

MENTAL HEALTH WORKSHEET SERIES
VOLUME 3

soul
full *steps*

D.A.T.E. M.E. Romantic Relationship Breakup Recovery

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While it can be used as a tool to supplement an existing therapeutic relationship with a licensed mental health professional (LMHC, LCSW, LMFT, LPC, or a Licensed Psychologist), this resource should NOT be used as a substitute for therapy.

If you find that this resource brings up feelings and thoughts that are challenging to deal with on your own or with a trusted person, I encourage you to seek therapy to continue your healing journey.

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In the case of otherwise non-abusive relationships, sometimes, the hardest part about a breakup is accepting the fact we fell for someone who was ultimately not good for us. Maybe we saw early on (as in from the moment we read “Not Looking for Anything Serious Right Now” in their POF profile), the red flags were present that were directly misaligned with what we wanted for ourselves. But in a moment of despair and desperation (hey, sis...many of us have been there), you lowered your standards for the sake of companionship.

Sometimes, this causes us to hold on much longer than we should, simply because we don't want to admit to ourselves that we “made a mistake,” and we don't want to be alone.

When we allow ourselves to sit with, and experience, the feelings that come from acknowledging that the relationship didn't work out the way we had hoped, we may feel disappointed, discouraged and even disgusted by our decision to be in the relationship in the first place.

The disappointment, discouragement, and disgust are only temporary feelings that may signify it's time to “D.A.T.E. M.E.”

Soulfull Note to Self:

**You can do hard things.
Don't let the shame of
making the wrong choice
keep you from letting go,
so that you may
experience the love you
are worthy and deserving
of.**

**Flip through
the following
pages to find
out what this
means, and
what it looks
like in action.**

D	D: Direct your energy and efforts inward to engage in self-reflection. Think of this as pressing the front facing camera button and turning the camera around on yourself. Instead of focusing on your ex or what they did or did not do, you take time to look at your own thoughts, choices, and needs. You can't change your ex—but you can learn a lot about you.
A	A: Acknowledge your feelings. All of them. Breakups bring up a whole heaping mess of emotions—sadness, anger, regret, and sometimes shame. Instead of pushing those feelings away or pretending you're "unbothered," give yourself permission to actually feel them. Feelings are signals—clues for where to go/what to do next.
T	T: Take time to recognize your own patterns and pitfalls (aka "Red Flags"). Ever notice you keep ending up in the same kind of relationship? Or making the same choices that don't work out? This step is about spotting your "relationship habits" so you can break the cycle. Because if nothing changes, nothing changes.
E	E: Evaluate the environment around you, and the conditions of your inner self that may have affected your decision-making. Connect the dots. Ask yourself: "What was going on in my life when I chose this relationship?" Were you lonely, stressed, or needing validation? Did outside pressures influence your choices? Understanding the "why" behind your decision helps you make better ones next time.
M	M: Make a commitment to changing what you can. We can only change ourselves. Take your power back. You can't control the past, and you can't control other people. But you can choose to do things differently going forward. This is where you set boundaries, shift habits, and decide how you want to show up in future relationships.
E	E: Enjoy your journey to establishing a deeper sense of self, which can ultimately lead you to living a life, and finding relationships that better align with the best version of yourself. It's not about rushing into another relationship but about enjoying the freedom and growth that come with truly knowing yourself. Your best relationships start with the relationship you have with yourself.

- Step 1 (D + A): Look inward and face your feelings.
- Step 2 (T + E): Understand your patterns and choices.
- Step 3 (M + E): Commit to change and grow into your best self.



notes

VOL. 3

A series of horizontal dotted lines for writing notes, arranged in a light gray rectangular area. The lines are evenly spaced and extend across the width of the area.

About THE CREATOR

I'm a Midwestern girl raised in a home adorned in Black art, music, literature, and culture. From Faith Ringgold on the walls, to Toni Morrison on the shelves, and old-school R&B spinning through the house, my upbringing instilled a deep pride in my heritage, and a love for storytelling, creativity, and community that still guides me today.



My academic path took a few turns—Nursing, and then Psychology at Fisk University, a master's in Sociology, and ultimately a second master's in Counselor Education—each step clarifying my calling to become a therapist. Through personal experiences, faith, and growth, I felt led toward soul-centered, culturally grounded mental health work.

When I'm not in session, I'm creating, coloring, crocheting, listening to music, podcasts or audiobooks, or watching historical and sociocultural documentaries and classic Black sitcoms. I'm a proud member of Zeta Phi Beta Sorority, Inc., a wife to my best friend, a mama to one radiant daughter, a dog mom, and a caregiver in the sandwich generation—held up by strong women, deep friendships, and a whole lot of love.