

WEIRD MEASURES OF GROWTH

I'm often highlighting in sessions what I like to call "weird measures of growth." These may show up as something you say off-hand, or an action or response you mention in passing. These seemingly meaningless encounters might actually be awesome expressions of moving on and getting over.

Check out these common weird measures of growth to see if you're managing better than you thought!

- After waking up, it was 10 minutes, not 10 seconds, before you thought of your ex
- You drove by a familiar stomping ground (instead of avoiding it!)
- You didn't lose 2 hours of your life on your ex's social media pages
- You slept more last night than you did the previous night
- The conversations you're having with friends or family are changing, even slightly
- You no longer wish harm to come to this person (no judgment, just saying)
- It was their birthday, and you forgot
- Your friend is moving in with their partner and it doesn't make you cringe to hear about it-you may even be happy for them!
- You begin to realize that there are a lot of attractive people in this world. For a second, you had forgotten!
- Finally-you're being intentional about your decision to redownload Tinder, Hinge, Grindr, or Bumble. (This one's tricky! So often we start going on lots of dates and making lots of connections as a way to avoid the hard, uncomfortable feelings. But getting back out there with intention, feels very different than getting back out there for other, less healthy reasons, such as you miss sex or you're tired of feeling so lousy).



What would you add to this list? What are some subtle, unlikely, or random ways you've been able to tell that things are looking up? Drop me an email and let me know-I'm always looking to update my list!

