



MASTERMIND CLASS & CLINIC 2026
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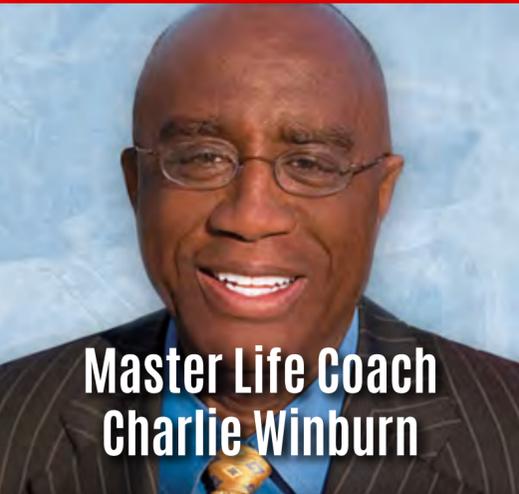
Coach Dan Ray

BROKEN HEART!

By Charles E. Winburn, M.Ed.



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HOW TO HEAL FROM A BROKEN HEART!

By Charles E. Winburn, M.Ed.



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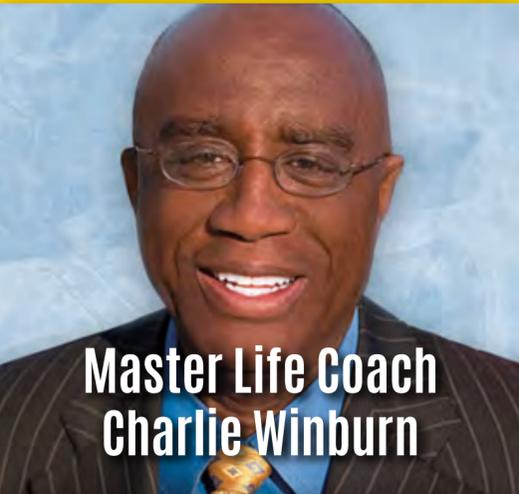
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HOW TO RECOVER FROM A BROKEN HEART!

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HEAL YOUR HEART AFTER A BREAKUP!

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FIND PEACE AFTER THE LOSS OF A LOVED ONE!

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YOUR SON BROKE YOUR HEART! IT'S TIME FOR HEALING AND RECOVERY!

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YOUR WIFE BROKE YOUR HEART! IT'S TIME FOR HEALING AND RECOVERY!

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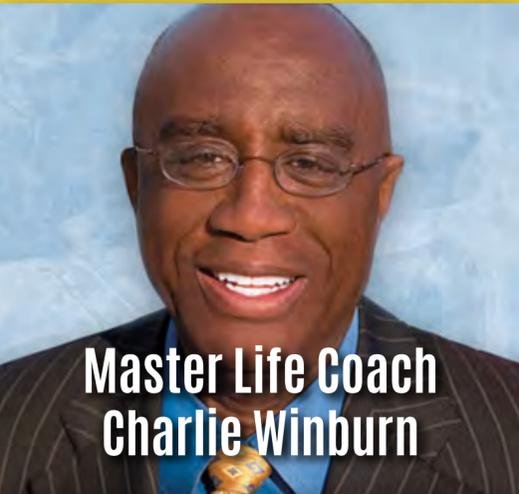


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YOUR HUSBAND BROKE YOUR HEART!

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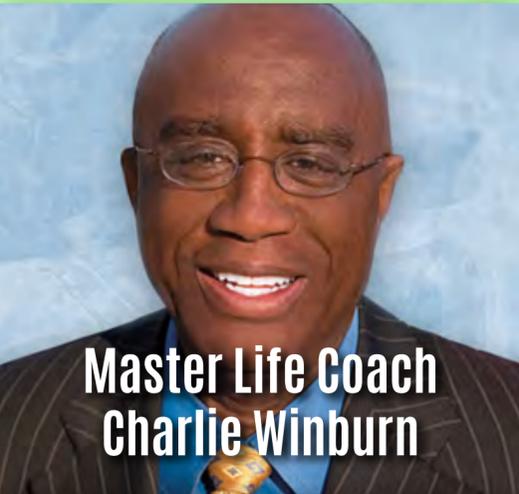
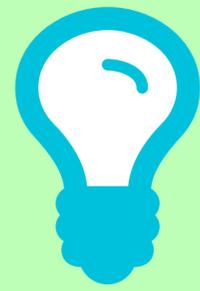


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YOUR SIGNIFICANT OTHER BROKE YOUR HEART!

