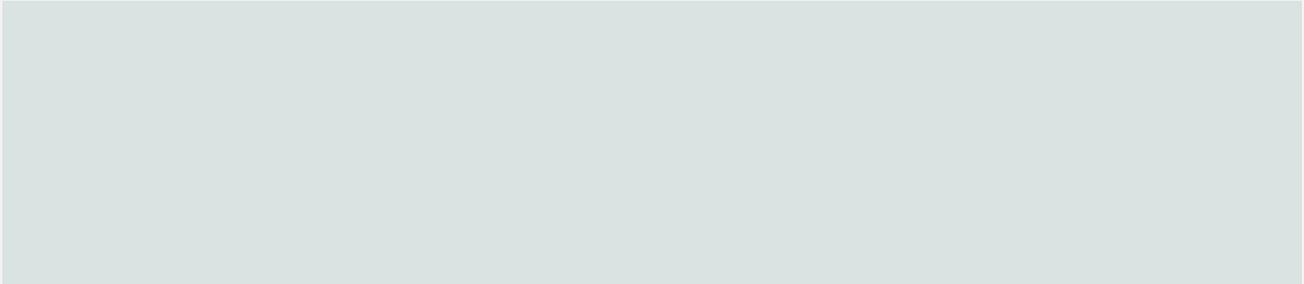
Staying in touch with an ex can hinder your healing process. It's essential to prioritize your emotional well-being and set healthy boundaries, even if it means temporarily cutting off contact. This step isn't about immaturity but about protecting yourself during a vulnerable time. By taking a break, you allow yourself the space to heal and move forward without the constant reminder of the past. Giving yourself space helps to break the emotional dependency and provides the clarity needed to understand your feelings without external influence.

Self Reflection Questions

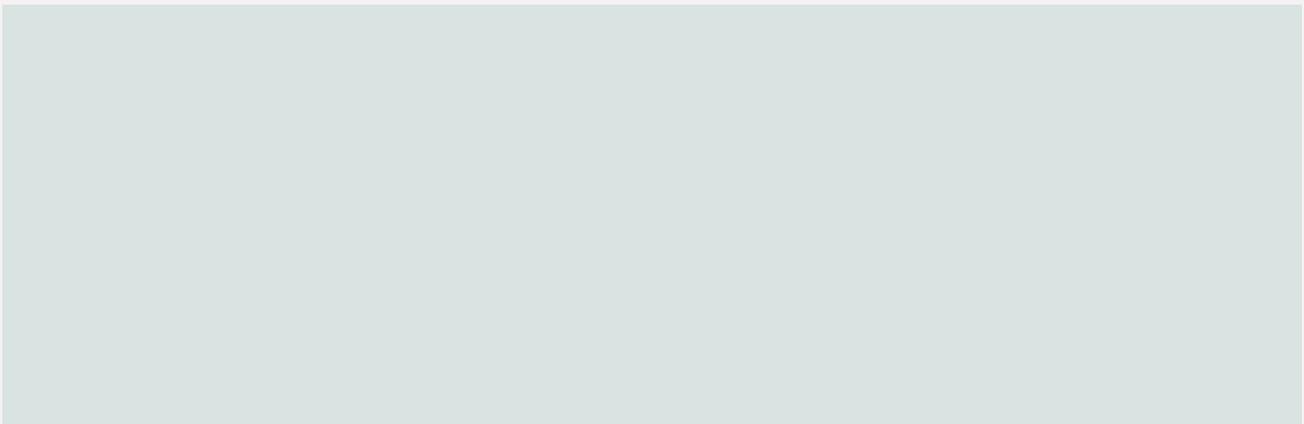
1. How often do you currently communicate with your ex?



