**“After The Passion…Now What?”**

**Primary Book**

**Chapter One**

**The Ex-Connection**

**After a period of several months and countless nights of loneliness, Bob decided to join an internet dating service. He viewed numerous photos with seemingly few actual matches and finally decided to communicate with a beauty whose numbers showed an 85% match. Thus the introduction and dialogue between Bob and Sally.**

**They communicated over the net for two weeks before deciding to meet in person for a date. It happened, they did the traditional or usual and went to dinner at a nice restaurant. The conversation and chemistry were both great as they hit it off or should I say on very well.**

**Bob was employed as a Technician for a computer based company, while Sally worked as a switchboard operator. They both talked of their dreams and aspirations for the future.**

**After having late night bedtime chats mostly over the phone for another two months, Bob and Sally decided to become an unspoken item. Prior to their entering into a relationship, Bob cautioned Sally that his last relationship ended one year prior and that he was also still in love with his Ex.**

**Sally now getting used to Bob’s being around and together experiencing incredible laughter, insisted he must be the one. She told Bob she could make him totally forget about his Ex if he would just concentrate now on the two of them and the fun they were having. Bob insisted this was not advisable and felt he needed more time. Sally persisted and got her way. Sally was accustomed to getting her way as being persistent was a part of her personality.**

**As a matter of fact, she actually pursued her first boyfriend and got him. She had a very high percentage in getting anything or anyone she went after. She had gotten to the point of being spoiled with such behavior which leads to some major disappointments throughout her life time. One of the good things about her persistence is, she would never let disappointments keep her back or bring her down. Her pursuit of Bob was like her regular routine; though many a woman would think to approach a man is uncharacteristic. She thought otherwise in this day and age, and often got what she wanted.**

**In her eyes, there was something different about Bob that made her overly enthusiastic to pursue him although he made the initial communication. In her mind, once she became locked on something, she had to have it. There are those that may have felt she had a major obsession, she of course would beg to differ.**

**There were numerous times while on their outings that Bob would share things with Sally about his former engagement and activities he had experienced. Sally was not often accepting of this and would remind him from time to time that this was not something she wanted to always hear or talk about. She wanted the conversations to focus more on the two of them and the future of where she wanted the relationship to go. Bob would quickly apologize for getting side tracked, but Sally failed to fully realize that Bob was not over his ex as of yet.**

**The relationship with Bob and Sally appeared to be going smoothly after several months despite Bob not truly being ready for it. One day Bob had to attend a business meeting in another city, the very city where his ex-fiancée lived. Bob and Sally spent a great deal of time together since he would be leaving in a day or so. They made passionate love the night before his departure. She told him that she loved him and he failed to respond to her in the same manner. They spent the entire evening all through the night together.**

**Upon arrival back in the windy city of Chicago, Bob could not help thinking of the countless memories he encountered here with the woman he felt was the ‘lady of his dreams.’ I can assure you at this point he was nothing thinking or talking about Sally. His mind now was completely shifted to his ex fiancée.**

**As he left the airport he could sense the smell of her perfume, the very perfume that was his favorite on her. He enjoyed the smell so much that he would occasionally wear it to think of her throughout the day.**

**He settled into the hotel, organized a few things for the afternoon scheduled meeting and decided to grab a bite to eat. At various times he would take a deep breath just to smell or once again experience a ‘touch of Chicago.’**

 **While having lunch at one of the shopping plaza’s a soft voice whispered in his ear with a gentle hand on his shoulder from behind, “Hello my dear Bob.” Without hesitation he immediately knew the voice coupled with the soft touch of this particular hand. Without hesitation, he immediately jumped up nearly causing his food to spill over into his lap. He turned around slowly and nervously as though shocked, uttered a refreshed, “Hello.” They both immediately greeted each other with a soft kiss just like old times. This was Bob’s ex-fiancée Trishia. He asked her to join him for lunch and with pleasure she wasted no time in pulling out her own chair.**

 **They engaged in a bunch of small talk catching up on the last two years since their separation. Bob could not take his eyes off of her as she smiled continuously with joy just to see him again. He told her that he was in town for business and would be there for four days.**

 **She told him repeatedly how life had been miserable without him and how she thought of him often. He expressed similar thoughts as his mind raced to find another conversation to prolong the time. After a brief pause of about 30 seconds, he uttered words Trishia longed to hear, “How about dinner and a movie perhaps later tonight?” Without delay she said in a proud voice, “Yes.”**

