

## **After the Breakup**

A recent article in the Wall Street Journal as reported in the **Globe and Mail Friday August 26, 2011**, suggests that there is much activity in the brain following a romantic breakup. Some of the symptoms that manifest include sadness and anxiety and changes in sleep patterns, appetite and even motor coordination.

The article reports that in people who are grieving, the part of the brain that processes addictions is activated. In other words, following a breakup, neurotransmitters in the brain are activated. In some cases, the person who did the dumping is equally affected as the person who was dumped. If the breakup was painful, then the physiological symptoms will be the similar.

Generally speaking, the more meaningful the relationship, the longer it will take to move through the stages of a breakup. In cases where the relationship was short lived, it might take just a few months, six months to a year for one that lasted a few years and two to three years to recover after a long term relationship/marriage.