2. What emotions do you feel before, during, and after these interactions?

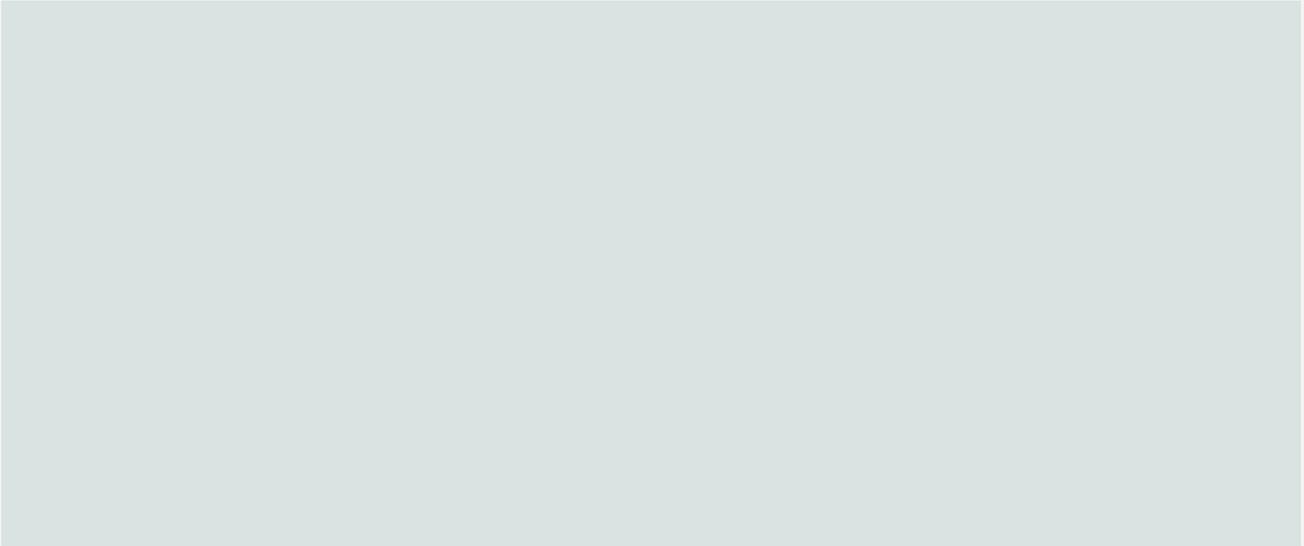


3. What boundaries can you set to limit or cut off contact?

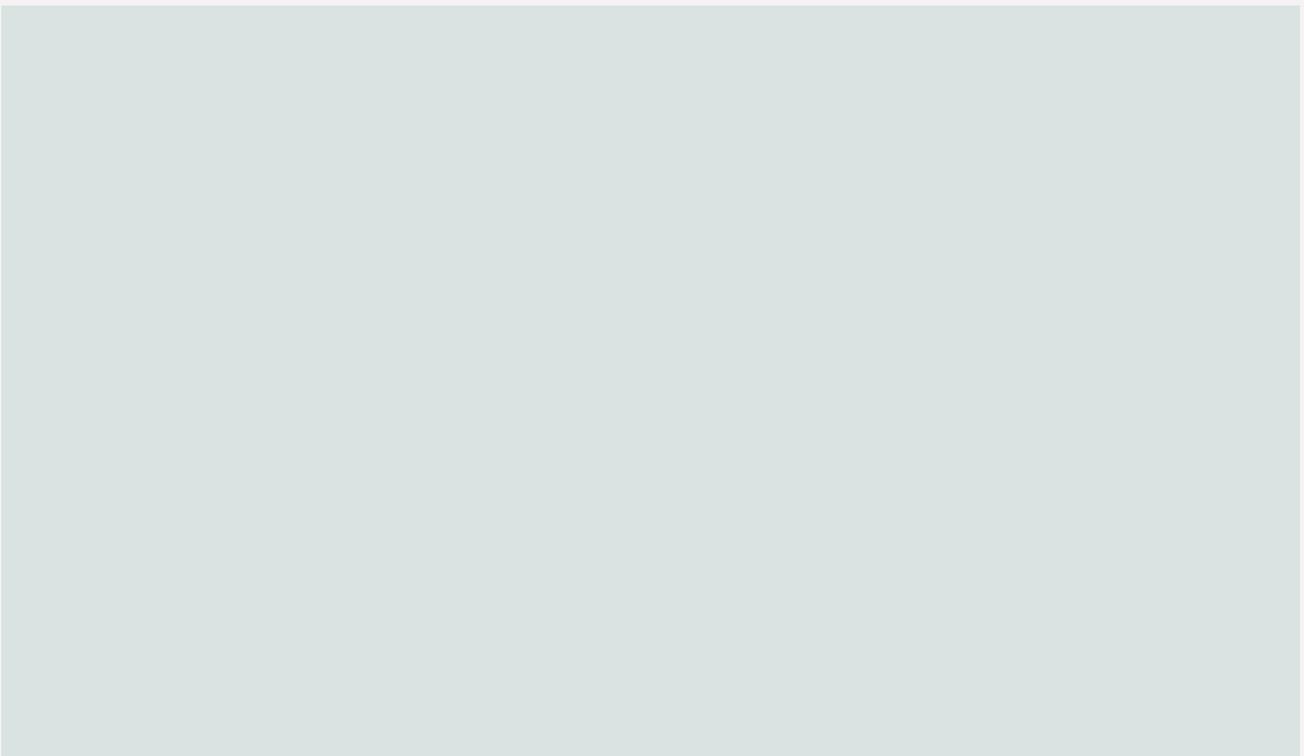


GIVING YOURSELF SPACE

4. How can you communicate these boundaries to your ex in a respectful manner?



5. What activities or habits can you replace the time spent thinking about or interacting with your ex?



SELF REFLECTION

Use this space to dive deeper into what has come into your awareness

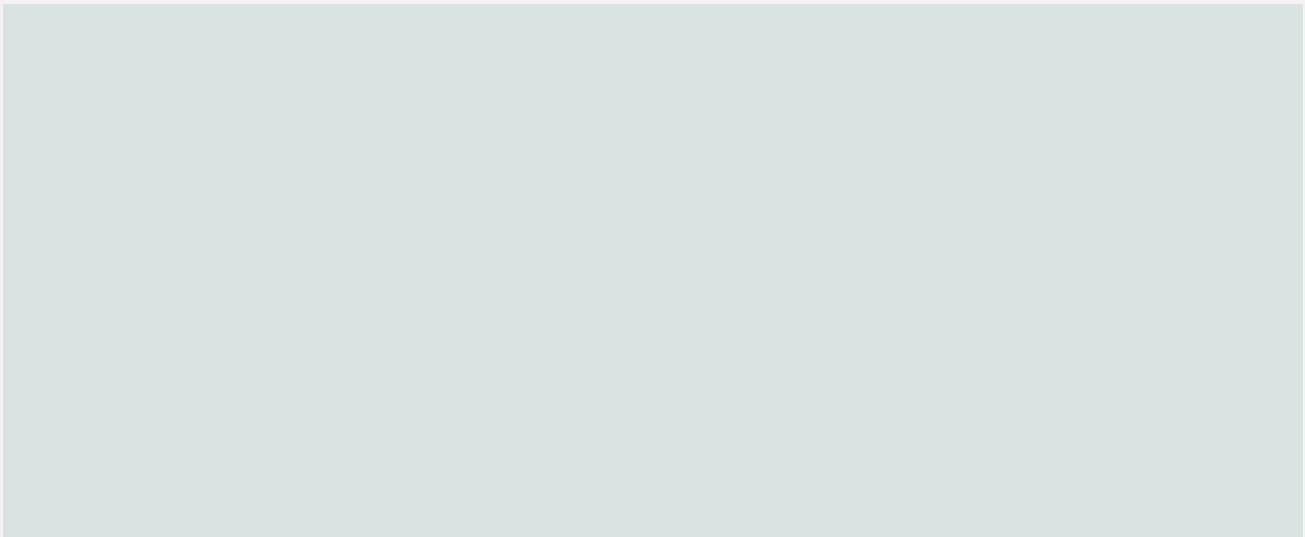
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RELEASE THE FANTASY

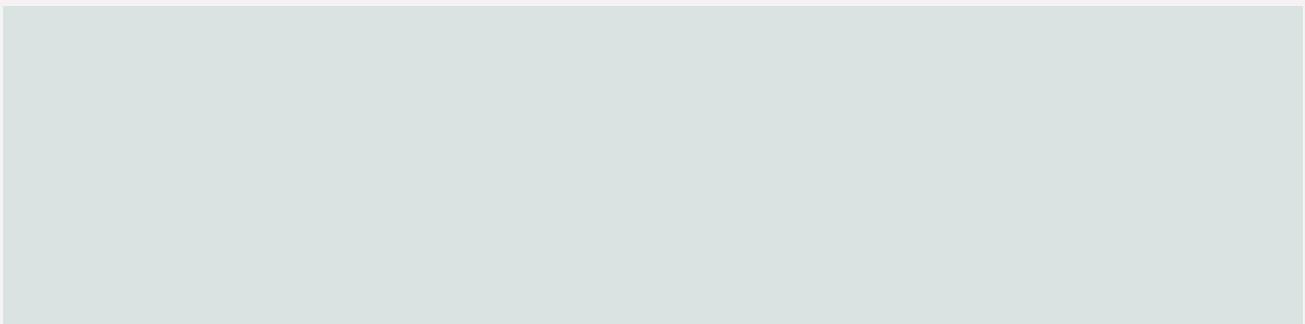
Often, the pain of a breakup is tied to the idealized version of the relationship we hold onto, rather than the reality. It's crucial to acknowledge the actual dynamics of the relationship, not just the good times. Recognizing the reasons for the breakup and letting go of the dream can help you see things clearly and start the healing process. Releasing the fantasy allows you to confront the truth about the relationship and prevents you from falling into the trap of longing for something that never truly existed.

