



3 STEPS TO HEAL A BROKEN HEART AFTER A BREAKUP

Using your brain and body to release, rewire, and become the woman who loves herself and open to real love.



Welcome,

Can I be honest with you for a second?

You didn't just lose a relationship. You lost the future you were building in your head. The version of yourself you were becoming. Maybe even your sense of who you are without this person.

I know that feeling. I've been there going through the motions every day, putting on a smile, telling people I was fine while inside I felt completely hollowed out. The exhaustion wasn't just emotional. It was in my body. I was anxious and drained in a way that sleep couldn't fix.

If you've been trying to think your way out of this reading all the right things, saying the affirmations, telling yourself to "just move on" and it's still not working, I want you to know: you're not doing it wrong. You're just missing a piece that nobody told you about.

Here's what neuroscience actually shows us: heartbreak is stored in the body as a physiological pattern. Positive thinking alone cannot reach it. Your nervous system, not your willpower, decides what you're able to receive and release.

That's why I created this guide. Not to give you more things to think about but to help you actually feel your way through this, using your brain and body together, so the healing actually sticks.

You are not broken. You are buried beneath the weight of an experience your body hasn't yet been given permission to release. That changes today.

With love,
Cary O.

“You can't heal from heartbreak if your nervous system thinks
it's not safe to move on.”





01

FOUNDATION: CALM YOUR NERVOUS SYSTEM

Here's what I wish someone had told me first: you cannot think your way into healing. I tried. I really tried. I did the journaling, the therapy, the mindset work — and I kept wondering why I still didn't feel safe. Why I'd have one good day and then wake up the next morning feeling like I was back at square one.

What I didn't understand then was that my nervous system was still in survival mode. And a nervous system in survival mode cannot process emotion or form new patterns no matter how hard you try. This is the step I kept skipping, and it's exactly why nothing was working. Before any real healing can happen, your body needs to feel safe. This is where everything begins.

When you notice yourself looping in thoughts about your ex, try one of these to interrupt the pattern:

- **Daily walks in nature** — rhythmic movement regulates cortisol and activates your parasympathetic nervous system, signaling safety to the brain. Even 15 minutes can shift your state.
- **Meditation & breathwork** — slow, intentional breathing directly stimulates vagal tone and lowers your body's stress response. You don't need a fancy app. Just breathe in for 4 counts, out for 6.
- **Connecting with something bigger than yourself** — prayer, stillness, presence in nature activates the default mode network and creates a deep sense of inner safety that anxiety can't touch. Trusting that everything is working out for your highest good.

Start each morning with one of these, or create your own combination. And please be gentle with yourself as you do. These feelings are real. Your body is not being dramatic. It's doing exactly what it was designed to do.

02

THE DEEP WORK: IDENTIFY & HEAL YOUR WOUNDS

I'm not going to pretend this part is easy and I know it would be nice to use a magical wand to get through this messy stage. This is the one most people want to skip because it requires you to actually feel what you've been trying so hard not to feel.

For a long time, I was really good at staying busy so I didn't have to sit with what was underneath. But what I've learned and what the neuroscience confirms is that unprocessed emotion doesn't disappear. It lives in the limbic system, your brain's emotional center, and over time it calcifies into patterns and triggers that keep showing up in your relationships, your self-worth, your life. You have to feel through it to release it. There is no way around it.

The good news is that awareness alone starts to create change. When you bring a pattern into the light with curiosity, not judgment new neural pathways begin to form. That's not just a concept. That's your brain literally rewiring itself.

Here are three places to start:

- **Notice your repeating patterns** — the same dynamic keeps showing up with different people, doesn't it? That's not bad luck. That's a pattern asking to be seen. Spend some time reflecting on what themes have repeated throughout your relationships.
- **Identify your triggers** — every trigger is a doorway to an older wound. When something sets you off, get curious instead of critical. I always tell my clients: "That's interesting that I reacted that way." Follow the thread. It leads somewhere important.
- **Journal without editing yourself** — write what you actually feel, not what you think you should feel. Unfiltered expression moves stuck emotion out of the body. When you allow feelings to arise and complete their cycle, the blocks begin to dissolve. This is where real freedom lives.

