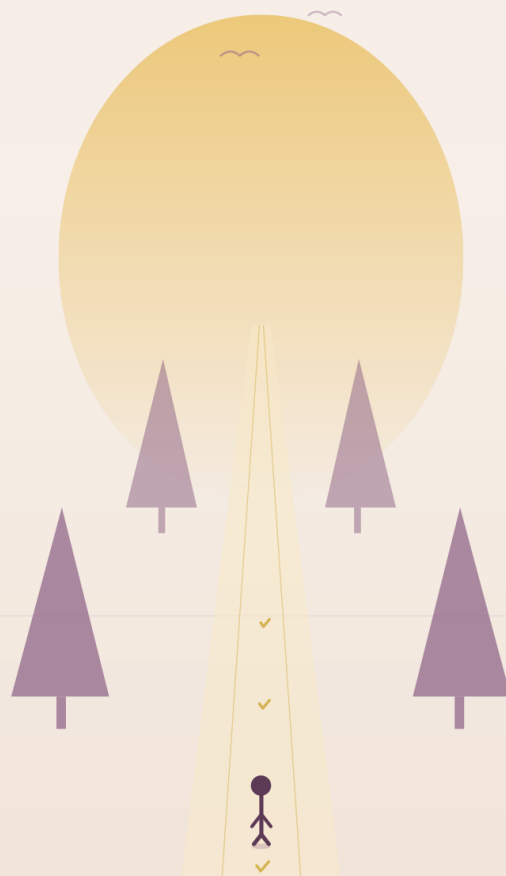


THE FIRST 30 DAYS SURVIVAL CHECKLIST

A Short, Practical Guide



BILLY'S BOOKS

Break-up recovery, written by a man, for men.

William 'Billy' Brown

The first month after a break-up or divorce doesn't need you to do it well. It just needs you to get through it, a day at a time, without making things harder for yourself than they already are.

This isn't a to-do list in the usual sense. It's a short checklist of the things that actually matter in those first thirty days — the ones I wish someone had handed me plainly, instead of me working them out one hard week at a time.

1. Tell one person the truth today

Not everyone. Just one person who can handle hearing it straight — not the tidy version, the actual one. Carrying this entirely alone in the first month is heavier than it needs to be.

2. Let your body do the minimum, not the maximum

This isn't the month to start a new fitness regime or overhaul your diet. It's the month to eat something, sleep when you can, and move a little most days. That's genuinely enough right now.

3. Don't make big decisions this month, if you can help it

Selling the house, quitting the job, a new tattoo, a rebound relationship — the first thirty days are rarely the right moment for anything permanent. Give yourself a bit more time before anything irreversible.

4. Book the doctor's appointment if something feels off

Chest tightness, appetite gone, sleep in pieces — if it's lasted more than a week or two, get it looked at. Not because heartbreak needs a medical label to be real, but because you deserve to know what you're actually carrying.

5. Give yourself permission to just survive, not thrive

A good day, right now, might just mean you showered and left the house once. That's allowed to be the whole target. There's no prize for handling this month gracefully.

If any of this landed, the full story — the marriage, the diagnosis, the bottom, and everything that came after — is told in detail across three books: *The Space Between*, *Still Standing*, and *Loving on Purpose*, along with a companion workbook if you want somewhere to actually work through your own version of it.

You can also read the whole thing that started it, my autobiography, *Billy*, if you want the fuller story behind the story.

Wherever you are in this first month, I'm glad you read this far. Keep going.

— ***William 'Billy' Brown***