Self Reflection Questions

1. Write down the expectations you had for your relationship that were never met.

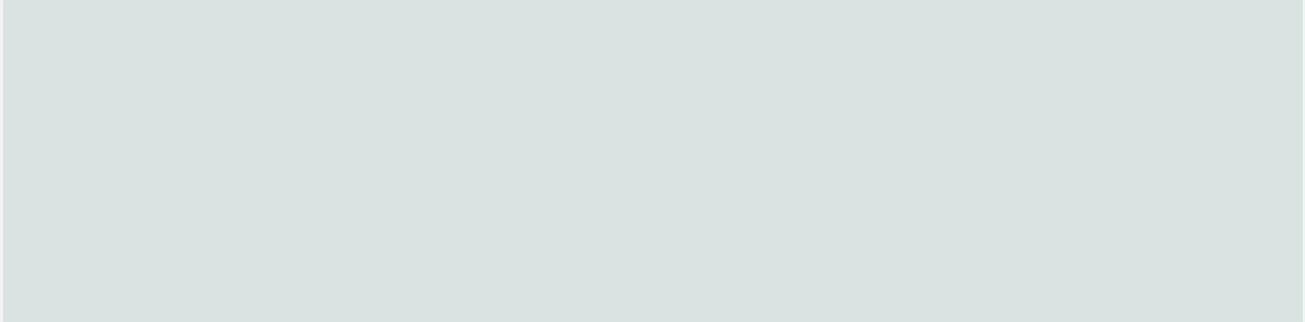


2. List the positive memories you often reminisce about. How do these memories compare to the overall relationship?

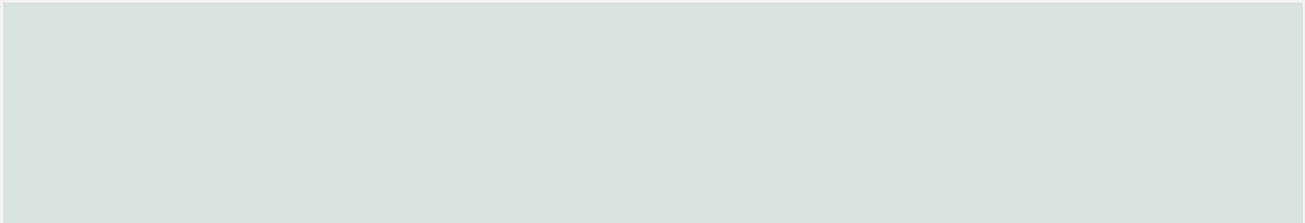


RELEASE THE FANTASY

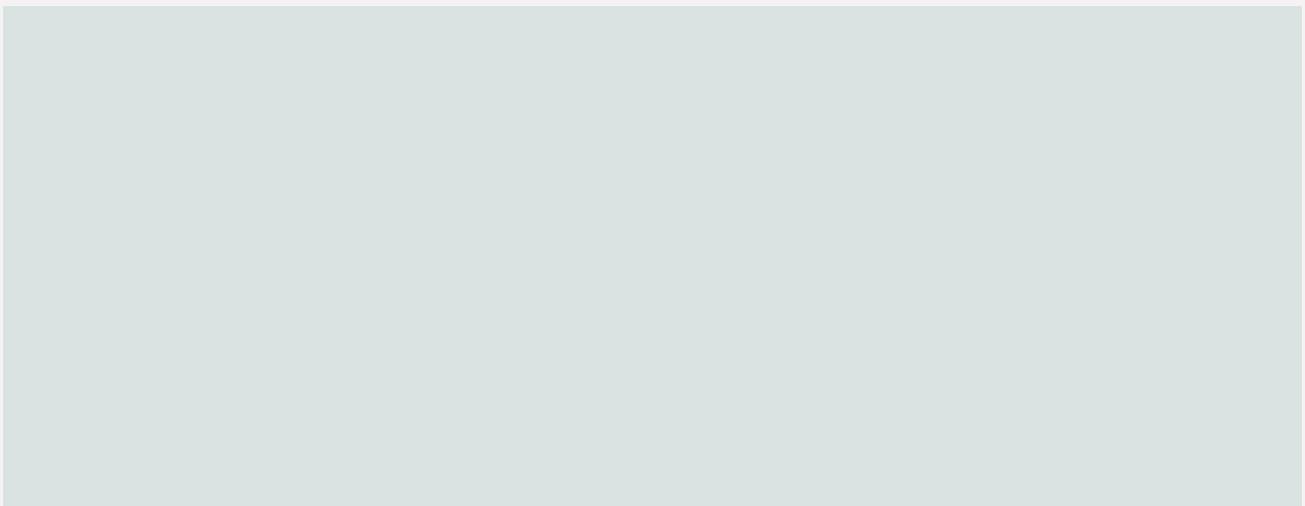
3. What were the recurring issues or conflicts in your relationship?



4. How did these issues make you feel at the time, and how do they make you feel now?



5. Write down every painful thing you can remember happening during the relationship. How does recalling these memories affect your desire to hold on to the fantasy?



SELF REFLECTION

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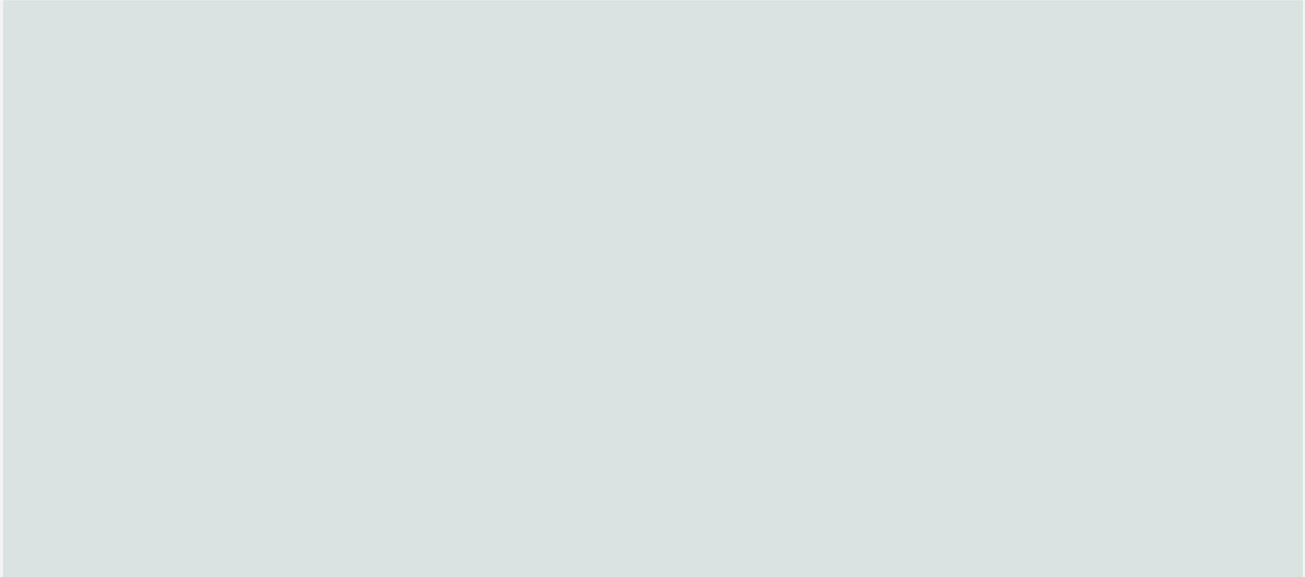
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MOVING FROM ANGER TO PEACE

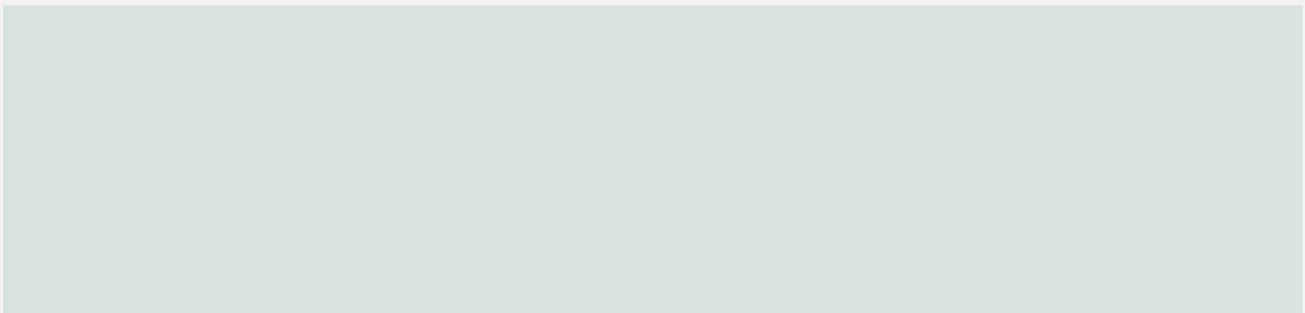
Holding onto anger and resentment from past hurts keeps you trapped in the past. To move forward, it's vital to understand the perspectives and motivations behind those hurtful actions, even if you don't agree with them. Forgiving doesn't mean excusing bad behaviour, but it does mean freeing yourself from the emotional hold these memories have on you. Moving from anger to peace helps you reclaim your emotional energy and nurtures a sense of inner calm, which is essential for personal growth and future relationships.

