



# THE BREAKUP

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# Feelings

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



You may cycle through these emotions.

# Break Ups –

include “Grief-Like” 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



***AVOID! BEWARE! CAUTION!***

“Experience - is what you get  
when you didn't get what you  
wanted.”

It is not always pretty, but  
sometimes necessary:



# Value the experience:

- 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?



# Resources

- Counseling Center –
  - [Come see us!](#)
- Friends
- Self-help Resources

