

Organize the Memories

Yes, you will go back and forth from missing your ex to being angry. The problem is that your brain cannot start putting this in the past unless it understands that your ex was not ALL GOOD or ALL BAD. Your job here is to pair the things you WILL miss about them (when they pop into your mind), with the things about them you WON'T miss.

For example: You wake, and while taking a shower, you miss the morning coffee and think,

"I Miss Having Coffee With Them In The Morning....."

Now your job is to connect what you won't miss:

"But I Won't Miss Wondering Who They Are Having Drinks With After Work!"

Continuing to pair the positive and negative will help your brain process the acceptance of this persona not being horrible – just not for you.

Have Flexible Rules

Friends may say, "Don't text your ex!" Sure, it's ideal to start making distance so you can detach. But detaching is a process and if you have the urge to check-in or touch base and you wait 48 hours and you STILL believe you have to touch base ... then touch base. See how you feel. Is this helping you detach or making it harder?

Build your Relationship Capital

The best way to build relationship capital is to invest in you. Diversify your previous investment in your ex into yourself in order to heal the hurt. Start a new workout, take a class, join a group, start new and wonderful self-care that you can maintain. Look to get back to the things you have put by the wayside and make them part of your priority.

Recognize Thinking Traps

It is natural after a break-up to blame yourself, but try not to personalize the loss for too long. Much of the pain of a break-up comes from seeing the loss as your fault and regretting the choices you made while in the relationship. This process of self-blame can go on endlessly if you let it. It is far more helpful to see the ending as a result of conflicting needs and incompatibilities that are no one's fault. Each person in a relationship is trying to get their own needs met and some couples are able to help fulfill each other's needs and others are not. One of the biggest issues is being able to communicate and negotiate those needs. It's not easy to learn, so don't blame yourself and try not to blame your ex. He or she is likely also doing the best they can, given their personalities and life history. No one goes into a relationship with the goal of making it fail, or hurting the other person.

Accept your Feelings

A break-up is often accompanied by a wide variety of powerful and negative feelings including sadness, anger, confusion, resentment, jealousy, fear and regret, to mention a few. If you try to ignore or suppress these feelings, you will likely only prolong the normal grieving process, and sometimes get totally stuck in it. Healthy coping means both identifying these feelings and allowing ourselves to experience these feelings. As hard as it is, you cannot avoid the pain of loss, but realize that by experiencing these feelings, they will decrease over time and you will speed up the grieving process. The stages of grieving frequently include: shock/denial, bargaining, anger, depression and eventually acceptance. Talk to others about your feelings, journal out your feelings.

Understand That Break-ups Are Often An Inevitable Part Of Dating

Remember that many of our dating relationships will end up in a break-up. This is the very nature of dating. Until we find our best match, we are going to be moving in and out of relationships, so expect it. This way, we won't feel so devastated when it does happen. Relationships usually end for some good reasons and they should end if we want to find our most suitable partner. Of course, no match will be perfect and we have to decide how long to keep looking and what we can live with. Finding a complementary partner is more than about love and therefore, it is going to likely take many dating relationships to find.

Prioritize Basic Self-Care

Self-care refers to ensuring that your basic needs are being met, despite the fact that you may be feeling upset and depressed due to the break-up. You may not feel like eating but do it anyways, and try to make some healthy choices in what you eat. Give yourself ample time to sleep, particularly since this may be difficult for you. The short-term use of some herbal alternatives or sleep medications may be necessary to ensure you get the sleep you need. Sleep deprivation will only compound your suffering. Keeping up or starting an exercise routine can also make you feel better both physically and psychologically. Remember, exercise causes the release of endorphins, which can make you feel better.

Get Back Into A Routine

Since going through a break-up can create a sense of chaos in many areas of your life, continuing on with your routines will give you a better sense of stability or normalcy. Although taking some expectations off yourself temporarily can help, returning to routines shortly after the initial blow can help calm you down and give you a returning sense of control. This might include routines around wake-up and bedtimes, meals,

school or work related activities, exercise, and time with others to mention a few.

https://www.mcgill.ca/counselling/files/counselling/surviving_a_break-up_-_20_strategies_0.pdf