Self Reflection Questions

1. What specific actions or events are you still angry or hurt about?

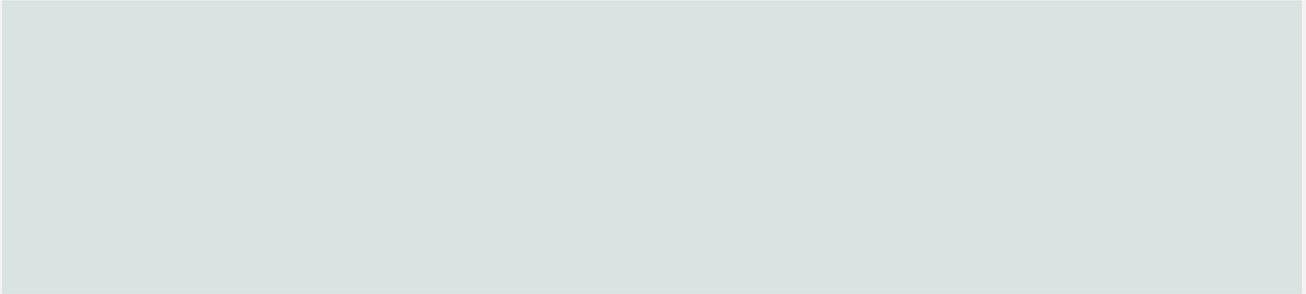


2. How have these feelings of anger or resentment affected your current well-being and future relationships?

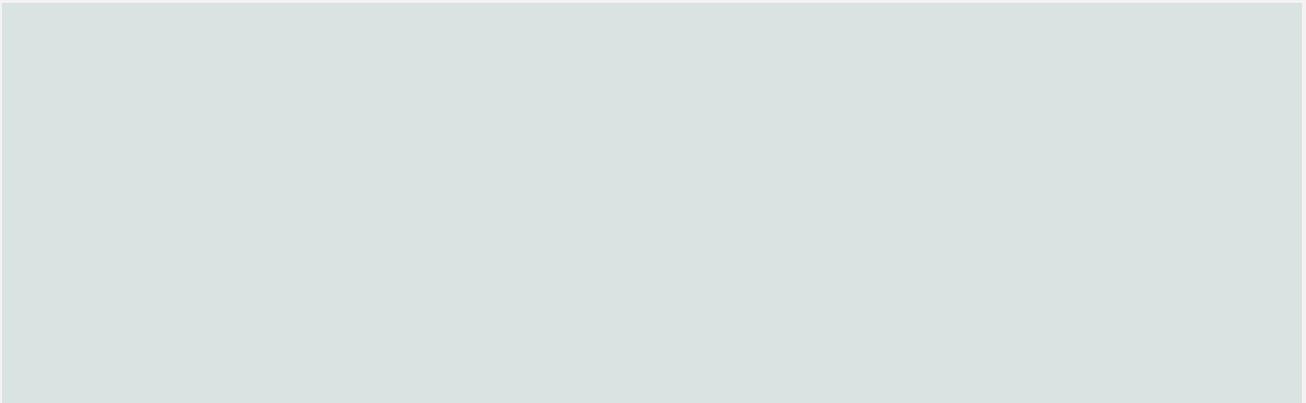


MOVING FROM ANGER TO PEACE

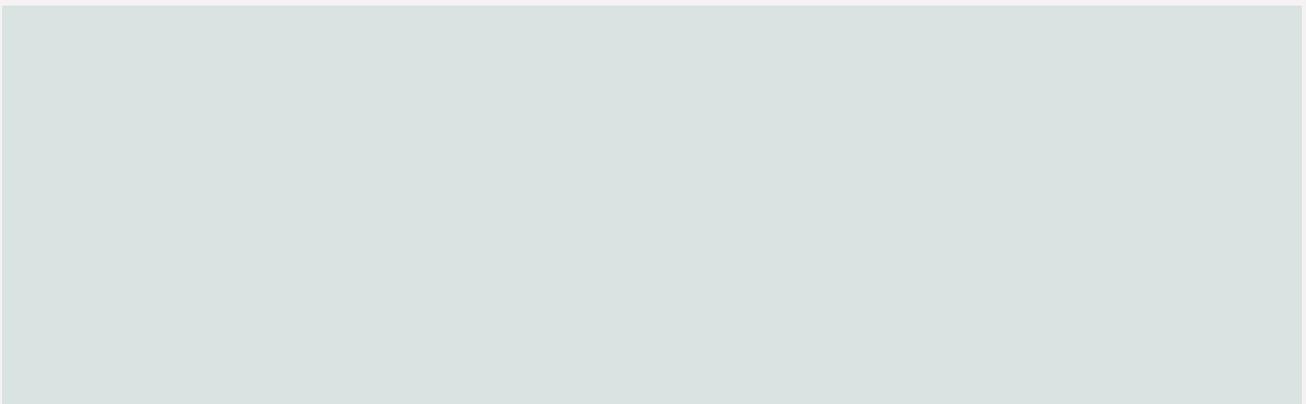
3. Can you identify the motivations or perspectives of your ex that led to these actions or events?



4. What lessons have you learnt from these action or events that will make you a better person?



5. How can you shift your focus from these past events to your own healing and future growth?



SELF REFLECTION

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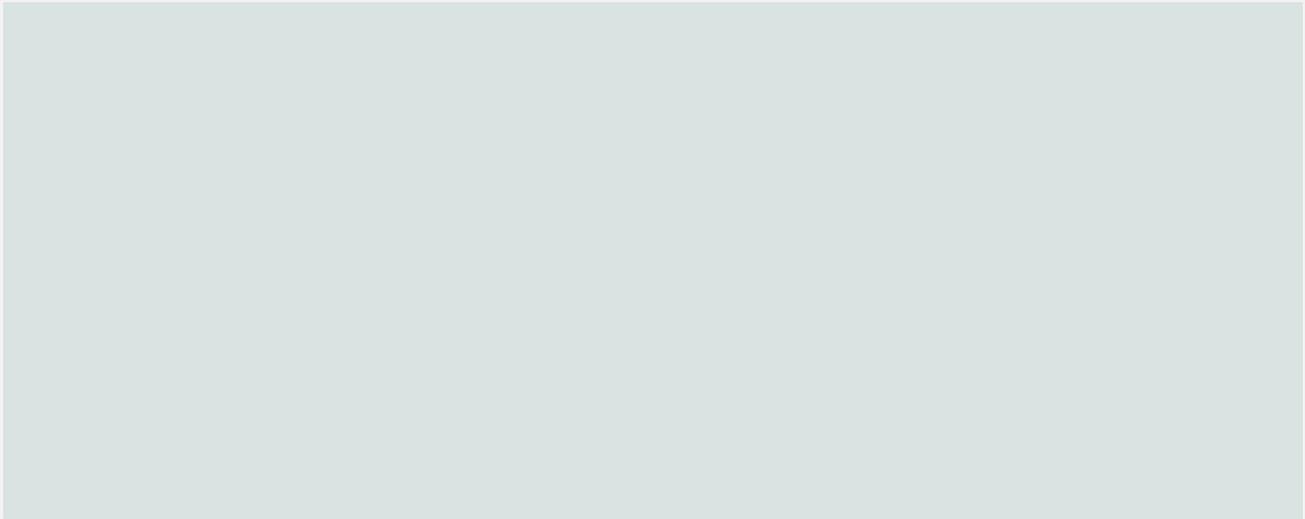
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LOVE HAS MANY FORMS

