

## Surviving Relationship Break-Ups

It is a hard decision to break up but very hard indeed if you are the one who didn't want to end it. Even relationships which have lost their luster hurt a lot when they end.

Emotional hurt can be more painful than physical pain and affects our physical as well as mental health. Eating, sleeping, and thinking clearly are particularly difficult when under pressure from other important areas in one's life.

The following tips may help you care for yourself through the break-up, much like you have to care for yourself when sick. Gradually with time you do heal and begin to enjoy life again.

### The DO's of Relationship Break-up

1. Seek out the company and help of supportive friends and family;
2. Talk it out or write down your thoughts. This can be one of the best and fastest way through it;
3. Allow yourself a realistic time frame to get over it. There are no short cuts to this healing process;
4. Avoid places that remind you of the past;
5. Distract yourself when you become overwhelmed. Engage in easy activities such as walking,, watching videos and listening to music to relieve the stress;
6. Make a list of comforting things that you like and indulge yourself a bit;
7. Do some fun things as soon as you are able;
8. When you are ready (*everyone has a different time frame*), think about what you have learned, given and gained from the relationship.

## Surviving Relationship Break-Up continued...

### The Don'ts of Relationship Break-up

1. Don't isolate yourself and withdraw from those you like and those who care for you;
2. Don't overuse alcohol or harming substances to 'numb out'. It will rebound on you later and you will be even more depressed. Hangovers hurt and can create depression;
3. Don't talk to people who criticize your ex-partner (tempting though this is) or you;
4. Don't take revenge. It will end up prolonging your own hurt and ongoing the most if you do;
5. Don't try to be friends again too quickly;
6. Don't bottle up your feelings. Let them out gradually or you may explode and scare yourself and others;
7. Don't ruminate with endless questions and whys that can't be answered, or focus too much on your ex-partners, and your faults;
8. Don't let self doubt grind you down.
9. Don't harm yourself or drown in grief. See a therapist if you can't stop.

### You May Feel Worse if.....

- You didn't see the break up coming;
- You didn't make the decision to break-up;
- You still see your ex-partner around your neighborhood, restaurants, job;
- You live in the same city or same area in the city;
- This is your first romance;
- They have moved into a relationship with someone else;
- They were your ONLY friends.

## Surviving Relationship Break-up continued ...

You Need to Know that.....

- You will experience many different feelings in grieving the break-up- all normal and common in relationship endings. These include shock, denial, depression, anger and sometimes bargaining to get the relationship back. This can be very unsettling until the final stage of grieving which is acceptance.
- Intense grief feels like it will last forever. It will eventually pass into something painful over the following weeks.
- A serious relationship is just that – serious – but not the only one you will have in your life. You are now learning more about yourself and what love and loving relationships are best for you in the future.

For more information about addressing relationship break-ups, please contact the Consulting for Solutions Group (CSG) Clinic at 604.639.3236  
Online [www3.telus.net/cfsg](http://www3.telus.net/cfsg)