 **They hurriedly finished their lunch and exchanged information and the time and location to meet later. She thanked him for lunch and kissed him romantically good-bye until tonight, leaving Bob’s head reminiscing in wonderland.**

 **It was now 2:30pm and Bob was running late for a 2:45pm scheduled meeting. As he rushed to make the meeting he forgot to call Sally at 2:00 as he had promised and was usually faithful in doing so. Unfortunately he did not have time because every minute counted to be at this important meeting.**

**Sally was aware that Bob was to visit his former city where he had previously been with his ex-girlfriend of 7 years. Nevertheless, she did not spend much time thinking anything out of the ordinary. As 2:00pm came and went, Sally hoped that everything was going well for Bob and perhaps he got caught up with a meeting and that was justification for him not calling.**

**Bob on the other hand, now in the meeting was in the twilight zone in his thoughts as he looked forward to the evening with Trishia, his old flame. Finally, at 4:15 the meeting was over. Bob packed his materials and equipment and dashed to get a cab across town to the hotel and prepare for his 7:00pm date with Trishia.**

**Trishia also in her own world of twilight could not get over the fact that she saw her long lost love and today he is actually in the same town as her. She called her best friend Monica and told her about the scheduled dinner date. Monica knew how desperate Trishia was to see Bob again and now was her chance to make the very best of it in anticipation of getting him back into her life again, perhaps forever.**

**Bob had been in his previous relationship with Trishia for seven years and is still very much in love with her. Their spiritual differences are what lead them apart. Bob and his ex were very much in love with each other and by no means wanted the relationship to end. A heated argument over religious beliefs one day is what caused them to call it quits, but they never stopped loving each other. Despite the fact they did not communicate at all, Bob thought of her daily and assumed she did the same. There were numerous nights that Bob actually cried as well as in the daylight for that matter.**

**He found himself still with issues about his ex that he did not get over yet. In his often quiet time he would think of her and the joyful times they shared so often together. The pain in his heart was still there as he missed her immensely. He spoke with select relatives and a couple of his good friends about the situation and they all proved to be supportive. This of course did not bring solutions to his problems of getting over her. He even spent a great deal of time in prayer with seemingly no answer from above in sight. Sometimes he would feel as though God were out to breakfast, lunch and dinner and did not have time to address his insurmountable problem. He still remained faithful in his belief and felt there must be a lesson for him to learn.**

**In his mind, tonight was not going to be the night for an education in learning this lesson, Bob was more focused on how good it felt to just see her again after all this time. The thought of any guilt or ill feelings about Sally had not crossed Bob’s mind at this point as he seemed overly anxious to prepare and groom himself for his scheduled big evening. He even had in mind the place to have dinner, a favorite of theirs of which they often frequented.**

**His watch was now showing 5:27pm and he knew he was cramped for time as he was usually prompt. He quickly shaved, took a quick shower and dressed all within 20 minutes. As he rushed out the door, he remembered he forgot to put on his special cologne he brought just in case of this type situation if you know what I mean. Immediately he returned to the room and nearly took another bath in it.**

**It was now 6:10 pm and the trip across town was at least 45 minutes by cab. This is the very thing Bob did not want, to feel rushed, anxious and sweating. Instead his desire was to be calm, cool, and collected. He got on an elevator that stopped at every floor as he was coming from the 14th floor. He kept thinking that he would be late and she may not wait for him because in the past she was accustomed to him always being on time. Finally, he was out of the hotel and into a cab at 6:23pm. Bob could now take a deep breath with a sigh of relief.**

**Little did Bob know, Trishia too was running behind schedule as she had an unexpected guest drop in on her. Her guest could see that Trishia was preoccupied in her thoughts although she insisted everything was fine. After the hour progressed in Trishia’s mind, she decided to lie to her friend by telling him something unexpected had come up and she had to leave without a further explanation. He said he understood and asked if he could assist in any way. Trishia without hesitation told him an immediate no thanks. They parted with an unusual cordial greeting.**

**Bob reached the destination point of their scheduled meeting at 7:17 pm only to discover Trishia was not there. He wondered several things in his mind, one of which, had she been there and left? Did she completely forget or did something else come up for her? In any event, he felt the need to wait a little longer and give her the benefit of the doubt. He left the hotel in such a hurry that he forgot to bring her cell phone number with him.**