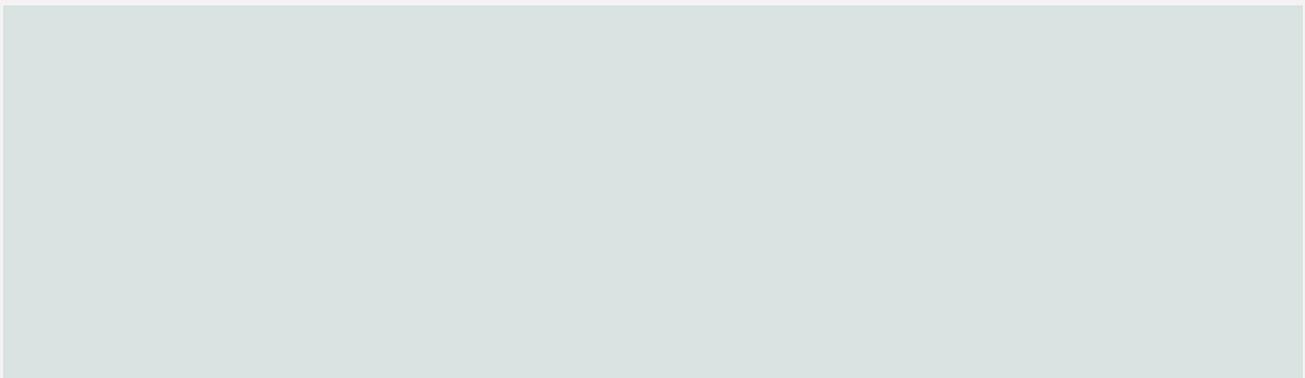
Loving someone who was once a significant part of your life is natural and doesn't need to end just because the relationship did. Love can evolve into a different form of caring and compassion, allowing you to honour the past while not being held back by it. Accepting this shift can help you release the pain and open up to new possibilities. Understanding that love has many forms helps you appreciate the positive aspects of your past relationship while letting go of the need to hold onto romantic feelings that no longer serve you.

Self Reflection Questions

1. Reflect on the love you felt for your ex. How did this love benefit you?

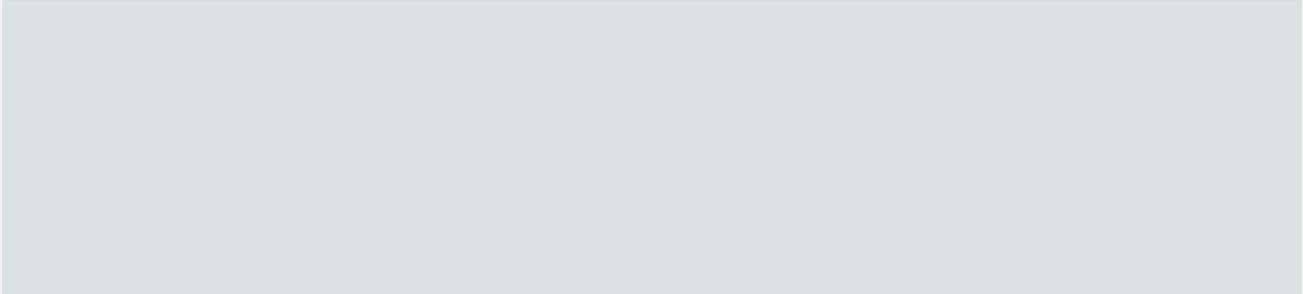


2. What factors or circumstances prevented your relationship from thriving?

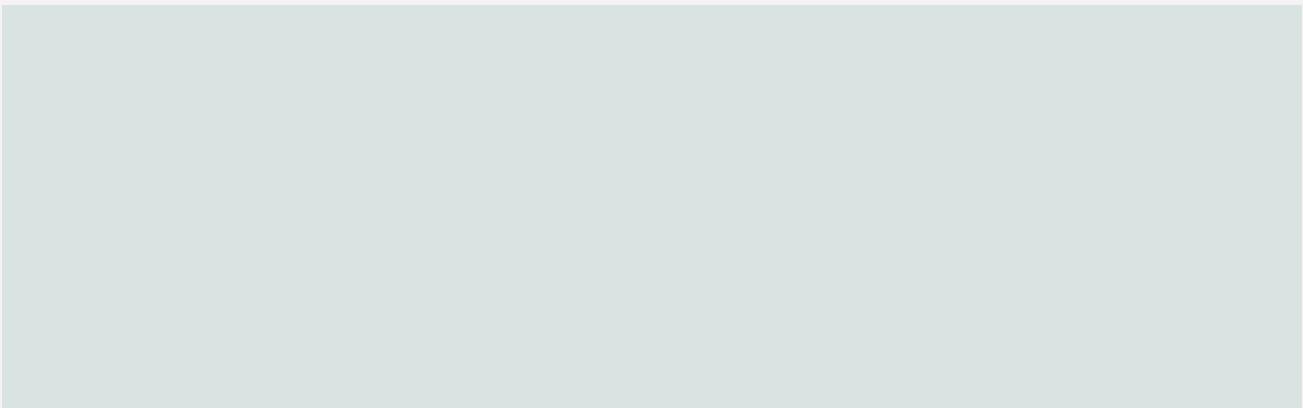


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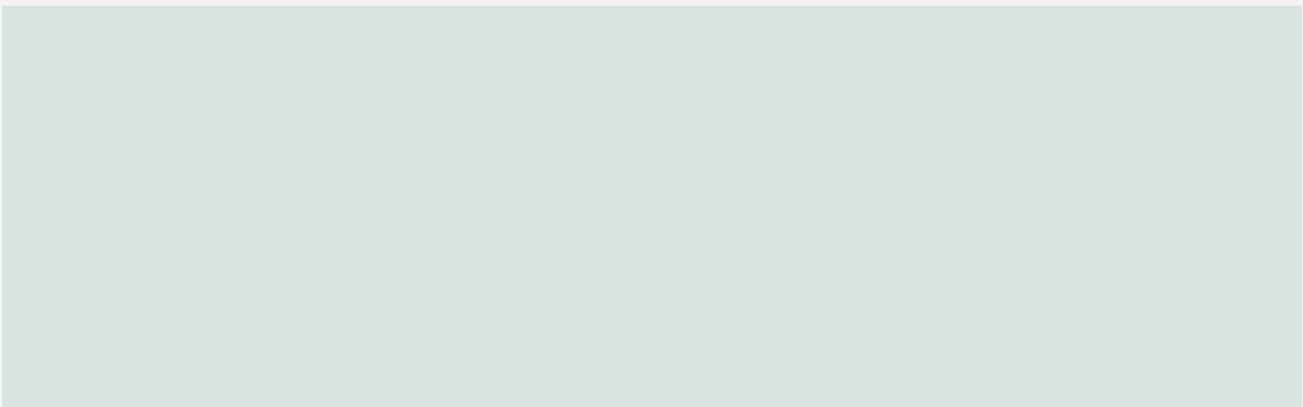
3. How can you allow this love to evolve into a different form of caring and compassion?



