

It's inevitable that you're going to feel bad after a relationship ends.

Just about everyone, at some time in their lives, experiences this type of pain and loss. It's normal. Healing from a break-up means going through the dumps in most cases.

You may feel worse if you didn't see the break up coming, or it was your first serious romance, or they felt like your only friend. Still seeing them on-campus, or seeing them in another relationship will also add to your bad feelings.

Here are some tips to help you survive your relationship break-up...

NOW IT'S JUST ME...

It's important to keep the break-up in perspective. Think about what you still have - your health, your friends and your family.

It may sound corny, but try and take one day at a time. And it's often true that a year from now you'll feel differently.

REMEMBER NUMBER ONE!

If you were unhappy in the relationship, try and recall why. If you were happy and they left you, what have you lost if they did not appreciate you? Let someone find you who appreciates you!

WHAT CAN YOU DO NOW?

1. Call a good friend or family member and speak to them for an hour or two - your real friends and family will talk to you.
2. If you are really feeling bad, invite your friend or family member to come over for the night.
3. It may help to talk to someone neutral and objective, such as a psychologist or counsellor.
4. Talk it out or write down your thoughts - this can be a brave and steady way through it.
5. Give yourself some realistic time to get over it - why set time limits?
6. Take gentle care of yourself - eat, rest and exercise.
7. Do some fun things as soon as you feel able.

WHAT NOT TO DO

1. Try not to isolate yourself and withdraw from those that care about you.
2. Don't overuse alcohol or other substances to escape the pain. They'll only make you more depressed and lead to further problems.
3. Don't take revenge. It will only prolong your hurt.
4. Don't try to be friends again with your ex too quickly.
5. Don't bottle up your feelings. Let them out slowly with trusted supports.
6. Don't wind yourself up with unanswerable questions of "why?" or dwell on your faults.

REMEMBER YOUR OTHER INTERESTS?

You may have spent months or years with your ex-partner and devoted your energy into making that person happy. This may mean you neglected the hobbies you had or the friends you socialised with as a single person. Being on your own means having an opportunity to get back into the hobbies that made you smile before and re-establish good connections with friends.

REBOUND RELATIONSHIPS

After breaking-up it may be best to look inward and see if there is anything you need to take care of before jumping into a new relationship. You will probably be vulnerable after a break-up and you may be tempted to go for a rebound-relationship so you'll not be on your own. It's best to take things slow however, especially during the first month after a significant break-up.

REMINDE YOURSELF...

1. You're a good person and when the time is right you'll meet someone again.
2. You're better off alone than in a bad relationship.
3. The hurt will go away day by day.

REFERENCES

More information is available from:

- [Relationships Australia](#)
- [Family Relationships Online](#)
- [ReachOut: Friends and Relationships Fact Sheet](#)

WANT TO CHAT TO SOMEONE?

For a confidential - and free - chat about your general situation, please contact Psychological Counselling Support to make an appointment at any of our campuses.

 counselling@ecu.edu.au  (08) 6304 6706