**It was now 7:37 and Bob still had not heard or seen her. At this he started to feel a bit despondent and thought, ‘oh well,’ “this was too good to be true.” He engaged in self-talk in asking a lot of why’s about what he was doing.**

**Throughout this process, his phone rang, with a hurried gesture, he grabbed the phone and yelled, “Trishia,” only to hear a different voice on the phone; it was Sally. “Um, Sally, with hesitation, disappointment, anxiety and fear in his voice, “I was just about to call you.” Sally a bit surprised, disappointed, angry, actually mad because she had not heard from him all day long, asked; “What did you call me?” Without hesitation, Bob uttered in return, “I didn’t call you anything, what are you talking about?” He asked. “I thought I heard you call me someone else’s name,” she said. He immediately lied and said, “I was telling the store clerk I wanted to buy some tissue, and that’s probably what you heard.” Sally dispelled that and went on to inquire as to why he had not called all day.**

**Now Bob was not the type to lie, well at least not regularly anyway. He knew he was in some sort of trouble with her and did not take time earlier to even think of her let alone come up with some valid, justifiable, or reasonable excuse or frankly another lie. He simply and quickly responded by telling her he had meetings throughout the day and was extremely exhausted and this was the first chance he got to actually be still for a moment in preparation of calling her. Part of this is true, after all, he did have a somewhat busy day thinking about you know who.**

**They continued talking for a while to update things and Bob somewhat distracted told her he needed to get settled and prepare for tomorrow and he would give her a call later tonight.**

**It was now 7:43pm and Trishia was trying desperately to get to the place to meet Bob. She was in a cab stuck in traffic and in tears as she thought the man of her dreams once again may have slipped away. With her unexpected guest showing up earlier she too had forgotten to take Bob’s number with her.**

**With only two blocks to go and still heavy traffic after getting on the driver’s nerves for the last time by previously insisting he take different routes, she decided to get out and walk or perhaps even trot. In her mind all she could think of was, will she see Bob today or ever again for that matter. All that was important in life for her was this very moment, a moment she has envisioned for nearly two years, a moment that she prayed that life would be fair to her just this one time; finally a moment of opportunity to at least be with the man that she so desperately loved even if it was just for one more night.**

 **As he decided to wait patiently for a bit longer, the time on Bob’s watch was now showing 8:10pm as he now felt she was not going to show up or he had simply missed her as she perhaps had come and gone. In his mind, for the tenth time he felt the need to wait a little longer as this might be his only chance and he was willing to take this long shot.**

 **Finally, it was 8:33pm, no Trishia, now he was really hurting at this point. As he held his head down walking away, he heard a voice from afar as though running towards him, Bob, Bob, hey Bob! At first he thought his mind was playing tricks on him until the sound came closer. He turned around and there she was, desperately running with the last bit of air in her lungs. Bob had the absolute biggest smile on his face as he hurried towards her. It did not matter that sweat was dripping from her forehead, they simultaneously grabbed each other and starting kissing with seemingly the world looking on. It was as if they had just gotten married and on their honeymoon.**

 **The people around them began to applaud and wish them well. After a bit of time elapsed and they caught their breath, at the same time they uttered those special three words, “I love you.” They continued to stand in the moment in the spot and kiss some more and talked little about how they had missed each other so much and a day did not go by without a continual thought of the other on their mind.**

 **With smiles on their face, their heart reflected what appeared to be in their spirits, they appeared to have reunited and it felt soooooo good. Bob asked, “Are you hungry?” Trishia in her soft sweet voice replied, “Who can eat at a time like this?” “I’m starved,” she said, “me too” replied Bob. They agreed to go to their old favorite restaurant which was about 20 minutes away. While in the cab they continued their public display of romance which caused the cab driver to ask how long had they been married. They chuckled at him and simply smiled and returned to the business at hand. In no time at all they were in front of the restaurant, the cab driver was tipped very well, as he wished them ‘good luck.’**

 **They held hands as they had been doing from the time they saw each other for the evening. Now in the restaurant, several waiters were still employed that knew them. They greeted them in their passing from table to table. They too thought they had gotten married and left town. Everyone seemed so happy for them as they had smiles of love written all over their faces. They wasted no time in placing their order as they obviously had other things on their mind if you get my drift.**

 **Trishia ordered a chicken pasta with fresh broccoli, a cesar salad and a strawberry daiquiri. Bob ordered a 7 ounce salmon with mashed potatoes, fresh broccoli, a house salad and a pina colada. While waiting for their food they continued a previous conversation they had earlier that day.**