4. How can you honour the time you shared without longing for the past?



5. What lessons have you learned from this relationship that you can carry forward?



SELF REFLECTION

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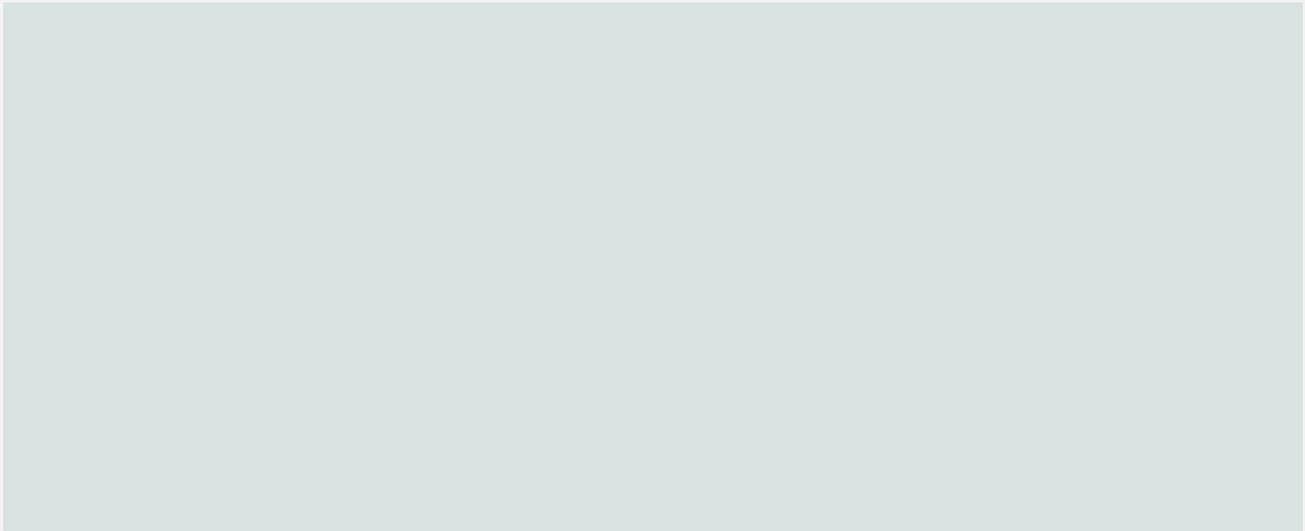
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CONNECT TO SELF-LOVE

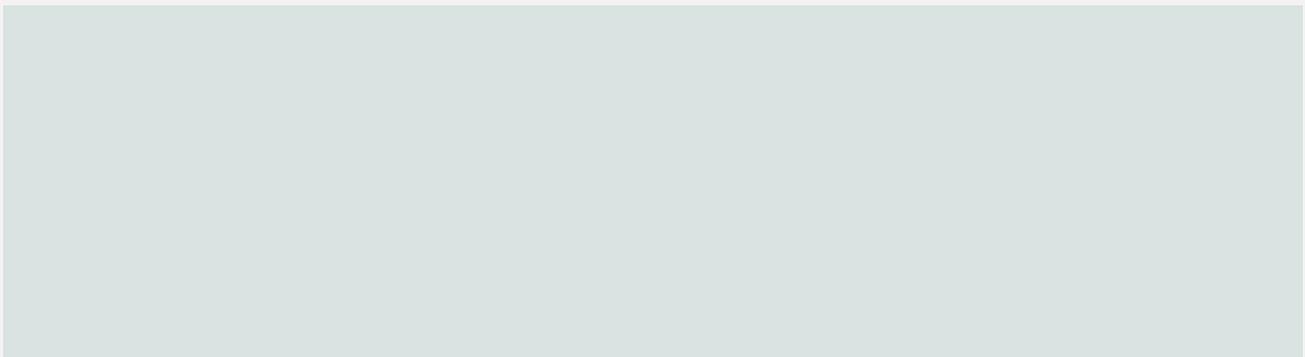
Healing from a breakup is deeply rooted in self-love and self-respect. Believing in your own worth and treating yourself with kindness is essential for moving on. Embracing self-care, positive self-talk, and self-forgiveness will empower you to build a healthier relationship with yourself, setting a strong foundation for future relationships. Connecting to self-love ensures that you don't repeat past patterns and allows you to attract a partner who values and respects you as you deserve.

