

Counseling Services TIPS

Surviving a Break-up

Sad endings are but the next happy beginning.

- Anonymous



Surviving a Break-up

Counseling Services



COASTAL CAROLINA UNIVERSITY

Counseling Services
P.O. Box 261954
Conway, SC 29526-6054

Phone: 843-349-2305
Fax: 843-349-2898
www.coastal.edu/counseling

- A. Let yourself feel the pain– feeling pain does not mean you’re weak, it means you are healing
- B. Get plenty of rest– healing takes energy
- C. Stick to your schedule/keep active
- D. Don’t make any big decisions– your judgment may be clouded now
- E. Get support from others (friends, family, neighbors, co-workers, even strangers)
- F. Get hugs– you’ll miss touching so find someone to give it
- G. Talk with others who have survived a similar loss
- H. Don’t isolate yourself
- I. Surround yourself with things that are alive (people, plants, pets, fresh fruit and veggies)
- J. Look to your faith (spiritual, religious, psychological, philosophical) for comfort

- K. Plan for hard times (times you usually spent with your ex, anniversaries, holidays, etc.)
- L. Be nice to yourself– have the same compassion for yourself as you would for a good friend
- M. Don't try to revive a dead relationship
- N. Make a pact with a friend (to stay away from ex)
- O. If mementos help, keep them; if they hinder your healing, put them away
- P. Eat right– consult a nutritionist if you need to
- Q. Exercise– it is the best cure for depression
- R. Avoid alcohol and drugs– they'll only make it worse
- S. Don't place yourself in vulnerable situations (example: pick-up bars)
- T. Beware of rebound relationships– it may lead to another loss before you've healed from the last one
- U. Pamper yourself– do what feels good
- V. Keep a journal
- W. Affirm yourself- "I am... (alive, healing, stronger, etc.)
- X. Visualize positive outcomes
- Y. Use color to lift your spirits
- Z. Laugh (video, comedy tape, books, funny people, etc.)

Later On

- AA. Forgive the other person
- BB. Forgive yourself
- CC. Take stock of the good in your life
- DD. Praise yourself for having the courage to be in a relationship
- EE. Make changes, try new behaviors
- FF. Start anew (new people, places, ideas, experiences) (redecorate, buy new clothes, learn something new, start a new hobby)
- GG. Join a group
- HH. Try self-improvement (diet, stop smoking/drinking, exercise, self-exploration, etc.)