

# **HOW TO COPE WITH RELATIONSHIP**

## **BREAKDOWN**

**By**

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Every time it happens you feel like it's the end of the world. It's as if someone has turned you inside out – your emotions are all over the place. One minute you would do anything to get the person back – the next you want them to suffer as much as possible. You cry, you are numb and feel stupid thinking of all the wasted time you put into your “perfect” love match.

You tell yourself that you have had break ups before and you should be able to cope. However, inside you feel like a little girl who wants her mum to tell her everything will get better. You wonder if you could have done anything differently? Fearing that maybe the break-up was your fault? You question whether you were too fat, too thin or not pretty enough. You see every wrinkle, love handle and unwanted blemish as a sign that no one will ever want you. You worry about your finances, how you will manage, about your children and what affect the break-up will have on them? In fact you worry about everything and anything.

Whatever the reason for your relationship coming to an end you are going to feel some kind of emotion about what could have been and what you have lost. After all who goes into a relationship without the dream of everlasting love.

If your relationship has broken down then the following tips will help you move on with your life.

### **It's over so accept it**

You may have known that the relationship wasn't right for a while and yet you are still likely to feel a sense of shock at its ending. Psychologists refer to a sense of "disbelief" and "unreality" and break-ups are sometimes compared to bereavement, as the sense of loss can be just as strong. You need time to come to terms with what has happened and you may find yourself dreaming about getting back together again. The sooner you accept your relationship is truly over the sooner you can get your life back on track. When you find yourself daydreaming of a Walton-like reunion gently remind yourself that this relationship has ended and that no amount of "what ifs" will change the situation.

## **Learn to be yourself again**

You are a separate person to your partner and it is easy to lose sight of this, as you will have learnt to compromise your own needs. Therefore, now is the time to see all those DVDs he hated while you listen to the music and eat the food you like. It is important you re-establish a relationship with yourself and see yourself a whole independent person. If you have always wanted to learn to ski or go Salsa dancing then do it now!

## **Don't Blame others – think about what can you learn instead?**

It's all too easy to blame yourself or your partner for the break-up of your relationship. However, this type of blaming doesn't help anyone. If you really want to heal then think about what was good in your relationship as well as what you believe went wrong – ask yourself questions like “*did I change?*” “*Did we grow apart?*” or “*were we too young when we got together?*” Understanding rather than blaming will help you recognise

what happened, give you a chance to learn from it and will help you avoid repeating the same mistakes again.

During this time you'll experience many emotions and you can expect good and bad days. Just remember that the bad days will get shorter while the good days get longer.

### **Have as much fun as you can**

Put yourself into situations where you are likely to have fun. Laughter is a great medicine – watch old episodes of Friends or Sex in the City, something that will help you get a perspective on life. There is a place for watching Bridget Jones type movies but immersing yourself in sad films and heart breaking songs will only keep the tissue manufacturers in business. A good weep is beneficial and when you need to cry just do so. However, we can all identify with nights of listening to songs guaranteed to make even the most hardhearted person feel some emotion. We wallow in our misery. Work on the principle that for every sad movie you watch you need to watch four others that will distract you from your misery.

## **Share your feelings**

Let your feelings out and share these with the people who love you.

Research has shown that talking can help you get over problems more quickly. You might want to write down what you are feeling as some people find it really helpful to keep a journal of their thoughts. Remember friends are there to share the bad times as well as the good. If you find that friends are not enough then get professional help from a relationship coach or counsellor.

## **Look after yourself**

When you feel sad you are likely to stop looking after yourself. You may not eat properly or alternatively eat all the wrong foods as a way of blocking out your feelings. If you have to force yourself to eat then ask friends over for a meal so you have to cook. If you are tempted to tuck into another bar of chocolate make sure you have plenty of healthy snacks

available. Going to the gym or taking up a form of exercise can make you feel better about yourself.

However, whilst being busy can be good for you don't become obsessive, as this could be a way of blocking out your unhappy emotions. Doing this will only find those emotions catching up with you when you least expect them.

### **Do something Worthwhile**

The field of Positive Psychology has highlighted how doing something for others can make us feel better about ourselves. How about offering to do some voluntary work for a few hours a week. Seeing the needs of others can really help you gain a better perspective on life.

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