

How to Heal a Broken Heart

1. Amount
2. Verb - Present Ends In Ing
3. Preposition
4. Time Frame
5. Direction
6. Noun
7. Noun
8. Verb - Present Ends In S
9. Verb - Base Form
10. Time Frame
11. Verb - Base Form
12. Verb - Present Ends In Ing
13. Verb - Present Ends In Ing
14. Verb - Present Ends In Ing
15. Noun - Plural
16. Adjective
17. Adjective
18. Adjective
19. Proper Noun
20. Verb - Base Form
21. Adverb
22. Adjective
23. Adjective

24. Adjective
25. Verb - Base Form
26. Proper Noun
27. Verb - Base Form
28. Room In House
29. Verb - Base Form
30. Noun - Plural
31. Verb - Present Ends In Ing
32. Adjective
33. Adjective
34. Verb - Base Form
35. Verb - Base Form
36. Noun
37. Time Frame
38. Adjective
39. Adverb
40. Proper Noun
41. Verb - Base Form
42. Adjective
43. Verb - Base Form
44. Verb - Present Ends In S
45. Adjective
46. Verb - Base Form
47. Verb - Present Ends In S
48. Noun - Plural

49. Verb - Base Form
50. Body Parts
51. Verb - Present Ends In Ing
52. Clothing Items
53. Proper Noun
54. Verb - Base Form
55. Adverb
56. Body Parts
57. Noun
58. Verb - Base Form
59. Noun

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Give yourself _____ amount _____ me time. You've probably been in a relationship for a while, or maybe you've been _____ Verb - Present ends in ING _____ Preposition _____ that person non-stop for _____ time frame _____. Now is the time to take a step _____ direction _____, look at your _____ Noun _____, and move on to the next _____ Noun _____. Everyone _____ Verb - Present ends in S _____ down. It's how you _____ Verb - Base Form _____ that defines you.

Take a _____ time frame _____ to do whatever it is you _____ Verb - Base Form _____ most. Whether it's _____ Verb - Present ends in ING _____, _____ Verb - Present ends in ING _____, _____ Verb - Present ends in ING _____, or simply being around your _____ Noun - Plural _____, use the opportunity to surround yourself with _____ Adjective _____ people and do the things that make you _____ Adjective _____.

Start a journal to record how you feel. Writing things down can be a _____ Adjective _____ release. It's called " _____ Proper Noun _____," where you _____ Verb - Base Form _____ your mind through expression. Write about whatever you want to write about. You'll feel a _____ Adverb _____ better after you do.

Don't be afraid to feel _____ Adjective _____. It's normal to feel _____ Adjective _____. Don't feel _____ Adjective _____ or stupid if you _____ Verb - Base Form _____ or get upset -- these things are normal. Going through grief is just another step along the path to _____ Proper Noun _____. Let yourself _____ Verb - Base Form _____.

Go through your _____ room in house _____ and _____ Verb - Base Form _____ all pictures of, _____ Noun - Plural _____ from, references

to the person you're trying to stop _____ Verb - Present ends in ING over. If you have a journal in which you write about the person, begin a _____ Adjective new one. It's a symbolic new beginning, but an _____ Adjective one

Removing is different from destroying. Don't _____ Verb - Base Form or _____ Verb - Base Form any objects associated with the person, unless you're sure that you never want them to be any part of your _____ Noun in the _____ time frame. When you're _____ Adjective and _____ Adverb in love with someone who loves you just as much back, the memories will be a record of all that you went through to get to where you are now.

_____ Proper Noun doesn't happen overnight. It can take a long time to be able to _____ Verb - Base Form someone, so be sure you're actually _____ Adjective to _____ Verb - Base Form. Usually, finding someone who truly _____ Verb - Present ends in S you is a _____ Adjective way to forgive the other person.

How do you _____ Verb - Base Form someone? Recognize that everyone _____ Verb - Present ends in S _____ Noun - Plural. Try to _____ Verb - Base Form their _____ body parts, and understand why they were doing what they did. Try _____ Verb - Present ends in ING yourself in their _____ clothing items. You don't have to come up with an answer, but try to come up with an _____ Proper Noun.

You don't have to tell the other person you _____ Verb - Base Form them, but it helps. You can forgive them _____ Adverb in your _____ body parts, if that's the way you want to do it. But you may want to have a _____ Noun with them in the future; telling them you _____ Verb - Base Form them will make that _____ Noun easier.

