



Be Delicious Dating

heartbreak protocol: why he/she doesn't deserve me worksheet

Why he doesn't deserve you list ...

Write down a list of the things you didn't like, annoyed you, got on your nerves, and weird quirks.

annoyances

habits

phrases

expressions

conversations

anxieties

avoidances

communication

sex/intimacy

meanness

ungrateful

disloyalty

hurtful

disrespectful

flakiness

Now, take this list - fold it down - forgive them - and burn this sheet of paper. It's time to move on and find a love that is deserving of you ... let's go!