 **There was never a dull moment as they laughed, joked, and occasionally kissed while touching with hands throughout the conversation. He reminded her of her endless beauty and told her how much he missed her over the past two years. This was of course music to her ears. Her heart skipped a beat after every word he uttered as he paid countless compliments to her. She found herself reciprocating the compliments.**

 **It was a perfect romantic setting in the restaurant overlooking water from an elevated booth. This was the view they shared for years when they were a couple. Their eyes mirrored a reflection that it could not get any better than this. This was the perfect moment to even propose Bob was thinking, as she stared graciously at his every movement, her heart it seemed would speak for her voice, and answer affirmatively with a “yes.”**

 **The waitress brought their food and could see the love shared between them. She wasted no time in congratulating them and asked how long had they been married. They shared a smile as they continued holding hands and simply uttered, “Not long,” with another smile. As they both took a mouthful of food, they were intrigued at how good the food was, which is why they used to frequent the place.**

 **A live band performed to the tune of Roberta Flack, “Killing me softly,” this of course was old school that blew them away. They got up to dance to the music and held each other tightly. Afterwards they appeared to have eaten rather quickly as though they had other things on their mind.**

 **As they left the restaurant, Trishia suggested a stroll in a nearby park with a nice oceanic setting. Bob without a doubt agreed, even though he had work to complete for tomorrow’s meeting, the only thing that mattered at this moment was to accommodate Trishia and everything else would have to wait.**

 **The reflection of the moon mirrored from the water adding an enhanced romantic flavor to the evening. They held hands throughout the evening as they walked along the seashore.**

**Bob looked at his watch to find that it was now 9:57p.m., he knew there was still plenty of work to finish for tomorrow’s meeting, yet he did not want to leave her side. She sensed his need of urgency to get things done and invited herself to his place to spend the evening. Without hesitation he said a proud “yes.” They rushed to get a cab as she conveniently had an overnight bag with her.**

 **Since it was now late evening, the traffic was great. It took about 35 minutes to reach Bob’s hotel. They rushed upstairs as Trishia encouraged Bob to start his work right away. Despite other things on their mind they felt it best to get this out of the way. Bob followed her advice and spread his work across the table and talked her through what he needed to have done. Trishia caught on quickly and before long they had completed everything he needed to do.**

**Bob had not called Sally all evening and she now began to suspect something. She had left two messages at the hotel front desk, the latest one was left at 9:37pm. With Trishia in the house, not once did it cross his mind to give Sally a call.**

**Sally had been looking forward to Bob’s call as she had also left two messages on his cell phone earlier of which he did not return. She did not know whether to be worried or truly suspicious. She tried hard not to think about him being in harm’s way but at the same time it dawned on her by her girlfriend that Bob was from that city and so was his ex-fiancée.**

 **Every minute that passed seemed like an eternity as Sally tossed and turned trying desperately to sleep yet she could not. Finally, she decided to get up, make a cup of tea and give Bob a call. The clock on her night stand registered 10:05 pm; she called Bob at the hotel.**

 **Thinking that it could be Sally, he gestured to Trishia to be silent. He answered the phone as though he had been sleeping. He sounded rather drowsy. Sally immediately asked, “What happened to you?” Bob trying to act incoherent, responded with, “when?” “I tried calling you several times and even left messages, I was really worried about you,” she said. “I’m sorry,” he replied. “It was just one of those days, I’m rather sleepy and have a hectic day tomorrow, I will give you a call tomorrow morning early, I promise.” Sally was reluctantly okay with that as she did not want to pressure him. This left her more suspicious than before, because this was not Bob’s pattern of doing things.**

**Although it was late, and another restless night, Sally called her girlfriend because she needed desperately to talk. Of course her girlfriend was sleep, who wouldn’t be now at 11:35pm unless you’re working or partying during the middle of the week. They stayed on the phone for a little over an hour as Sally really was troubled and her girlfriend knew this. They talked about the usual when a man and woman are involved or had been involved before. In their minds, they played things over and over again as to what may or may not be happening with Bob and possibly with someone else. They even considered the ‘worst case scenario’ if that even mattered.**

**Sally thanked her friend for staying on the phone with her and for being so concerned about the situation even though she yawned throughout the entire conversation.**

