

## **Vow-Break – Standard version:**

Print out the following pages and complete it (yes it's important you do this physically using pen and paper, rather than typing it into a word document on your computer).

## **Vow-Break – Pro version:**

The pro-version is an incredibly powerful exercise and thus recommended to those that qualify, but note that it is not a viable option for every one. Check if you qualify checking the statements below first;

- ▶ I was not in a toxic relationship
- ▶ I will not *need* a reply from them
- ▶ Completing the pro version is about my own personal development, it is not about them or their needs
- ▶ I am not going to complete the pro-version in an attempt to re-engage with the ex

Details of the Pro version is explained on the last page of the Vow-break.

# The Vow-Break - Standard version

## About your wedding vows:

Review the marriage vows you committed to and write them down here:

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Acknowledge and write down the commitments you did not honour during your relationship, or can no longer honour now:

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Write down the following: *“I accept and forgive myself for any commitments I was not able or unwilling to honour during our relationship. I am now completing my Vow-break and am no longer held by any previous commitments or life restrictions related to our marriage. My past does not and will not influence or restrict my future happiness”*

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Date:

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Signed:

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## About the Ex:

Write down *at least one thing* for each of the following statements. Write it as if you were writing it to them directly, any references about the relationship should be in the past tense.

I acknowledge you for being / doing:

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What was awesome about our relationship was:

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You hurt me when you did / said:

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What I needed to hear from you when we were together was:

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I was never able to accept this about you:

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What I learned from our marriage was:

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What I wish for you and your future:

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What commitments I can make to you now:

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**About you:**

Write down the exact statements below, date it, sign it, and file it.

I accept that like all humans I have flaws:

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I accept that my flaws are also what make me unique, and make me who I am:

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I am constantly evolving as a human-being:

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My personal growth potential is unlimited:

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I do not need anyone else to make my happy or whole, I make that choice myself:

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Date:

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Signed:

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# The Vow-Break - Pro version

Note: The pro-version is not achievable by all. Only attempt the Pro-version if you can do so without *needing* a reply. Realise that doing this exercise is for your benefit not their's, and thus you do not need any response by them.

If you want to complete this task because it's an opportunity to re-connect with the ex, then do not complete the Pro-version.

If they choose to respond it is because they wish to complete their own divorce journey rather than doing you any favours. You have no need to reply to any responses that may be sent.

## Actions:

- Complete the standard Vow-Break using the pages above.
- Photograph the completed version of page 3 (only) and send it to your ex
- We recommend a message like the following:

*As part of my personal divorce journey I have completed my Vow-Break. I am sending one page of this document because it refers in-part to you and our former relationship and doing so helps me to complete this journey and move on. I do not need or request any reply to this from you. Thank you.*