

FREE GUIDE

7-DAY

# No Contact Starter Guide

One small action. Every day.

Seven days to prove you can do this.

## What's inside:

- ✓ 7 daily one-action challenges
- ✓ Daily journal prompt + reflection question
- ✓ Urge-management technique for each day
- ✓ Science tip: why each day matters

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# Welcome — a note before you begin

You found this guide for a reason.

Maybe you're on Day 1, phone in hand, message drafted and deleted. Maybe you've broken no contact once already and you're starting over. Maybe someone you trust sent you this because they didn't know what else to do.

Whatever brought you here — you're in the right place.

## **This guide is not about willpower.**

It's about building one small habit at a time until the distance between you and them stops feeling like something to fix.

## **Seven days.**

Not thirty. Not forever. Just seven days — to prove to yourself that you can choose this.

## **A few things to know:**

- Each day has ONE action. Do just that one thing.
- There's a journal prompt and a reflection question. Even 5 minutes counts.
- There's a science tip explaining what's happening in your brain. Understanding helps.
- If you break no contact during these 7 days, note it and keep going. Progress, not perfection.
- This guide pairs with the full 30-Day No Contact Workbook at [breakup.co.in/shop](https://breakup.co.in/shop).

■ After Day 7, continue with the full 30-Day Workbook — [breakup.co.in/shop](https://breakup.co.in/shop)



## ■ Put Your Phone Down

### ◆ TODAY'S ACTION

**Today the only action is physical distance from your phone.**

Set a 2-hour phone-free window tonight. Put it in another room. Not silent — another room.

### ■ WHY THIS WORKS

The urge to check their profile or send a message peaks and passes in 20 minutes. It is literally a wave — it rises, crests, and falls. You don't have to act on it. You just have to survive the 20 minutes.

### ■ JOURNAL PROMPT

**What was it like to be without your phone? What did you notice?**

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### ■ EVENING REFLECTION

Did the urge come? When was it strongest? What did you do?

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### ■ SCIENCE INSIGHT

Your brain releases dopamine every time you check their profile — even if there's nothing new. You're training it to seek that hit. Every time you don't check, you make the next urge slightly weaker.

MOOD:



URGE TODAY:





## Write the Unsent Message

### ◆ TODAY'S ACTION

**Write everything you want to say to them. Every single thing. Then don't send it.**

Get a piece of paper or open the Notes app. Write the message you've been composing in your head. All of it — the anger, the pleading, the 'why', the love. Write until there's nothing left.

### ■ WHY THIS WORKS

Unexpressed emotion doesn't disappear. It circulates. Writing it out moves it through you instead of leaving it trapped. The act of writing is the release — not the sending.

### ■ JOURNAL PROMPT

**What surprised you in what you wrote? What emotions came up that you didn't expect?**

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### ■ EVENING REFLECTION

How do you feel after writing it? Heavier or lighter?

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### ■ SCIENCE INSIGHT

Studies show that expressive writing about emotional events reduces intrusive thoughts and emotional intensity within days. You're literally rewiring your response to the memories.

MOOD:



URGE TODAY:





## ■ Name What You're Actually Grieving

### ◆ TODAY'S ACTION

**You're not just missing them. You're missing something more specific. Today you name it.**

Finish this sentence 5 times: 'What I'm actually grieving is \_\_\_\_.' Go beyond 'them.' The future you planned. The person you were when you were with them. The feeling of being chosen.

### ■ WHY THIS WORKS

Grief gets stuck when it's too vague. 'I miss them' is impossible to process. 'I miss having someone who knew my coffee order' is specific enough to actually grieve — and move through.

### ■ JOURNAL PROMPT

**Which of your 5 sentences hit hardest? Why do you think that one?**

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### ■ EVENING REFLECTION

What did this exercise tell you that you didn't already know?

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### ■ SCIENCE INSIGHT

Ambiguous grief — grief without a clear object — is proven to be harder to resolve. Naming specific losses activates the brain's processing system rather than its rumination system.

MOOD:



URGE TODAY:





## ■ Do One Thing for Future You

### ◆ TODAY'S ACTION

**Today you take one action that is purely for the person you're becoming.**

Book something, sign up for something, buy something, start something — one small thing that Future You will be grateful for. A class, a book, a walk somewhere new, a conversation with a friend you've been avoiding.