 **It was now 11:53pm, recognizing that he had finished his work for the evening, thanks to Trishia, he looked at her as she looked back at him, their hearts met and so did their lips. They methodically, yet slowly undressed each other. She pulled him slowly towards a door that she assumed was the shower room, it was the closet.**

**As they kissed and she pulled, Bob decided to let her find her own way while his lips enjoyed the sweet taste of her fresh breath and lipstick. On the third attempt at finding the bathroom door, Trishia guessed right.**

**Bob insisted he get towels, she rebutted with, “You can dry me with your gentle tongue.”**

**They entered the shower without the water being turned on, instead they were both entrenched by the passion to be back in the arms of familiar and satisfied love, they must have thought, “Who needs water.”**

**Bob slowly eased his hand from touching her soft sexy body to turn on the water. As the cold water gushed on them they chuckled for a brief moment but never stopped passionately kissing.**

**Trishia began taking a fresh bar of soap and rub across Bob’s hairy chest. She stroked his manly arms with the softness of her gentle touch. As she played with the soap putting it on his genitals, he became intensively aroused and continued to romance her in the shower. He soaked his hands to play with her clitoris in a stroking motion up and down while gently kissing her nipples with the extension of his tongue.**

**Trishia was now in a different world of ecstasy, she could not take much more of the passion without being ready to go all the way. She turned her back to Bob while still in the shower, she grabbed for Bob’s hands and placed them roughly onto her breasts as she held his arms causing the movements she desired on her breasts leading to maximum stimulation. She bent over gesturing for Bob to take care of her business at hand.**

**As they made passionate love in the shower for a little more than 20 minutes, the water temperature began to change causing their love scene to trickle into the bedroom.**

**The scene here became more intense as space provided. This encounter lasted until they fell asleep finding themselves awakened at 3:00 a.m. ready for another episode. This 3:00 a.m. episode lasted for 25 minutes with mostly romantic and passionate kissing couple with kudos on how much “I love you’s” and so on.**

**They slept soundly until Trishia sensing Bob needed to prepare for work, woke him at 7:15 a.m. He desperately and passionately thanked her as he was due in a meeting at 9:30 a.m. sharp.**

**Bob hurriedly showered as Trishia prepared an outfit for him like old times. She insisted she would be okay in letting herself out as she had decided to take the day off from work. Bob kissed her romantically good bye and told her he would call later after the meeting to perhaps set up something for later.**

**As Bob got off the elevator down stairs, he ran into the receptionist that had seen him and Trishia together the night before as they came from dinner. They spoke briefly as the receptionist summoned a cab for him.**

**A half hour passed, as Trishia was singing to the music on the radio and cleaning up, the phone rang. “Hi Booby cakes,” she said, thinking it was Bob, the other party said, “Hello,” in a rather surprised voice. Now recognizing it could be Bob’s girlfriend, Trishia immediately hung up the telephone.**

**In fact, it was Sally calling to find out why Bob had not called her on a consistent basis as he had promised. Knowing that she heard a female’s voice in Bob’s hotel room, terribly upset, I mean really and tremendously upset her. She called back to make sure she had gotten the right room from the receptionist.**

**The receptionist remembered her voice and asked, “Did I connect you with Mr.Guthrie’s room number 227?” “Let’s try again,” he insisted as he apologized. This time there was no answer. The phone rang back to the receptionist. “I just remembered, I flagged a cab for him earlier, however, I did not see his wife come down with him, she may still be in the; before he could finish, Sally immediately interrupted and yelled, “His wife!” Recognizing it was not the receptionist fault as he apologized and so did Sally. She thanked him for his efforts.**

 **Sally did not bother to call anymore after this incident for the remainder of time Bob was in Chicago. Bob did try calling on the day of his scheduled return. He finally reached Sally to have a much needed talk with her. She questioned certain things about his pattern of which he initially denied. He ultimately felt the need to tell her the truth as he could sense something wrong.**

 **He told her the truth about Trishia and how he was still in love with her, they had communicated, and decided to give it another try. This of course was salt on Sally’s open wound no matter how gentle Bob tried to be.**

 **With tears in her heart and major emotional damage she now understood why Bob had not called her as often. She could not stop crying. She played the scene over repeatedly in her mind about the first time she met Bob and how nice everything was and how deeply she had fallen in love with him in such a short time.**

