



## Healthy BREAK-UPS

Entering into a new relationship is often a time of excitement, euphoria, and bliss. However, if the relationship ends, you may experience many feelings including:

- Confusion
- Shock
- Loneliness
- Grief
- Anger
- Sadness
- Suicidal Thoughts
- Loss of Identity
- Change in Routine
- Difficulty Adjusting

**It's important to remember that you can survive a breakup. Here are some tips to help you through this difficult transition.**

1. Allow yourself to experience feelings of grief and loss as a way to heal.
2. Get support from friends and loved ones. Being around other people will offer a source of comfort, love, and distraction.
3. Schedule activities to fill your day as a way to cope with the void left by your partner.
4. Add activities to your day that bring joy and positivity.
5. Focus on yourself and your own healing process. Continue to exercise, eat healthy, and engage in self-care activities.
6. Resist the urge to check your ex-partner's Facebook page. It may be helpful to block or "hide" your ex-partner.
7. Avoid texting or calling your ex-partner. This will help you adjust to the breakup and develop your identity as an independent person.
8. Nurture the relationship you have with yourself. You can do this through journaling, going for walks, positive self-talk, or other activities you particularly enjoy.
9. Engage in counseling as a way to get support and share your own story with someone who can help you through this difficult time.

# Letting Go of a Past Relationship

## Q: "How do I let go?"

A: Fulfill your life with other things. Embrace your friendships, school, work, family, interests, and hobbies. It may also be important to remove things in your house that remind you of your ex-partner (i.e. photos, gifts). Refrain from returning phone calls, emails, texts, and viewing their Facebook page.

After a breakup, you will most likely experience many emotions and difficult feelings. However, as you add more fulfillment to your life, the following should be occurring *less often*:

- Thinking of your ex-partner.
- Fantasizing about being with your ex-partner.
- Finding excuses to talk to him or her.
- Finding excuses to see or visit him or her.
- Talking about your ex-partner with others.
- Trying to please your ex-partner.
- Feeling anger towards your ex-partner.
- Maintaining an emotional commitment to your ex-partner.
- Continuing to think you will get back together.

**If you find it hard to re-invest in activities and relationships that are fulfilling, it is a sign that you are struggling to let go.**

- ❖ If you are experiencing difficulty overcoming a past relationship, you may be hindered from moving forward in a positive way.
- ❖ Reluctance to let go may be a sign of unexpressed feelings. For example, you may be afraid to deal with feelings of loneliness or rejection.
- ❖ Put your time and energy into your own personal growth rather than into a relationship that has ended.
- ❖ Seek counseling for support if you are struggling to let go of a past relationship.

## Signs of a Troubled Relationship

1. Withdrawal and Avoidance: There is an unwillingness or reluctance to engage in important discussions or activities.
2. Invalidation: One partner subtly or directly puts down thoughts, feelings, or character of the other.
3. Negative Interpretations: One partner consistently thinks that the motives of his or her partner are negative and positive aspects are discounted.
4. Escalation: Partners negatively respond back and forth and use verbal (or physical) expressions of anger aimed at hurting the other person.

- ❖ If any of the signs listed above are occurring, it may be time to re-examine the relationship, re-assess your goals, and/or seek couples counseling.

## Need Additional Help?

The University of Idaho Counseling & Testing Center offers free confidential counseling for personal and relationship concerns for full time UI students. For more information call (208) 885-6716 to reach the Counseling & Testing Center, Mary E. Forney Hall, Rm. 306, 1210 Blake Ave. All appointments are confidential.  
Website: [www.uidaho.edu/ctc](http://www.uidaho.edu/ctc)