### ■ WHY THIS WORKS

Healing isn't just about stopping things. It's about building toward something. Every action you take for Future You creates evidence that you have a life worth living without them.

### ■ JOURNAL PROMPT

**What did you choose to do for Future You? Why that thing?**

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### ■ EVENING REFLECTION

How did it feel to invest in yourself today?

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### ■ SCIENCE INSIGHT

Forward-focused thinking activates different neural pathways than grief processing — specifically the planning and motivation centres. Regularly imagining your future self builds genuine psychological resilience.

MOOD:



URGE TODAY:





## ■ Identify Your Trigger Pattern

### ◆ TODAY'S ACTION

**Today you get strategic. When exactly do you most want to break no contact?**

Think back over the last few days. When was the urge to contact them strongest? Write down: the time of day, what you were doing, how you were feeling. Look for the pattern.

### ■ WHY THIS WORKS

Urges don't come randomly. They come in patterns — late at night, when you're bored, after specific songs, when you see certain things. Once you know your pattern, you can prepare for it.

### ■ JOURNAL PROMPT

**What is your highest-risk time? Your highest-risk situation?**

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### ■ EVENING REFLECTION

What will you do differently in those moments after today?

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### ■ SCIENCE INSIGHT

Cognitive Behavioural Therapy research shows that identifying specific triggers reduces their power by up to 40% — because awareness activates the prefrontal cortex, which can override impulse responses.

MOOD:

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URGE TODAY:

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## ■ Call Someone Who Knew You Before

### ◆ TODAY'S ACTION

**Today you reconnect with someone who knew you before this relationship.**

Text or call one person from your life who predates this relationship. It doesn't have to be about the breakup. Just make contact. Remind yourself that you existed before them — and existed well.

### ■ WHY THIS WORKS

Isolation is one of the most dangerous parts of heartbreak. It narrows your world until they seem like the only connection that mattered. Reconnecting with pre-relationship relationships literally expands your world back.

### ■ JOURNAL PROMPT

**Who did you reach out to? What did it feel like?**

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### ■ EVENING REFLECTION

What do they know about you that has nothing to do with this relationship?

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### ■ SCIENCE INSIGHT

Social reconnection after loss triggers oxytocin release — the same bonding hormone that made the relationship feel so essential. You can source it elsewhere. You always could.

MOOD:



URGE TODAY:





## ■ Write Your Day 7 Letter

### ◆ TODAY'S ACTION

**You made it to Day 7. Today you write a letter to Day 1 you.**

Write a short letter to yourself as you were on Day 1 — or the day the relationship ended. Tell them what you know now. What was hard. What surprised you. What you're proud of.

### ■ WHY THIS WORKS

Looking back at where you started creates a psychological milestone. It makes the progress real. It also creates a document you can return to on hard days — proof that you've already done hard things.

### ■ JOURNAL PROMPT

**What do you want Day 1 you to know?**

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### ■ EVENING REFLECTION

What are you most proud of from these 7 days?

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### ■ SCIENCE INSIGHT

Reflective writing about personal growth activates the brain's self-narrative centre — the same area associated with identity formation. You are literally rewriting who you are.

MOOD:



URGE TODAY:



# You finished 7 days. What's next?

## 7 days done. That's not nothing.

Whether it felt like progress or not — you chose to start. You chose to keep going. That's the hardest part.

### ■ Keep going — Day 8 awaits

The momentum you built this week is real. Don't let it reset. The full 30-Day No Contact C...

**Get the full workbook: [breakup.co.in/shop](https://breakup.co.in/shop)**

### ■ Talk to the AI Healing Chatbot

Available 24/7. No judgment. Trained on Indian relationship context. For the 3 AM moments ...

**Free at: [breakup.co.in/chatbot.html](https://breakup.co.in/chatbot.html)**

### ■ Get your personalised Recovery Plan

Answer a few questions and get a personalised 4-week healing plan built by AI. Specific, a...

**Free at: [breakup.co.in/recovery-plan](https://breakup.co.in/recovery-plan)**

### ■ Read stories from people who made it

Real stories from real people who went through heartbreak and came out the other side. Som...

**Free at: [breakup.co.in/breakup-stories](https://breakup.co.in/breakup-stories)**

■ You are going to be okay. Not today, maybe not tomorrow — but you will.