

Relationship Breakdown

Surviving the Aftermath

Nearly all of us have experienced a relationship breakdown. These can be very painful, whether we are the initiator or not. Relationship breakdown can occur between boyfriends/girlfriends, long-term partners, husbands/wives, colleagues, friends or family members. If children are involved it can become even more complicated.

We all react differently when a relationship ends, but some of the feelings we may experience are: shock, sadness, anger, disbelief, guilt, relief, anxiety, insecurity, loneliness, confusion and a sense of loss. When there is no chance of reconciliation it can still be difficult to let go of our attachments to people. So how can we navigate our way successfully through this difficult time? Here are some tips:

- Look after yourself - make sure you eat nutritious food and get some exercise. It will help you manage stress and tension.
- Treat yourself - make a list of things you enjoy and book them into your week e.g. get a massage, watch a video.
- Get support - talk to friends, family members or a counsellor about your feelings.
- Maintain your self-esteem - remind yourself of your positive qualities, don't base your self-esteem on the other person and give yourself regular pats on the back.
- Keep active - don't give up your usual routine or succumb to low motivation. Maintain your normal hobbies and activities.
- Take time out - give yourself time out e.g. read a book, take a walk, practise relaxation or meditation.
- Write it out - keeping a journal can be a helpful way to express your feelings.
- Try not to dwell on the past - you probably have a lot of reminders of the person e.g. notes, presents, cards, locations etc. Try not to spend too much time looking at these until you feel stronger.
- Have realistic expectations of yourself - it takes time to grieve a relationship, so don't beat yourself up or tell yourself to 'get over it' too quickly.
- Strengthen your other friendships - set aside time to catch up with friends who you feel safe with. Develop opportunities for new friendships.
- Remain positive - remind yourself no matter how bad you feel now, you will get through this period.



Converge International is your Employee Assistance Program (EAP) provider. To make an appointment or speak to a consultant:

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