IT'S TIME FOR HEALING AND RECOVERY!

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YOUR SIBLINGS BROKE YOUR HEART! IT'S TIME FOR HEALING AND RECOVERY!

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YOUR FAMILY BROKE YOUR HEART!

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Resources

We do not have any ownership stakes or financial investment in these businesses. They are wonderful services that could potentially benefit you.

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and Functional Medicine***

Life Extension

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John H. Thomas, Ed.D.

Clinical psychologist

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(24-hour answering service)

Amen Clinics

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Clifton Natural Foods
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Cincinnati, OH 45220

513-961-6111

**Ohio Domestic Violence Network
(ODVN) Helpline**

1-800-934-9840

www.odvn.org

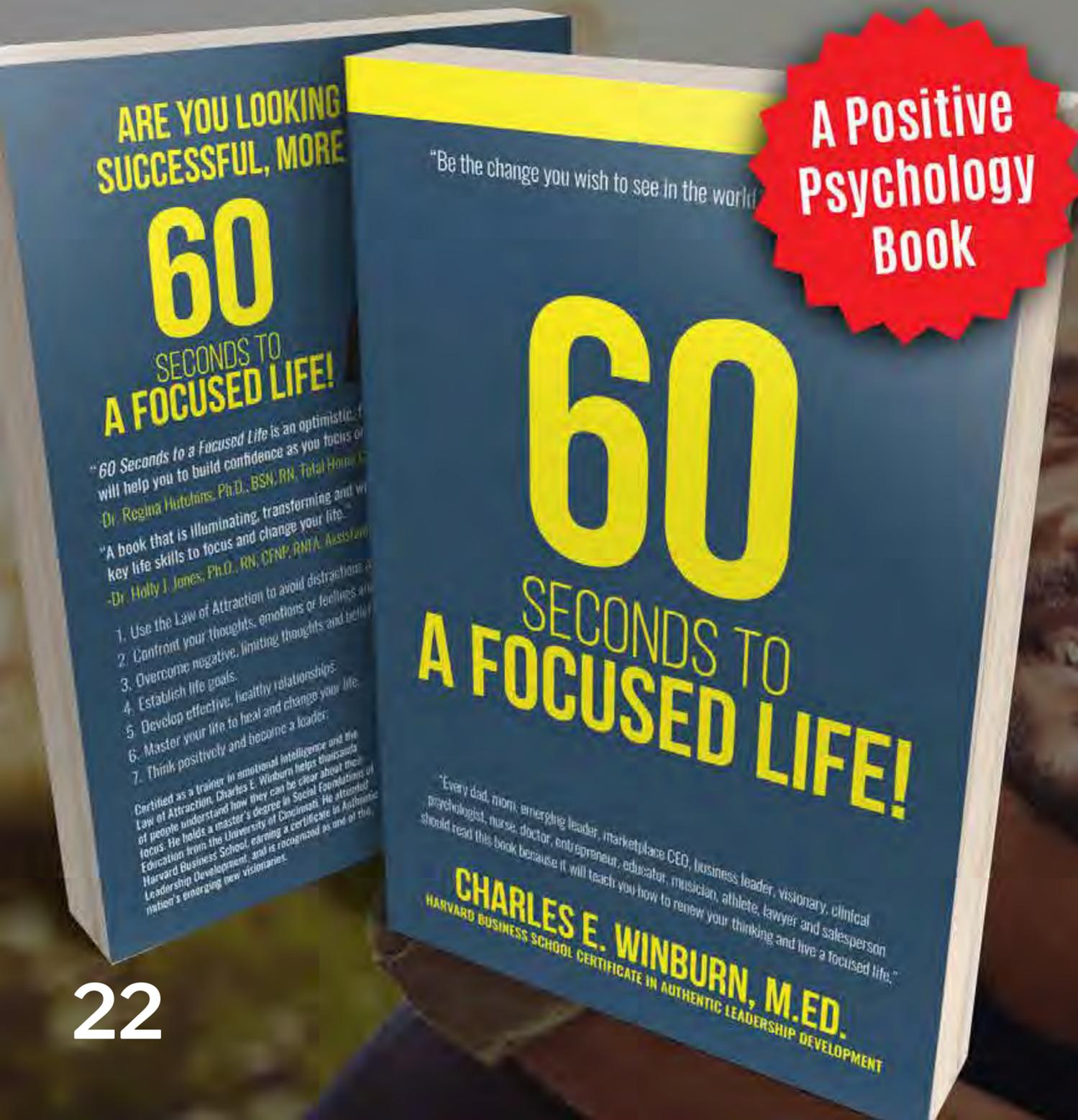
National Domestic Violence Hotline

1-800-799-SAFE (7233)

1-800-787-3224 (TTY)

www.thehotline.org

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**The Lord is nigh unto them that
are of a broken heart, and saveth
such as be of a contrite spirit.**

Psalm 34:18

**He healeth the broken in heart,
and bindeth up their wounds.**

Psalm 147:3

**Fear thou not; for I am with thee:
be not dismayed; for I am thy God:
I will strengthen thee; yea, I
will help thee; yea, I will uphold
thee with the right hand of my
righteousness.**

Isaiah 41:10

**As one whom his mother
comforteth, so will I comfort you;
and ye shall be comforted
in Jerusalem.**

Isaiah 66:13

**Bless the Lord, O my soul, and
forget not all his benefits:
Who forgiveth all thine iniquities;
who healeth all thy diseases.**

Psalm 103:2-3

**He sent his word, and healed them,
and delivered them from their
destructions.**

Psalm 107:20

**For I will restore health unto thee,
and I will heal thee of thy wounds,
