

## THE HEALING HEARTBREAK PROCESS QUIZ

### 1. How do you feel when you think about your past relationship?

- a) Overwhelming sadness
- b) Nostalgia mixed with regret
- c) Indifference
- d) Acceptance and understanding
- e) Ready to move on, no looking back

### 2. Do you find yourself frequently replaying memories of your past relationship?

- a) Yes, constantly
- b) Sometimes
- c) Rarely
- d) Rarely, and when I do, it's with a sense of closure
- e) No, I'm focused on the future

### 3. How open are you to the idea of new love or relationships?

- a) Not open at all, it feels impossible
- b) Somewhat open, but with caution
- c) Neutral, not really thinking about it
- d) Quite open, I believe in second chances
- e) Very open, I'm excited about new possibilities

### 4. What best describes your sleep patterns since the breakup?

- a) Constant insomnia and nightmares
- b) Irregular sleep, often interrupted by thoughts
- c) Normal, unaffected by the breakup
- d) Improving, but occasional restlessness
- e) Peaceful and restful, I sleep well

### 5. How do you react when you see or hear about your ex with someone new?

- a) It devastates me
- b) I feel a mix of jealousy and sadness
- c) I'm indifferent d) I'm genuinely happy for them
- e) I couldn't care less

### 6. Have you taken any steps to focus on self-improvement or personal growth since the breakup?

- a) No, I can't bring myself to do anything
- b) A few small steps, but I'm struggling
- c) Not really, I'm just going through the motions
- d) Yes, I'm actively working on self-improvement
- e) Absolutely, I'm dedicated to self-growth

Results:

Mostly (a)s: You might be in the "Overwhelmed" stage of healing heartbreak.

Mostly (b)s: You could be in the "Reflective" stage of healing heartbreak.

Mostly (c)s: You might be in the "Acceptance" stage of healing heartbreak.

Mostly (d)s: You could be in the "Recovery" stage of healing heartbreak.

Mostly (e)s: You are likely in the "Moving On" stage of healing heartbreak.

Remember that these stages are part of the healing process, and it's normal to move through them at your own pace. The book, "HAPPY AGAIN" by Dr. Troy (clinical psychology) can provide further guidance on how to navigate and heal through each stage as well as prepare you to make better romantic choices in the future. Order your [EBook](#) or [AudioBook](#) copy today!

