

Breaking up is hard to do

By Kate Elliott

It's a barrage of emotions that are all too familiar to most of us - shaking, uncontrollable sobbing, anger, frustration and waves of self doubt that seems to crash over your entire being until you feel as though there is nothing left. Yes, I'm referring to The Break Up—that special time in a relationship when one person decides that it's just not working any more, often a surprise and total shock to the other, and leaves a person feeling as though their life is over. Break ups are traumatic, but eventually we all recover. We get back on that proverbial saddle, and move on with our lives; it helps to know that almost everyone who goes through a break up experiences the same road to recovery. You too will survive.

Remember that time really does heal everything. Let yourself feel sad, down, and worthless, because it will help you moving forward. It's normal to have low self esteem- whether you want to admit it or not, you have been rejected. And no matter how many times your buddies tell you that he or she was no good for you anyway, you are still going to feel this way. So feel it. Live it. And move on.

After you have finished wallowing, you may feel better, but are still vulnerable, to both yourself and to others. You may think you are ready to get back out there, but listen to that nasty little voice in the back of your head that says "Love Me" and do everything in your power to ignore it. You have to learn to stand on your own, and be cautious of others with potentially bad intentions. You may think you're ready, find someone fabulous and realize you are not, hurting them and ruining your chance of meeting that person when the time is right.

Denial is normal, and often comes sooner rather than later. This stage may involve late night calls, emails, and other desperate attempts to test your ex. Are we really over or is there a chance we can salvage this relationship? This is the time when you will cry more than you ever thought you would and feel as though this love stuff is just not worth it. All you can do is fight it is to stay positive. Surround yourself with great friends, good food and a never-ending supply of cheap wine.

Think of this next stage as a self-imposed adult time out. Do things that you enjoy and take the time to think about what you want out of your next relationship. Read a great book, join a running club, and experience something you never thought you would do. There is nothing like conquering a personal challenge to make you feel back on your game!

When you're recovering from a bad breakup, it is especially important to socialize and do something proactive. Meet new people, improve relationships with old friends, and get back out there. You are definitely not going to find the man or woman of your dreams sitting at home, alone. And it is definitely safe to say that you will fall in love again. Take time to let this new person into your life and don't continue to explain to yourself or your new partner what went wrong in your last relationship. Water under the bridge is meant to stay there.