 **It was now that she realized, she was a victim of ‘After the passion…..now what?’**

**Companion Workbook**

**Chapter One**

**“The Ex-Connection”**

**The Scenario:**

**This story in brief is about Bob and Sally, a couple that met over the Internet. Unfortunately the story has a twist to it. Bob pursued Sally over the net but had recently experience a break up with his ex fiancée whom he was still very much in love with.**

**Despite numerous warnings to Sally letting her know how much he still loved his ex, she insisted she wanted to give the relationship a try. Her persistence eventually paid off… or, at least temporarily, but not without realizing that she was a victim of………**

***Read or reread the full version in Chapter One of the book to find out why she felt like she was the victim. Be prepared to discuss your findings in an upcoming Seminar near you or as a member of our book club. See the back of the book for more information on membership in our book club.***

1. **A Question**

**Is Bob to blame for Sally’s pain?**

**Some readers may find this question to be relevant while others will have a different perspective. Nevertheless, the question is real and has happened to so many perhaps even you, the reader. Are you to blame for someone’s pain? Or did someone else cause or contribute to your pain?**

**There are certain questions that can really only be answered by you as it applies to some aspect of your thinking or even your very own experience or training.**

**I have not met anyone that enjoys the pain of a broken relationship especially if they feel they are the victim. If you’ve ever encountered or experienced this, you know what I’m talking about.**

**In this particular story, “The Ex-Connection,” Bob was careful in telling Sally repeatedly that he was not ready for a relationship because he had encountered a recent breakup and his heart had not healed as yet from that relationship. As a matter of fact, he specifically told Sally that he was still in love with his ex-fiancée.**

**You may remember, it was Sally’s persistence that moved Bob to give the relationship a try. In actuality, it appeared that Bob used this coaxing to find something to keep him busy until ‘time’ helped him along the way.**

**Unfortunately, during Bob’s ride with ‘time’ if you please, it brought heartache to Sally, an obviously loving and caring person that opened up her heart and love to Bob.**

**Should Sally badger herself by continuing to pursue Bob in an attempt to find out the obvious, “why” did he leave her, or should she chalk it up to another learning experience and move forward with her life? My friend, it’s much easier said than done.**

**You and I both can go on and on with this, asking question after question, until the sun rises or sets, and still be in the same spot seeking answers or reasons that may or may not exist.**

**Okay, I believe that Bob did in fact contribute to Sally’s pain, but he is not totally responsible. He could have been man enough to stand his ground, and Sally may have respected his decision and they could have chosen to remain friends.**

**A Thought**

**Will begging or pleading really make a difference?**

**When someone fresh out of a relationship and in some cases otherwise, tells you up front, out clearly, indecisively, in any form, act, or behavior, that they are NOT ready for a relationship regardless of the reason; it is BEST to listen to them and not simply just hear them. Your begging, pleading, attempting to persuade them could be to no avail in the end after you have invested YOUR precious time, energy and resources.**

**There are always exceptions to some rules. The question is; “Is it worth the risk of your time, energy, and resources?” You may not understand it now, but the best thing to do may be to move on with your life, but only you can decide this. You just may find a favorable challenge in the unknown.**

1. **You Draw the Conclusion**

**A good thing about ‘choice’ is, you can draw or make your own conclusion with your story of life. If you or someone you know are experiencing an unhealthy situation in your relationship, take the time to draw your own conclusion. It could make a difference for you and someone you love or care about.**

**Draw Your Own Conclusion**

**“Is this the beginning of the end?”……….**

**If you are or have recently experienced a situation similar to this, and still need answers, consider the following questions; then draw your own conclusions:**

1. **Am I acting on an emotional decision verses a logical or rational choice?**
2. **Do I have the power to control another person’s behavior?**
3. **Do I really want to be with someone who does not want to be with me?**
4. **Do I really want to be with someone who has made a decision to leave me or ignore me to be with someone else?**
5. **Have I given someone else the power to act or present themselves as better than me?**
6. **What are three (3) positive things I can do to improve my self-esteem, if necessary?**
7. **Do I have a choice to move forward in my life?**
8. **What thoughts should I have (based on how/what my ex did to me) to give me strength NOT to run after him/her?**
9. **What major project(s) can I take on to keep me busy to help me move forward in my life?**
10. **What will I do to have fun today and everyday either by myself, with someone, or for someone?**

**So you ask; “After the Passion, now what?”... “Is this the beginning of the end?”…..Perhaps you could answer by saying, this is what I’m going to do………….**