saith the Lord.**

Jeremiah 30:17

If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land.

2 Chronicles 7:14

Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light.

Matthew 11:28-30

**Yea, though I walk through the
valley of the shadow of death, I will
fear no evil: for thou art with me; thy
rod and thy staff they comfort me.**

Psalm 23:4

**God is our refuge and strength,
a very present help in trouble.**

Psalm 46:1

**This is my comfort in my affliction:
for thy word hath quickened me.**

Psalm 119:50

For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.

Romans 8:38-39

**But they that wait upon the Lord
shall renew their strength; they
shall mount up with wings as
eagles; they shall run, and not be
weary; and they shall walk, and
not faint.**

Isaiah 40:31

It is of the Lord's mercies that we are not consumed, because his compassions fail not. They are new every morning: great is thy faithfulness.

Lamentations 3:22-23

What is heartbreak?

AI Research

- 1. Romantic relationship**
heartbreak: A deep sense of loss, disappointment, or grief after the end of a romantic relationship, often paired with lingering longing or self-doubt.
Explanation: The loss of a partner can shatter daily routines, future plans, and the sense of being understood or valued.

2. People who just don't return love to you: Pain from loving someone who does not return the same feelings, leaving one feeling unseen or unworthy.

Explanation: The mismatch between longing and reciprocation can erode self-esteem and hope.

- 3. Friendship strain or betrayal:** Heartbreak from a close friend's betrayal, drifting apart, or unmet expectations.
Explanation: Losing trust and companionship that provided safety and belonging hurts deeply.

4. Family disconnection: Grief or sorrow due to distance, conflict, or estrangement from family members.

Explanation: Family usually anchors identity and support; its fracture can feel destabilizing.

