



THE BREAKUP

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Part of life

You are not the first person in the history of the world to have a relationship end.



Feelings

- Anger
- Sadness
- Happiness
- Loneliness
- Fear/Uncertainty
- Relief



Grief Stages

- **1. SHOCK & DENIAL**
- 2. PAIN & GUILT**
- 3. ANGER & BARGAINING**
- 4. "DEPRESSION", REFLECTION, LONELINESS**
- 5. THE UPWARD TURN**
- 6. RECONSTRUCTION & WORKING THROUGH**
- 7. ACCEPTANCE & HOPE**



Getting to a better place

Get in touch with yourself again. Invest time in things that make you happy:

- Your hobbies
- Work
- Friends
- Family
- Exercise
- Spirituality



Problematic coping strategies

- New partner
- Drinking
- Drugs
- Pornography
- Gambling
- Any Addiction



Resources

- Counseling Center
 - Jolie McCoy and Mark Urban
- Friends
- Books
- Websites
 - <http://lovesagame.com/the-secret-how-to-get-over-a-break-up/>
 - <http://www.earthlingcommunication.com/blog/getting-over-a-relationship-break-up.php>



Experience is not always pretty but sometimes necessary.

- Value the experience: “Experience is what you get when you didn’t get what you wanted.”
 - What are some of the things that you learned from dating this person.
 - What are some new insights that you can bring to a future relationship.
 - What are things that you want to look for in a future relationship.




Opportunities

“There are always other fish in the sea!”

“When one door closes, another one opens.”

“Life's up and downs provide windows of opportunity to determine your values and goals - Think of using all obstacles as stepping stones to build the life you want” -Marsha Sinetar



“The freedom to move forward to new opportunities and to produce results comes from living in the present not the past” -Brian Koslow

Closing Comments/Strategies

- Breakups are inevitable and a part of life.
- There is a process that people go through in breaking up.
- People need resources to help them through the stress of a breakup.
- There are things that impair a person's ability to get through a breakup.
- There are things to learn from a breakup.
- A breakup can lead to better things.