Self Reflection Questions

1. List the qualities you value most in yourself.

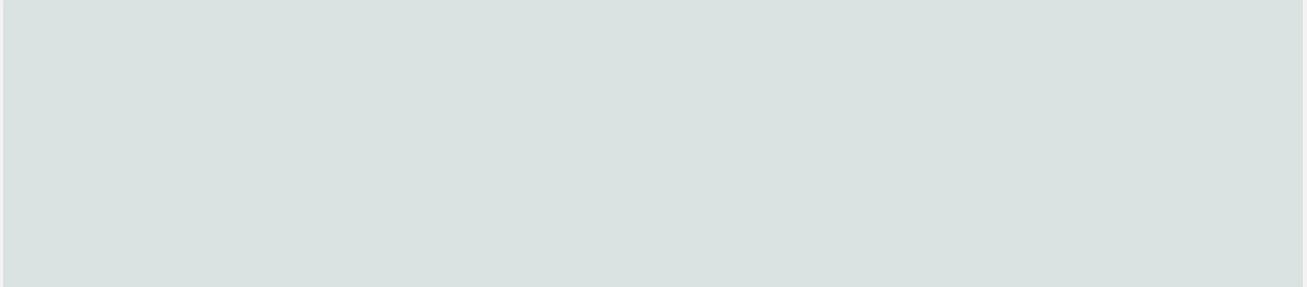


2. What negative self-talk or doubts do you need to address to improve your self-view?

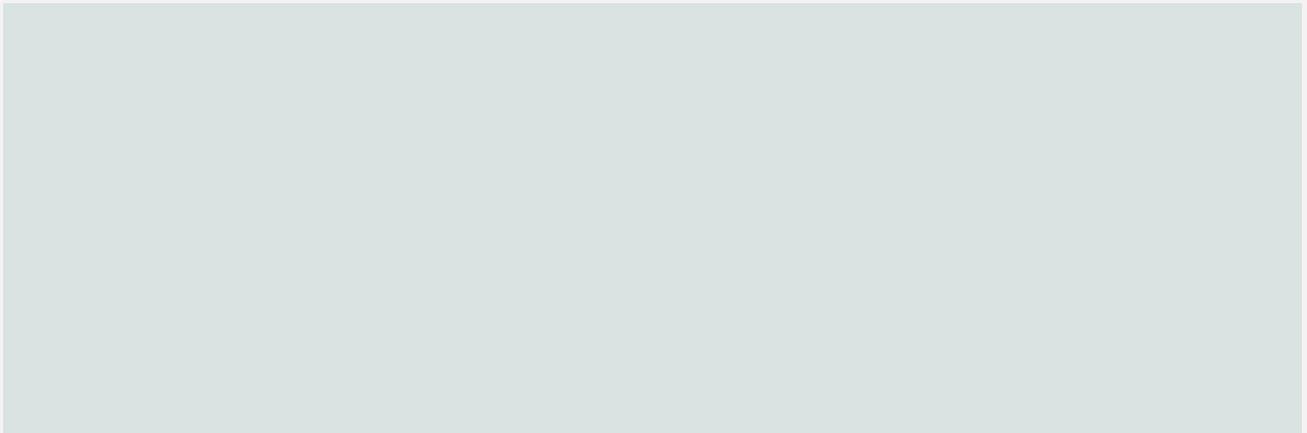


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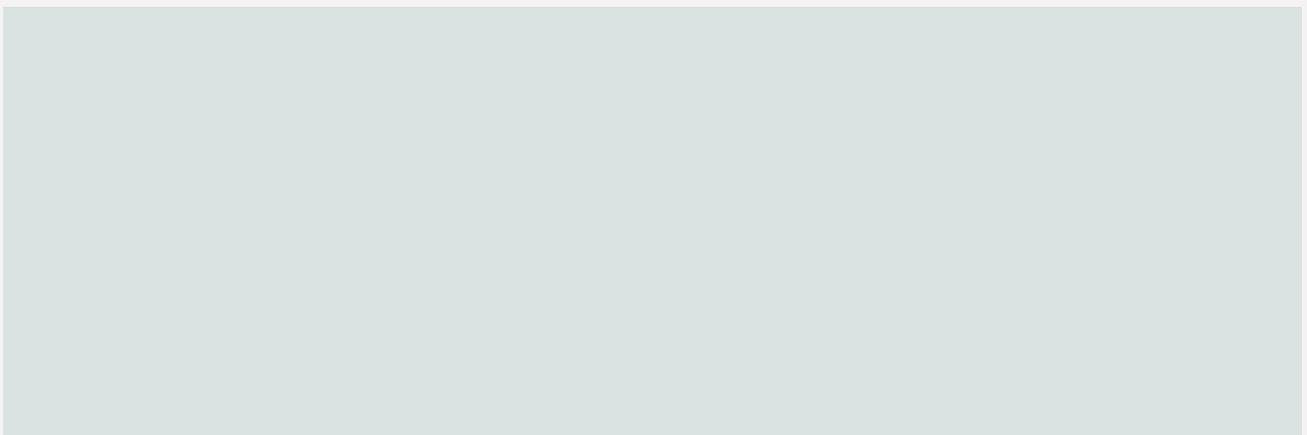
3. How can you practice self-forgiveness for any perceived mistakes in the relationship?



4. What self-care routines can you establish to nurture your well-being?



5. What personal growth areas have you identified, and how can you work on them to prepare for a healthier future relationship?



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RELEASING ENERGETIC HOLDS

Physical reminders and emotional attachments to a past relationship can maintain an energetic hold on you, keeping you anchored in the past. The energetic cords that bind you to your past partner, whether through emotion, fantasy, or shared experiences, need to be consciously released to free up your energy for future relationships.

Physical Reminders

Physical items like gifts, photos, and mementos from your ex can serve as constant reminders of the past relationship. These objects carry energy and memories, which can keep you emotionally tethered.

Energetic Cords

Every significant relationship forms energetic cords between individuals. These cords represent the emotional and energetic exchanges that occurred throughout the relationship. To fully move on, you need to consciously sever these cords.

Emotional Energy

Emotions from past relationships, such as sadness, anger, or longing, carry a significant amount of energy that can weigh you down.

Fantasy Energy

Holding onto the fantasy of what could have been keeps you stuck in an illusion rather than accepting the reality of the relationship. This fantasy energy can be potent and difficult to release.

Shared Places and Experiences

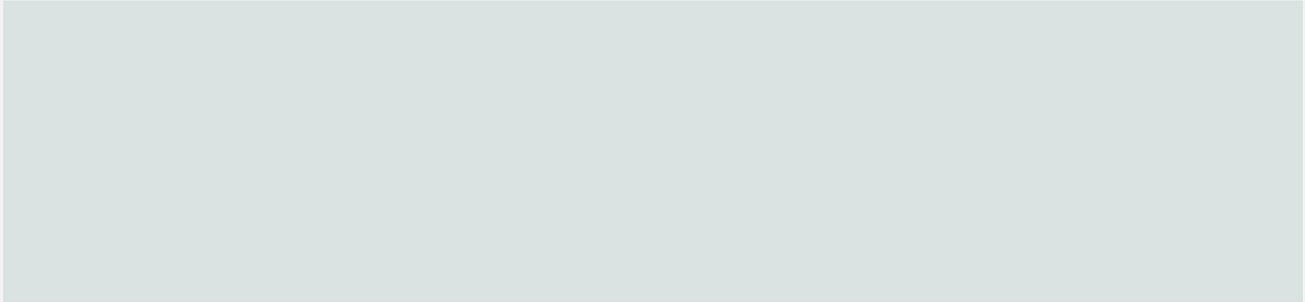
Places you visited together and experiences you shared can hold powerful memories and emotional energy. Revisiting these places or engaging in similar activities can trigger emotional responses.

Releasing the energetic holds from past relationships is crucial for your emotional and energetic well-being. By consciously letting go of physical reminders, severing energetic cords, processing emotional energy, dispelling fantasies, and reclaiming shared spaces, you free yourself to move forward. Releasing the energetic hold will help you clear the lingering energies of the past, paving the way for a more vibrant and fulfilling future relationship. Reclaim your energy, and open yourself up to the possibility of attracting a partner who is truly aligned with your values and desires.

