

When feelings and
don't fight them, talk it



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When a relationship of some length ends, it feels like death. Except it feels worse than death because the person you no longer love but you still love is living—but the relationship itself is dead. There are no words to magically take away the hurt or the sadness or the pain of this brutal ending: the ending of a love.

A break-up brings much pain, but pain is temporary because of the various ways to nurse your wounds and carry on. Cope with your feelings and don't fight them, talk it out with your family or close friends, list the advantages of being single, and most importantly don't lose faith in another relationship. A break-up is always accompanied with an immense variety of powerful and emotional feelings including anger, confusion, sadness, jealousy and regret. And if you bury all your feelings inside your mind you will only prolong the grieving process, which might lead to a complete mental breakdown down the road. Healthy coping is when identify these intense emotions and let yourself actually experience and let them out. The sooner you let it all out, the better and quicker the grieving process will be. Grieving typically consists of: depression, denial, negotiating and hopefully in the end of it all, acceptance.

Acceptance is the key element to eventually move on from an unsuccessful relationship. In order to survive a break-up, you must swallow the bitterness of reality. Cliché as it may sound but reality does truly bite hard, and leave a heavy mark.

It's now all up to you to take that scar as a lesson and not as a punishment. Give yourself plenty of time to heal, and remember that only time will heal all

your wounds. Put away the pictures and the gifts that remind you of your ex because a part of loving is learning to let go. Resist the temptations to call or message your ex to get together because rebound relationships are typically a mistake. Keep yourself busy doing anything that makes you feel good about yourself.

Thereafter, it was highly recommended to openly talk about your feelings. You can talk about your feelings regarding your break-up with anyone you please, preferably someone you can trust and love. By simply talking to a family member or even a friend, you can come to new and better understandings and even find a cure to your pain. Holding those negative feelings within you just never is the solution, no matter what the circumstance is. Letting these emotions not only takes the load off your chest, you can potentially discover that what you are going on is actually very common and many have gone through the similar situation and survived perfectly fine, happier than ever.

Don't isolate yourself, especially when you feel hopeless. Talking to your friends or loved one also keeps your mind off your past relationship and instead boost your other relations. Make a plan to go out with your friends, whether it is going to the movies, grabbing dinner, or even just playing games at home together. It'll make you realize being single isn't bad after all and actually gives you the opportunity to do whatever you like, whenever you like and not dwell on the past. In addition to discussing your feelings, you should also consider listing all the advantages of being single. Start by getting comfortable in your own private space, sit down, and simply close your eyes and take a deep breath. Loosen your body and soothe your mind, <https://assignbuster.com/when-feelings-and-dont-fight-them-talk-it/>

and grab a piece of paper and something to write with. Soon after, just start to jot down the benefits of being single.

As silly as this may sound, writing down these pros will actually stimulate positivity to your negatively affected mood. Just to get you started, here are a few reasons to remind you the blessings being single gives: you can have the whole bed to yourself; you can be as messy as you want without any criticism; you will have much more individual freedom; you will have more control over your daily routines and no longer have to negotiate and compromise around them. But most importantly, it is essential to understand that now you are capable to put your own needs first and don't have to please anyone else. This step in surviving a break-up may seem unnecessary, but by writing out the advantages of being single gives you a visual of the endless reasons to not feel any remorse over one unsuccessful relationship. The final and most important stage in overcoming a break-up is to come to an understanding to not lose any faith in another relationship. The first step, is to rid that belief that all relationships are untrustworthy, a waste of time, and just simply a bad idea. Generalizing from one faulty relationship is the worst way to get back up from a heart break. If you stick to this negative belief, you will miss out on the beautiful opportunities for a relationship worth having.

Instead of generalizing all relationships, try to learn from your past relationships. This does not mean to find ways to blame yourself for the relationship coming to an end, instead it is an opportunity for you to understand how to have a stronger relationship in the future again. Learning promotes self-growth, which is the second step in keeping faith for

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another chance. Once the time has come, in which you took the effort to self-reflect, take the final initiative in surviving a break-up which is dating again.

Remind yourself that you were able to survive on your own before you were ever in a relationship and that you will be able to continue to thrive on your own even after the relationship. There are things that we do not want to happen, but have to accept; things we do not want to know, but have to learn; and a person we cannot live without, but have to let go. Relationships are like a glass, sometimes it is better to leave them broken than trying to hurt yourself by putting it back together. No matter how painful a break-up is, there are always opportunities to start a new life. Never let a break-up get you down.