Surviving a Break-up

Sad endings are but the next happy beginning.
- Anonymous

Surviving a Break-up

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.)