



The 3-Step Guide to

GETTING OVER A TOXIC MAN IN 30 DAYS

FOR SMART PROFESSIONAL WOMEN

97%

Above is the success rate of the women we've helped heal from a toxic relationship in just 30-60 days.

And not only that, we've significantly helped them deal with emotional wounds from childhood, including C-PTSD and anxiety.

My name is Cherlyn and I'm the host of the [Get Over Him Empowerment Facebook Group](#), as well as the founder of the Get Over Him, Reverse Recovery and Get Him programs.

I believe our techniques are some of the best there is, and our clients, the GOH warriors, have the results to prove it.

What's interesting about us is that we're breaking all the "rules" of healing like:

- ... time heals all wounds...
- ... you have to talk and "let it out" all the damn time...
- ... you have to go through all 5 stages of grief...
- ... in order to get over a guy, you have to get under another.

We do healing differently. And the way we do it... works.

It works so well that we even routinely have therapists joining us.

So if you're here, hurting from a man who was emotionally unavailable, angry, controlling, and/or selfish...

... and you want to heal, fast and thoroughly...

... let's get right to it.

Healing fast and thoroughly from a traumatic breakup comes down to you mastering these 3 core pillars (CP):

CP #1 - Understanding Your Relationship Trauma Type

CP #2 - Healing From the Exact Beliefs That Keep You Stuck

CP #3 - Creating the Habit of Being a New You With a Life Worth Living

When each of these core pillars is mastered, you not only heal from a bad relationship, you heal from ALL of your past and anyone who ever hurt you.

The reason why we want to heal thoroughly is simple - *so that your power is never taken away from you again.*

Ready?

Let's start with...

CORE PILLAR #1

Understanding Your Relationship Trauma Type

We get a lot of newcomers coming into the group asking:

"How do I get over losing my best friend and partner?"

"When will this pain stop?"

"Why wasn't I good enough?"

And exactly none, as in, 0%, of the women who ask these questions ever heal from the answers.

Why? Because *no one* knew their trauma type.

Asking these questions is like asking if you have COVID-19 from your symptom of dry cough.

No one can tell you unless they run a diagnosis on you and get you tested.

People are going to tell you the same advice you'll find in a Google search. But if all that advice was so effective, why are we all still seeing therapists?

You can guess, you can heal a little, but if you're ever going to stop this for good, you have to understand your trauma type to make healing work for you.

For toxic relationships specifically, our trauma types are:

- Blue Fawn
- White Fawn
- Red Fawn
- Double Fawn
- Pink Flight

We also have the sub-categories of the "deep" trauma type:

- Deep Blue Fawn
- Deep White Fawn
- Deep Red Fawn
- Deep Pink Flight

Once women understood this, the years of therapy they underwent paled in comparison to what one diagnosis told them.

Saving so much time, money, and energy.

And the most beautiful thing about understanding your trauma type is:

HEALING THEN WORKS FOR YOU.

Which brings us to...

CORE PILLAR #2

Healing From the Exact Beliefs That Keep You Stuck

Mainstream breakup advice is to do no contact, cry it out, take care of yourself, etc...

But no one talks about beliefs.

Directly related to your trauma type are your specific beliefs that keep you stuck in pain, anxiety, and loving the wrong men.

After talking to 4,000+ women, I've found that a key part of healing is really all about getting real with your exact beliefs.

And because of that, I've never found any two women's recovery journeys to be the same. Everyone heals differently.

It's not about the ex. It's about what you believe to be true about yourself *because* of the ex.

Once you find out what those beliefs are, apply the triple S formula to them: Structure, Strategy, and Science.

Let me explain...

Structure allows the pieces of your recovery to fit together to meet a common goal. It gives body to your healing.

Strategy is how you will go about each piece. It's about the details and plans, how you will use this to do that. It fleshes out the body of your healing structure.

A powerful healing technique I use here is the Core Identity Healing, which guides women through the rewriting and resolution of trauma.

Science is about using data, not drama, in your strategies to make sure you meet your goals.

Without the triple S formula, there's lots of talking about feelings, and healing is attempted willy-nilly.

There's no real motivation and many women wait for the pain to go away by hoping another guy will come and save them.

While that can work for a time, since the trauma isn't resolved, we end up attracting and staying in the same codependent relationships once more.

It's the same relationship, the guy just has a different face.

Now let's get to what most healing techniques don't consider...

CORE PILLAR #3

Creating the Habit of Being a New You With a Life Worth Living

It's astonishing to me that I've never seen anyone get into depth about this when we talk about getting over everything.

See, you base your beliefs on your life circumstances, right? The good and bad things that happened to you?

Because something bad happened to you, it must be true.

And because you think it's true, your mind and body become overwhelmed with trying to prevent it from happening again.

So even if you follow through on the first two core pillars, you're still left with the memories of the bad things that happened.

So what do you really have, if you don't create the habit of being a new you, if you don't create a new life for yourself?

You'll be looking forward to a life of *blank*...

... and lots of fear trying to prevent bad things from happening again, that's what.

No wonder so many women regress back after they think they've healed.

You can't just wish away that fear. It's there because you experienced bad things. We get into the habit of staying fearful because we think bad things have a habit of happening to us.

To solve this, we have to rewire the brain and become a new person where new *true* things, *good* things, happen to us. We are the sum of all our habits, and a new person is simply the sum of new habits.

This new person then creates a life worth living, a life full of purpose without the ex's ass.

Imagine getting into the habit of being good enough because you know it's true? Being confident and courageous because you know good things will happen to you?

You'll be so solid in your identity that nothing can really touch you.

You'll only be triggered twice a year instead of a few times a month.

Taking *action*, not time, is going to be vital in your recovery.

And that's why habit formation is KEY to never regressing back.

Break the habit of being yourself, and *then* create a habit of being a new you.



And there you have it. Healing doesn't have to be hard, complicated, or long.

These 3 core pillars have allowed us to push women to the point where they're waking up excited, not caring about the ex anymore, and most of all, feeling hopeful for love again...

... all in the span of 30-60 days.

And these results *stick* for years after. We know, we track the women and ask them about their quality of life after applying the 3 CP framework.

So what's next?

Well, there's only so much I can explain about recovering from a toxic relationship in a 9-page guide.

So if you're happy with what you've read here so far, here's the next step:

[Join our free Get Over Him Facebook group](#) for professional women.

It's one of the most loving and engaged groups for action-takers who want to *heal*, not just talk about it and be in victim mode.

Inside, I dive deeper into the 3 core pillars of not only getting over a toxic man but getting over everything... fast.

I'm also live in the group every single week, with juicy topics like:

- 10 Types of Abusers & How They Get Into Your Head
- The Codependency Core vs The Narcissistic Core

If you're already in the group, whoohoo! Tap below to sign up for my best workshop:

[The Science of Why Career Women LOVE Men Who Hurt Us & 3 Proven Steps to Getting Over Your Ex.](#)

And you'll dive into the 3 core pillars right away.

I'll see you inside, and let's get you over him.

~ Cherlyn

P.S. If you got value out of this guide, feel free to share it with girlfriends you know would benefit from it.

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