You don't have to force memories or relive anything you're not ready for. Just notice. Awareness is step one, and it opens the door more gently than you'd expect.

03

THE BECOMING: CREATE YOUR FUTURE SELF

Here's something I want you to sit with: this isn't about becoming someone new. It's about coming home to who you've always been underneath the heartbreak, the patterns, the stories you inherited about love and what you deserve.

When I started doing this work in my own life, I had to get really honest about who I was becoming when I was in that relationship and whether she was actually who I wanted to be. I had shrunk. I had prioritized keeping the peace over expressing myself. I had handed over my confidence piece by piece without even realizing it.

Becoming her, the real her, is the work of this step. And neuroscience backs this up beautifully: the brain cannot distinguish between a vividly imagined experience and a real one. When you consistently embody your future self, your reticular activating system begins filtering reality toward what you desire. You literally start seeing opportunities you were blind to before.

Three ways to begin:

- **Gain clarity on your desire** — not just what you want, but who you want to become. How does she feel in her body every single day? What does she no longer tolerate? What does she finally allow herself to receive? Get specific.
- **Visualize her daily** — vivid, embodied visualization creates new neural firing patterns that make your future self feel real and attainable. Spend a few minutes each morning not just seeing her, but feeling what it's like to be her. Let that feeling settle into your body.
- **Raise your vibration** — pay attention to how you're spending your time and who you're spending it with. Is it filling you up or draining you? Sometimes healing requires making quiet, courageous choices about your environment not because people are bad, but because you're growing.

You are not too far gone. You are not too broken. You are simply in the middle of your becoming — and that is one of the most powerful places you can be.

Testimonial

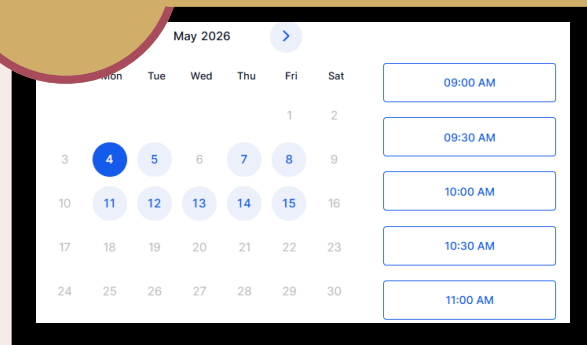
“I've worked with several therapists over the years, but my sessions with Cary have reached a depth that talk therapy never could. Cary is compassionate, nurturing and has an incredible gift for getting to the root of my deepest wounds. “

Terry

READY TO GO DEEPER

You now understand why you've been stuck. But understanding and actually moving through it are two different things. That's what we do together.

FREE BOOK YOUR CONSULT



CLICK TO BOOK

BOOK YOUR FREE CONSULT CALL
HERE'S WHAT HAPPENS ON THE CALL:

- We'll identify the specific block that's keeping you stuck.
- You'll leave with clarity on your next step
- We'll do a mini release session so you will feel lighter before we hang up.

"I was blown away! It was like 5 hours of therapy in 1 session. Cary has a unique gift that I can't describe in words. You have to experience it for yourself." Beth S.

🌸 Take what you've learned here, trust
your pace, and know that you're deserving
of love

YOU'RE NOT BROKEN.

**YOU'RE BURIED BENEATH
THE WEIGHT OF OLD
STORIES, PAIN, AND
EMOTIONAL PATTERNS.**

**THIS IS YOUR INVITATION TO
COME HOME TO YOURSELF**

[CLICK TO BOOK YOUR CALL](#)

Cary O.

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