The Breakup

Breakups are common in life but they sure can be hard to get through. Sometimes we know things aren’t working out. Sometimes we don’t. It is normal to ask why this happened. But dwelling on things said and things done can actually increase stress and make negative feelings worse. Give yourself a break. This isn’t easy.

✓ Get into a new routine.
  • You need to get to a place where you can feel normal again.

✓ Don’t act on feelings of revenge. Don’t act on impulse.
  • Almost always results in negative consequences for the person seeking revenge.

✓ Keep busy.
  • Find activities to take your mind off the current situation. Physical work and exercise are great ways to help release energy.

✓ Don’t force yourself to be happy.
  • It is normal to feel angry, hurt, rejected, guilt. When it happens, it is OK to feel lousy. But you don’t want to get stuck here.

✓ Avoid bad-mouthing your ex.
  • This can sabotage your other relationships including new romantic interests. It doesn’t matter how badly she treated you. Just say, “she was challenging” and leave it at that. If there are kids involved, definitely don’t talk bad about their Mom. When you tear her apart, you tear them apart.

✓ Don’t cut yourself off from friends and family.
  • It may be instinct to want to withdraw but it is important that you stay connected to the other people in your life. Isolation can increase stress.

✓ Avoid alcohol and drugs.
  • Substance use can easily get out of hand and cause you more problems. You are less likely to make good decisions under the influence.

✓ Focus on your future.
  • Don’t feel the need to immediately find a new love interest. Give yourself time come to terms with the past. Do look for ways to improve your life. Maybe it is with a new hobby or sport. Get involved with your community.

  • Watch for signs of depression.
    • Talk to your doctor or a counselor if you are unable to move forward, if it interferes with your ability to do everyday activities, or if you are in distress.
    • If you are thinking of taking your own life, call the National Suicide Lifeline at 1-800-575-7480. Free, confidential support is available 24/7. If anyone is in immediate danger, call 911.

Suicide is very much preventable. For more information, go to HelpHimStay.org.