

Let people help you. If you can't give back right now, say so. People understand that your life isn't like it used to be. Don't let your inability to reciprocate prevent you from accepting what help people willingly offer.

If you're having trouble with the basics of life for more than a few days, like eating and sleeping, it's a good idea to talk with your doctor or a counselor and see what you can try to do to make things better.

Images © <http://www.artparts.com>

**Hearts will never be made  
practical until they are  
made unbreakable.**

**-Wizard of Oz**

# How You Can Get Over a Breakup



# Not all the loves in our lives last forever.

Although we may hope for “forever” at the beginning of a relationship, dating and partnership are often a winding road. Even in long-term marriages, sometimes people end up realizing they don't know their partner as well as they thought. With time, some needs and desires change and the relationship no longer works.

You may continue to have intense feelings of attachment to the person you once loved and depended on, and feel a lot of sadness and self doubt. Remembering the shared experiences you had with your partner is bittersweet, and you're faced with adjusting to being on your own instead of being part of a couple.

Here are some survival strategies for people who are getting over a relationship breakup.



Take your time as you adjust to your changed life circumstances. Recognize that you are going through a life transition that cannot be rushed.

Seek extra contact and support to help you get through the changes involved as you get over the past relationship.

You will often feel frustrated. Avoid the temptation of acting for the sake of acting, just because it gives you a temporary feeling of being in control. When you feel uncomfortable, slow down and identify what emotions you're feeling and why.

Explore both the benefits as well as the downsides of your new life. Think about the future. Remember to ask yourself, “What could I learn from this?”

Expect the absent-mindedness which many grieving people experience. Try to simplify as you recover from the loss and the turmoil in your life circumstances.

Change causes stress, and you have enough right now.



What would did ever heal but by degrees.

Shakespeare