

Ex Isle

10 x 60'

EPISODIC BREAKDOWN

1. Welcome to Ex Isle!

Five on-again, off-again couples arrive on Ex Isle ready to break free of their toxic relationships forever. Secluded on a remote island, the couples are joined by show host Carmen Electra and Dr. Ish Major, a relationship therapist, who will be guiding them through intensive shock therapy for getting over their ex. At the first night's mixer, jealousy sparks drama when one of the exes snaps. In therapy, the exes face their demons as their darkest secrets are exposed.

2. Shock Therapy

The morning after a blowout fight with his ex, John is in hysterics. The exes are blindsided with their worst nightmare; watching their ex get married. When inner fears are exposed, Dr. Ish pushes the exes to see if they truly are over their ex? With tensions high, Nicole snaps and goes ballistic on Freddie. Amid the chaos, John hopes to turn his luck around, and swoops in on a vulnerable Nicole. With the first island hook up looming, emotions are pushed to the brink.

3. Burn Baby Burn

John secretly juggles two women at once, in hopes of having the first island hook up. Antonio is enraged after Ashley shacks up with another man. Overwhelmed with all the island drama, two exes find themselves back in each other's bed. In therapy, the exes are asked to burn mementos of their past, setting off a firestorm of emotion. Sean stuns everyone as he sets his marriage certificate ablaze. With tensions brewing, one ex goes off the deep end, resulting in a jaw-dropping altercation

4. Cutting the Cord

Two of the exes go head-to-head in a blowout fight. In therapy the exes are bound together, experiencing the physical representation of each other's emotional ties. As the exercise takes a toll on the exes, Sean and Sam start to rekindle their romance. In a shocking twist, 10 eligible singles arrive giving the exes a fresh shot at love, and others a dose of heartache. Lucas sets his sights on a "new Brittny" and Samantha develops a ploy to prevent Sean from finding new love.

5. Taking the Plunge

The first island hookup results in a tidal wave of drama. Lucas pursues a new Brittinae, causing his ex Brittney to snap. The exes go on blind dates with the sexy new singles, but one couple plots to sabotage it all. An ex dishes out the ultimate insult to his date, causing Dr. Ish to intervene. Antonio's date goes terribly wrong, ending with an ambulance ride to the hospital. Sean faces off with Dr. Ish, leaving his future in limbo.

6. Wearing Your Heart on Your Sleeve

In a gut-wrenching therapy, John storms off in hysterics after revealing a skeleton in his closet. One couple decides to rekindle their relationship, but find themselves at odds. The singles start to question whether the exes are datable or delusional. Jaymie reveals her secret crush, but faces rejection. A romantic date night leads to multiple love connections. A jealous Brittney spies on her ex while he's with another woman. A villain emerges as Jaymie and Nicole end up wanting the same man.

7. Sexisled

It's singles choice on the island, and they get to pick which exes to take on a romantic date. Two women battle for Freddie's attention. One ex makes a startling confession. Nicole breaks down when her date bashes her. A jealous Antonio suspects John of showering with his ex, Ashley. Nicole walks in on her ex with a new love interest. As flirtations arise at the club, Lucas is confronted with lingering feelings for his ex.

8. Over It, Not Over It.

Brittney and Lucas make a pact to keep their hookup a secret. Dr. Ish arranges for a body language expert to reveal who's not over their ex. In therapy, Brittney fears her secret will be exposed. Lucas sets his sights on Margot, infuriating Roxy. Feeling the pressure from Roxy, Lucas goes off in a drunken tirade. Jaymie takes her relationship with one of the singles to the next level. Samantha and Sean's relationship implodes, leading to a chilling threat

9. Facing the Truth

Despite their progress, Samantha and Sean's relationship crumbles after a terrible fight. In final therapy, John's ex-wife sends him on a rampage. Lucas confesses his feelings for two women. Jaymie takes a frightening fall. Antonio faces the painful realization that his heart is still with Ashley. When Samantha's secret is revealed, a blindsided Sean starts packing his bags. Samantha's family is shocked to know she's with Sean and they reveal the pain he's caused in their lives.

10. The Final Split

Sean and Samantha's entire relationship is in question. Anxiety builds as the exes go on a final date with a shocking twist. Nicole makes a bold move in hopes of a final shot at love. Lucas connects with Roxy, but ends up in another woman's bed. One ex couple can't resist hooking up one last time. The exes make a heart-wrenching decision about who they'll leave the island with. Dr. Ish is shocked by one ex couple's choice.