5. Parental heartbreak (as a parent): Pain from watching a child struggle, grow apart, or suffer, often coupled with feelings of guilt or helplessness.

Explanation: A parent's love is deeply protective, and seeing a child in pain can feel personal and consuming.

- 6. Loss of a child or miscarriage:**
Intense sorrow from losing a child or a pregnancy, affecting future hopes and daily rhythms.
Explanation: The anticipated future collapses, creating a void and lasting grief.

7. Healthy boundary violation:
Heartbreak from having boundaries ignored or violated by someone trusted, leading to feeling unsafe.

Explanation: Violation undermines a sense of safety and respect in relationships.

- 8. Career or purpose disappointment:** Mourning a stalled dream, lost job, or misaligned career path that once felt meaningful.
Explanation: Work often provides identity and purpose; its loss can prompt a crisis of self.

9. Financial hardship: Stress and sorrow tied to money problems that threaten stability and future plans.

Explanation: Financial strain affects security, opportunities, and self-worth.

- 10. Health diagnosis or illness:**
Grief from a difficult health diagnosis, either personally or for a loved one.
- Explanation: Illness challenges autonomy and the life you imagined; adaptation is painful.**

11. Aging and aging-related losses:

Sadness about growing older, losing vitality, or changes in abilities.

Explanation: The body's changes can force a redefinition of identity and independence.

12. Identity or belonging struggles:

Heartbreak from feeling misunderstood, excluded, or mismatched by a community or culture.

Explanation: A sense of not fitting in can erode self-acceptance and connection.

13. Grieving a dream unfulfilled:
Sadness and disappointment
from giving up or abandoning
a long-held aspiration.

Explanation: Letting go of a
vision can leave a legacy of
“what if” and regret.

14. Loss of a pet: Sincere sorrow from the death or absence of a beloved animal companion.

Explanation: Pets often fill roles of family, comfort, and daily joy; their loss can feel like a void.

15. Social isolation or loneliness:

A broken heart expressed as deep loneliness, even in the presence of others.

Explanation: Feeling emotionally disconnected hurts more than physical absence, affecting mood and motivation.

10 definitions of a broken heart

AI Research

1. Loss of a hoped-for future

What it means: You planned something with someone—a relationship, a life together, or a special moment—that didn't happen.

Why it hurts: The future you imagined feels gone, so you grieve what could have been.

2. Deep disappointment in another person

What it means: Someone you trusted let you down in a meaningful way.

Why it hurts: Your sense of safety and faith in that person or relationship is shaken.

3. Emotional numbness followed by sharp hurt

What it means: At first you feel dull or detached, then a sudden, intense ache appears.

Why it hurts: Your emotions swing between shut-off and overwhelm, exhausting you.

4. Sense of rejection or unworthiness

What it means: You feel unwanted, not good enough, or like you're not deserving of love.

Why it hurts: It chips away at self-esteem and makes you question your value.

5. Grief for what was lost in the relationship

What it means: You're mourning the closeness, trust, and daily connection you had.

Why it hurts: Grief is a natural response to losing something meaningful.

6. Relentless rumination and “what if” thinking

What it means: You keep replaying conversations, mistakes, or moments you wish you could redo.

Why it hurts: Overthinking keeps the pain active and makes healing slow.

7. Fear of future heartbreak

What it means: You worry you'll get hurt again and become cautious or defensive.

Why it hurts: This fear can prevent you from forming new connections or enjoying the present.

8. Physical symptoms from heartbreak

**What it means: Sleeplessness,
loss of appetite, stomach upset,
or muscle tension.**

**Why it hurts: Emotions show up
in the body, making the pain feel
tangible and tiring.**

9. Feeling of isolation or aloneness

What it means: Even around people, you feel separate or unseen.

Why it hurts: Loneliness compounds the sadness and makes comfort harder to find.

10. Foundations of identity shaken

What it means: You question who you are, what you deserve, or your beliefs about love.

