THE BREAKUP
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