



HER SOUL REFUGE

+ COME HOME TO YOU +

HOW TO LEAVE A RELATIONSHIP *That Is Hurting You*



A GENTLE 8-STEP GUIDE
TO CHOOSE YOURSELF AND REBUILD YOUR LIFE



A FREE GUIDE
FOR YOUR
NEXT CHAPTER

*I choose
me.
I choose
peace.
I choose
a new life.*



CLARITY IS YOUR FIRST STEP.

Freedom is your next.

HER SOUL REFUGE

A gentle guide to leaving a relationship that is hurting you



This guide is not for a moment of anger.
It is not for when you feel overwhelmed.

This guide is for the moment when something inside you already knows:

“I cannot stay here... but I don’t know how to leave.”

 **Before you continue, pause here:**

Place your hand on your chest.

Ask yourself gently:

“Am I already seeing something clearly... even if I don’t feel ready yet?”

If the answer is yes...
this guide is for you.

 **IMPORTANTE**

Do not skip steps.

Each step is designed to:

- prepare your nervous system
- strengthen your clarity
- reduce emotional dependency
- help you leave without collapsing afterward

 Skipping steps often leads to going back.

STEP 1 — BUILDING YOUR INNER SAFE SPACE

Why this step exists

You cannot leave a relationship if your body still believes that the relationship is your only place of safety.

Even if the relationship hurts you...
your nervous system may still feel attached to it.

What this does in your body

- lowers emotional dependency
 - creates internal safety
 - reduces panic when thinking about leaving
-

Practice (daily)

Every morning:

- hand on chest
- slow breathing
- eyes closed

Say softly (not forced):

“I can feel safe... even without this.”

Write (very important — by hand if possible)

What would peace feel like in your body?



STEP 2 — ACTIVATING YOUR BODY

Why this step exists

When you feel weak, confused, or stuck...
it is not only emotional — it is physical.

Your body needs to feel **strength** before your mind can act.

What this does

- increases internal power
 - reduces emotional paralysis
 - builds decision capacity
-

Practice (5 minutes daily)

- 1 min breathing
 - 2 min movement (abs, squats, walking)
 - 2 min stretching
-

Write

How does your body feel after moving?

STEP 3 — SEPARATING FEELINGS FROM TRUTH

Why this step exists

Feelings can keep you attached.

Truth is what allows you to leave.

Many women stay not because they don't see...
but because they feel something different.

What this does

- creates mental clarity
 - reduces emotional confusion
 - separates illusion from reality
-

Write (THIS IS ONE OF THE MOST IMPORTANT EXERCISES)

What I feel:

What I know:

 Read both.

 Notice the difference.

 Your decision will come from what you know.



STEP 4 — PREPARING IN SILENCE

Why this step exists

Leaving suddenly without preparation creates fear.

Fear creates return.


Preparation creates stability.


What this does

- reduces anxiety
 - prepares your brain for change
 - gives you control
-

Practice

- organize your space
- separate important things
- prepare quietly

 No announcements

 No explanations

Write

What can I prepare without anyone knowing?

Why this step exists

Leaving suddenly without preparation creates fear.

Fear creates return.


Preparation creates stability.


What this does

- reduces anxiety
 - prepares your brain for change
 - gives you control
-

Practice

- organize your space
- separate important things
- prepare quietly

 No announcements

 No explanations

Write

What can I prepare without anyone knowing?

STEP 5 — WHY YOU DON'T NEED TO EXPLAIN

Why this step exists

Explaining keeps you emotionally connected.

It opens space for:

- manipulation
 - persuasion
 - confusion
-

What this does

- protects your clarity
- closes emotional loops

- prevents reattachment
-

Important truth

You are not leaving to be understood.
You are leaving because you understood.

Write

What do I feel I need to explain... but actually don't?

STEP 6 — THE MOMENT OF LEAVING

Why this step exists

If you wait for the “perfect emotional moment”...
you may never leave.

Leaving comes from clarity, not emotion.

What this does

- prevents hesitation
 - avoids emotional collapse
 - anchors decision
-

Write your internal sentence

This must be simple:

Example:

“I am not staying here anymore.”



STEP 7 — AFTER YOU LEAVE

Why this step exists

After leaving, you may feel:

- doubt
- emptiness
- nostalgia

This does NOT mean you made a mistake.

What this does

- prepares you for emotional withdrawal
 - reduces the risk of going back
-

Write

What will I do when I feel like going back?



STEP 8 — DAILY PRACTICE

Why this step exists

Leaving is not a moment.
It is a process of becoming someone new.

What this does

- builds identity
 - stabilizes your nervous system
 - creates emotional independence
-

Write your daily anchor

Example:

“I am learning to stay with myself.”

CLOSING

You are not leaving because you are weak.

You are leaving because something inside you
has already seen clearly.

And once you see...

you cannot go back to not knowing.

FINAL LINE

If something inside you is already telling you
that you cannot stay...

do not rush.

But do not ignore it either.

Stay with yourself.

That is where your life begins again.