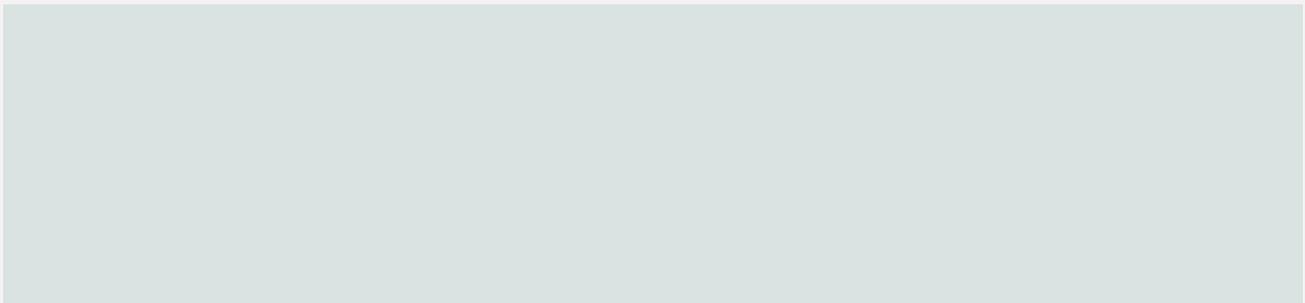
RELEASING ENERGETIC HOLDS

Self Reflection Questions

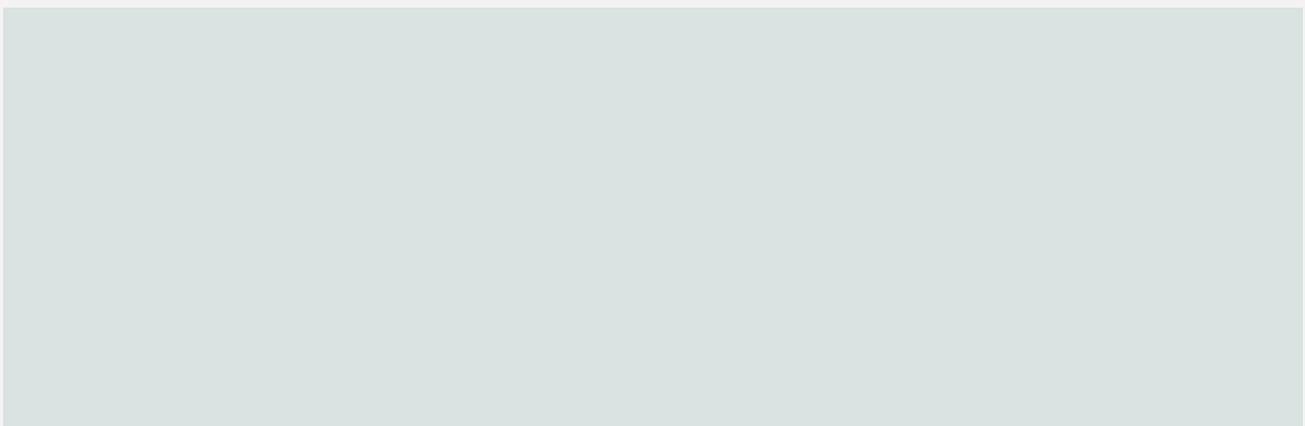
1. What physical items from your past relationship do you still hold onto, and how do they make you feel when you see them?



2. Can you identify any energetic cords or attachments you still feel towards your ex? How might you visualize where in your body these cords are attached and then cutting these cords to regain your emotional freedom?

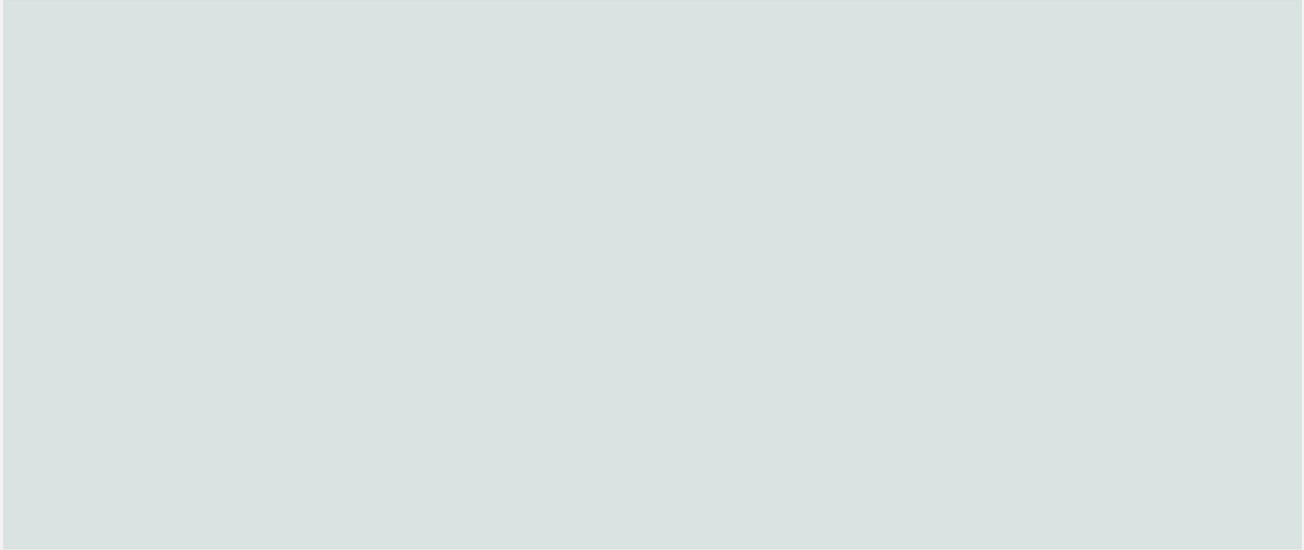


3. What emotions are you still holding onto from your past relationship, and how do they affect your daily life?

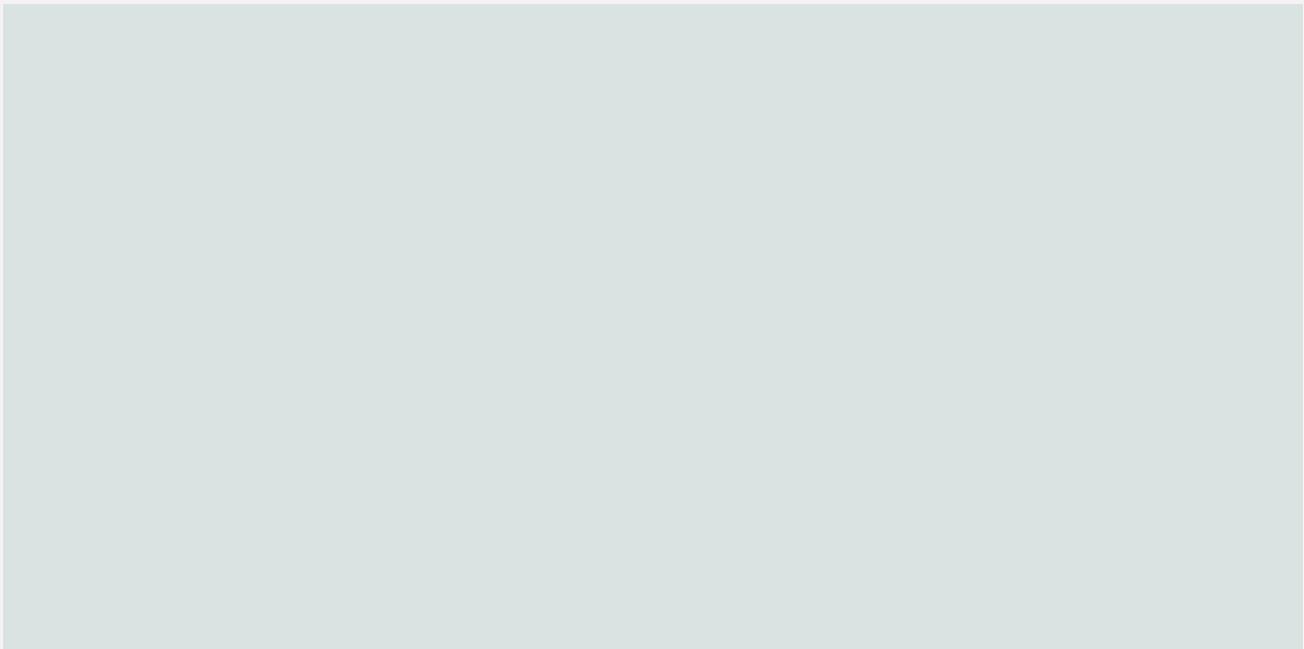


RELEASING ENERGETIC HOLDS

4. Are there any fantasies or idealized versions of your past relationship that you find difficult to let go of? How can you refocus on the reality of the relationship instead?



5. Which places or activities shared with your ex still hold emotional energy for you, and how can you create new, positive associations with these places?



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