Why it hurts: A broken heart can shake core assumptions, prompting a crisis of self.

Biblical examples of a broken heart

AI Research

1. **Job**

Heartbreak: Lost his children, wealth, and health; greatly afflicted with sorrow and boils.

Healing/restoration: God restores Job's fortunes and blesses him with greater prosperity after his trials (Job 42:10-17).

2. Hezekiah

Heartbreak: Faced imminent death and sorrow over his condition and the prospect of dying.

Healing/restoration: God grants him life extended by 15 years and strengthens him (Isaiah 38:1-6; 2 Kings 20:1-7).

3. David

Heartbreak: Grief over sins, family turmoil, and consequences, including personal distress.

Healing/restoration: God forgives, renews David, and blesses him; Psalm expressions of restoration and God's mercy are prominent (Psalm 51; 2 Samuel 12:13-24; 2 Samuel 24:25).

4. Hannah

Heartbreak: Deep sorrow over childlessness; prays earnestly for a son.

Healing/restoration: God answers prayer with the birth of Samuel; Hannah dedicates him to the Lord (1 Samuel 1-2).

5. **Elijah**

Heartbreak: Fears for his life, runs away in distress after being chased by Jezebel; spiritual exhaustion.

Healing/restoration: An angel strengthens him; God renews his spirit and continues his prophetic ministry (1 Kings 19:1-18).

6. Naomi (Ruth's mother-in-law)
Heartbreak: Bereavement and strained circumstances in Moab; loss of husband and sons; bitter times.

Healing/restoration: Returns to Judah; Ruth's faithfulness and God's providence bring restoration and blessing (Ruth 1-4).

7. Peter

Heartbreak: Denies Jesus three times; profound sorrow.

Healing/restoration: Jesus commissions and restores him; Peter goes on to lead and proclaim boldly (John 21; Matthew 26-28; Luke 22).

- 8. The Prodigal Son's Father**
Heartbreak: Son wastes inheritance and estranges himself; father endures heartbreak awaiting return.
Healing/restoration: The Father warmly receives the returning son; symbolizing God's forgiveness and reconciliation (Luke 15:11-32).

9. Job's friends (initial comfort, later convicted)

Heartbreak: Sat in silence and then wrongfully accused Job; but their initial sorrow shows grief (Job 2:11-13).

Healing/restoration: God rebukes the faulty counsel and restores Job's fortunes; shows God's sovereignty in healing and restoration (Job 42:7-10).

10. Jairus and his daughter

Heartbreak: Father pleads for healing for his dying daughter; sorrow at her illness.

Healing/restoration: Jesus heals the daughter, restoring life (Mark 5:21-43; Matthew 9:18-26; Luke 8:40-56).

25 practical ways to overcome heartbreak

AI Research

1. Allow yourself to feel

Why: Suppressing emotions slows healing.

How: Give yourself permission to cry, be angry, or sad. Name the emotion in the moment (e.g., “I’m feeling grief”).

2. Set a safe processing pace

Why: Healing isn't linear; pace matters.

How: Decide on small, manageable steps each day (e.g., 10 minutes of reflection, one short walk).

- 3. Create a predictable routine**
Why: Stability reduces anxiety.
With: Maintain regular sleep, meals, and light exercise; add simple rituals (morning coffee, evening journaling).

4. Seek social support

Why: Connection buffers distress.

How: Reach out to a trusted friend or family member; schedule a regular check-in or mini-ride-alongs (walks, coffee).

5. Limit reminders of the relationship

Why: Reducing triggers accelerates detachment.

How: Put away photos, mute or unfollow on social media for a set period; consider a “cooling-off” rule.

6. Practice gentle self-talk

Why: Negative self-talk intensifies pain.

How: Catch critical thoughts and reframe: “This hurts now; I can endure it, and I deserve care.”

7. Reframe the heartbreak as growth

What: Look for small lessons (trust, boundaries, preferences).

How: In a journal, write one thing you learned about yourself each day.

