

# THE JORDAN HARBINGER SHOW

## Worksheet for Guy Winch | How to Fix a Broken Heart (Episode 66)

Getting people to take physical health seriously is hard enough. Addressing the importance of emotional health care in a society that more readily advocates the relief of food, alcohol, or other substances over seeking a permanent solution is nearly impossible.

But psychologist and [How to Fix a Broken Heart](#) author Guy Winch joins us for [episode 66](#) to champion the cause and share the science-based techniques and tools we can use to treat our distress and minimize its intensity, duration, and spill-over into other areas of our lives.

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## A Balanced Picture

When I spoke with Guy about idealized pictures we have of exes, he pointed out the importance of striking a balance. He noted that our mind has no problem remembering all the good times, but that it somehow airbrushes out or “forgets” the bad times and the real issues. He recommends actually taking the time to write down these issues and, every time you find yourself drifting off into Wistville, to give yourself a nice cold dose of reality by reading over these points.

**Have you idealized an ex? Are you doing so now? Take the time to write down the issues that led to the breakup and follow Guy’s advice of referring to this whenever you start thinking about the “good old days” and resorting to poor behavior, like calling/texting/social media stalking.**

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## It's Gonna Hurt

Guy emphasized that getting over someone is analogous to physical therapy. It hurts a lot and part of you doesn't want to do it, but if you don't do it, you won't get well. This might mean needing to unfollow/block/delete these people from your life -- maybe only temporarily -- so you can do the "physical therapy" for this relationship.

**What are some behaviors you have done in the past that hindered your "physical therapy" for a dead relationship? What can you do to make sure you don't repeat these behaviors in the future?**

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## Time Heals All (Not)

Guy points out that it's not necessarily true that "time heals all" when it comes to recovering from a romantic relationship. But along with the advice given above (making a list, doing the "physical therapy") it's a passive reaction. It's best to take a more active approach so that you can comprehensively deal with what has happened rather than waiting for time's balms to soothe us.

**Do you agree with the idea that time heals all? Why or why not? Do you agree it's better to be active on this front than passive? Why or why not?**

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## Play to Your Strengths

Guy considers it a key practice, even if you're not recovering from a previous relationship, to write down all the qualities you have that are valuable in a relationship. This allows you to focus on what you have to offer rather than the things you may not (for whatever reason).

**Take a few moments (or more than a few) and begin this list. Share it with your friends and ask if it's accurate, or if there's anything missing that they would add.**

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## Self-Affirmation ≠ Positive Affirmation

I brought up the SNL character [Stuart Smalley](#), who was known for his “I’m good enough, I’m smart enough, and doggone it, people like me” line. Guy points out that this comes from the positive affirmation school of thought, which is generic and not generally helpful. “I’m good enough” doesn’t really mean anything. Whereas, self-affirmations are specific and are accepted by your belief system, like “I’m a great listener,” or “I often positively challenge my friends.”

**Take a moment to write down two or three self-affirmations (or more, if you’re feeling like it) that follow Guy’s advice, curated toward things at which you know you’re good (and others often affirm).**

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## The Deaths of Pets

Guy pointed out that there seems to be some shaming directed toward people grieving over the death of pets, when the reality is that those pets have been in those people's lives for significant events and significant periods of time. There shouldn't be shame in that. I noted too that even those of us who have had a pet die can forget how it feels when a lot of time has passed.

**If you have had a pet die, were you ashamed to let others know you were grieving? Why or why not? If you have not had a pet, or are not a pet person, upon hearing Guy's perspective, do you think you can be a bit more helpful/empathetic when you run into this in the future? Why or why not?**

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## Be Vulnerable

Guy challenged us to get more comfortable asking for help with our emotional needs (we're often too busy pretending we don't even have any, or that we need any help).

**Are you guilty of this? Are you willing to be vulnerable and stop pretending you're bulletproof and have it all under control? If so, share some needs you have below and consider asking a close friend or two to help you with them.**

*Full show notes and resources for this episode [can be found here](#).*



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## About



Join Jordan Harbinger (critically acclaimed host, formerly of The Art of Charm) as we get deep into the untapped wisdom of the world's top performers -- from legendary musicians to intelligence operatives, iconoclastic writers to visionary change-makers.

We deconstruct the playbooks of the most successful people on earth -- and learn new strategies, perspectives, and insights you can't find anywhere else. Then, take these insights into your own life and live what you listen.

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