8. Establish healthy coping strategies

Why: Balanced coping prevents relapse into unhealthy habits.

How: Pick a mix of coping skills (breathing exercises, walking, stretching, listening to music).

9. Physical care: sleep, nutrition, movement

Why: Body and mind are connected.

How: Prioritize 7–9 hours sleep, balanced meals, and a 20–30 minute daily activity you enjoy.

10. Mindfulness and grounding

Why: Reduces rumination and increases present-moment awareness.

How: Try 5–10 minutes of mindful breathing or a grounding exercise (5-4-3-2-1).

11. Write a release letter (not sent)

Why: Externalizing feelings aids processing.

How: Write a letter to the person expressing everything you'd want to say; then tear it up or burn it.

12. Create a personal forgiveness practice

Why: Self-forgiveness frees you from self-blame.

How: List 3-5 things you forgive yourself for in the breakup; write a short forgiving note to yourself.

13. Set boundaries for the future

Why: Clear boundaries support healing.

How: Define what you will and won't do in the next relationship (trust-building, communication, time to heal).

14. Rediscover personal identity

Why: Reclaiming “you” strengthens future resilience.

How: Revisit hobbies, goals, or interests you set aside during the relationship; schedule a weekly activity.

15. Start a small goal ritual

Why: Momentum boosts mood and confidence.

How: Set 1-2 tiny goals per week (e.g., a short workout, a new coffee shop visit, finish a book chapter).

16. Volunteer or help others

Why: Altruistic acts reduce focus on self-pain.

How: Spend a couple of hours helping someone else or join a local volunteer group.

17. Seek professional support

Why: A therapist provides a safe space and tools.

How: Consider counseling, grief groups, or online therapy; ask for referrals or use a mental health app.

18. Build a gratitude habit

Why: Shifts attention from loss to present positives.

How: Each day, write 3 things you're grateful for, including small wins.

19. Learn about healthy attachment and dating readiness

Why: Informs future relationships with healthier patterns.

How: Read books or attend workshops on attachment, boundaries, and communication.

20. Practice self-compassion routines

Why: Kindness to self reduces self-criticism.

How: Create a 5-minute daily self-compassion ritual (soft self-talk, a comforting activity, an affirming note).

21. Create a “recovery map”

Why: Visual progress reinforces healing.

How: Draw a simple map with stages (shock, sadness, acceptance, growth) and mark small wins as you move through them.

22. Develop a personal ritual of closure

Why: Provides symbolic completion.

How: Do a closing ritual (write a goodbye letter, plant a seed, take a symbolic walk) to mark moving forward.

23. Rebuild social life gradually

Why: Social connections aid recovery but shouldn't rush romance.

How: Schedule regular social activities with friends, family, or group hobbies; avoid pressuring yourself to date quickly.

24. Limber the mind with new experiences

Why: Novel experiences reset thought patterns.

How: Try a new hobby, class, or place; novelty can renew energy and hope.

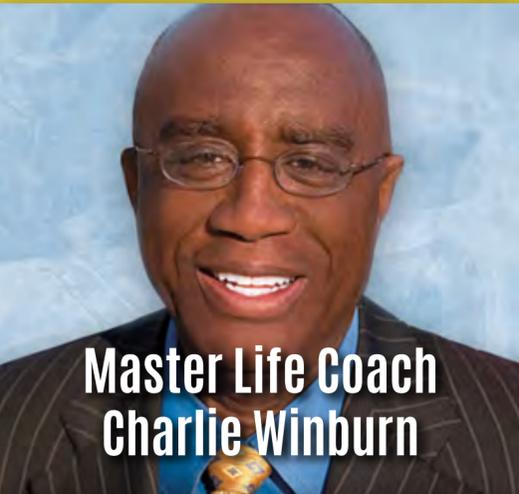
25. Plan for the future with hopeful realism

Why: Hope sustains healing.

How: Create a hopeful but practical plan for the next 3–6 months (skills to learn, places to visit, people to reconnect with).



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