

# 6 Ways to Sunday, How to Cope with Relationship BreakUps...



Tips and Advice, That Let You See the Light  
at End the of the Tunnel...

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### Adopting a Positive Point of View

Ending a relationship is highly likely to cause a crisis in your life. It is natural for you to feel sad, anxious and angry and to have low expectations for the future. However, it is perfectly possible for you to cope with a relationship break-up and come out of this crisis as a better and happier person. You just need to follow the simple ancient wisdom that time heals all wounds.

You need to look on the bright side of life and realize that you can and will recover. Use the following tips to analyze each seemingly adverse circumstance in your life after the relationship break-up and to find out all the positive opportunities it presents to you. Just remember that you have to have the willpower to turn everything in your favor.

You do not have a person next to you to support you and to love you. This is certainly true, but you should definitely ask yourself whether your ex partner was giving you all this. The answer to this question will most certainly be "no". Hence, there is nothing you should feel sorry about. Quite the opposite, you now have the perfect opportunity to find a person who will truly appreciate you for who you are and give you all the love, care and support that you need.

You feel a total lack of confidence in yourself. It is natural to feel that way after a relationship break-up, but you really have to ask yourself why this is happening and what valid reasons you have for this. If your partner was angry with you, they might have said awful things that have made you feel bad about yourself.

However, this does not mean that they are true. In fact, your partner most certainly does not think that way. That is why you have to see yourself for who you truly are in order to cope with your relationship-break up. You have a variety of great qualities plus you are free to express your wonderful personality.

You feel hopeless about the future given that all your plans with your partner have failed. Just think about it. Now you are free to make all these plans a reality with someone who will truly love you and cherish your relationship. More importantly, now you can do all the things that you have always wanted to do, but your ex opposed.

Now you can really cope with a relationship break-up because you can see what wonderful opportunities you have in front of you.

### Are You Desperate to Get Your Ex Back?

Many people find it hard to accept the fact that everything is over. In turn, they do not accept the relationship break-up as the end. Naturally, they experience a strong desire to get their ex back. Are you in this kind of situation? The following tips can really help you get out of it in the best way possible without getting hurt.

Ask yourself why you want your ex back so badly. Is it because they are the right person for you? Is it because you love them? Is it because you are used to being in a relationship with this person and now you find it uncomfortable to change your life? Is it because you think being single will affect your reputation or self-confidence badly?

There is no point in getting back with your ex after a relationship break-up just for the sake of the convenience and for the sake of being with someone. Naturally, you are in a state and you cannot think clearly. This may make you give dishonest answers. That is why the best thing to do is to focus on improving your life and your self-esteem without your ex around. Give yourself a break, if you prefer to see it that way, and try to become a more confident and positive person.

Once you have relaxed and got rid of the negative torturing emotions, you can sit down and analyze the causes that led to the relationship break-up. Now that you can think more clearly, you can probably modify your answers to the set of questions given above. Ask yourself why you broke up with your ex. Did you find them annoying and sometimes impossible to deal with? Did your feelings for them become weaker?

If the answer to these questions is "yes", you should definitely forget about your ex and focus on your new life. In this way, you will be able to find the right partner for you eventually. If you still find your feelings strong after having started a life without your ex, you may consider reconciliation - but only if they are willing.

Just keep in mind that reconciliation after a relationship break-up is a very difficult and long process. After all, both of you have been deeply hurt. Another thing to consider is that your ex may not want to have anything to do with you. In this case, you should still try to explain to them how you feel, but without pushing your ex to get back together with you. If you really care for this person, you

would let them have their own life and be happy.

### Boosting Your Self Confidence

Irrespective of the reasons for the split with your ex, you are certainly feeling less confident than before. This is perfectly natural, but you should work to fix the problem straight way. In this way you will cope with your relationship break-up better and more quickly. More importantly, it will be easier for you to improve your life and start a new more promising relationship.

Stop blaming yourself for the split. If you feel you have done something wrong or believe you lack the qualities to make a relationship work, you will find it extremely hard to recover from the break-up. Accept the fact that both you and your ex contributed to the split in some way. Learn from any mistakes that you have made and move on. The fact that you have broken up simply means that you and your ex are not for one another. This does not mean that you are a bad person or that you don't look good.

Make yourself feel good. When you feel good, you naturally feel a lot more confident. In this way, you will cope with the relationship break-up better and get your life back to normal. It is up to you to decide what you will do for yourself. You may want to go on a short vacation. You may want to do something simpler like getting a spa treatment or going out with a group of friends.

Remind yourself of all the great qualities you have. Regrettably, there are a lot of accusations from both sides during a relationship break-up. The important thing is not to take them personally. The fact that you are not in a relationship does not mean that you are not a "complete" person and that you are missing something. Just remind yourself what a wonderful person you are. Think about how caring and loving you can be with the right partner. This will definitely help you boost your self-confidence.

Rely on your loved ones to help you boost your self-confidence, but avoid seeking compliments and approval from people who want to be with you. Sometimes, you need reinforcement from the people you love to become more self confident and stronger. However, there will be people who will try to use your low self esteem to try to manipulate you and trick you into being with them. Avoid such people as they are most likely trying to take advantage of the situation.

Now you know what to do and what not to do in order to boost your self-confidence to cope with a relationship break-up.

### Coping with a Break-Up if Your Ex Has Cheated

Breaking up is hard even if the two partners just decide that they do not belong together. However, a relationship break-up is much worse when the person you love so much has

cheated on you. In such cases, the pain and the frustration are even greater. That is why you need to take more drastic and timely measures to recover.

Make the split final even if your ex is trying to apologize and to get back together with you. If you have decided to split in the first place, there is no point in changing your mind now. You may think that you broke up with your partner in a state of high emotion and that this was a wrong decision. In this case, you can analyze your relationship. However, this does not mean that you should automatically forgive your ex if you find some reasons to get back together with them.

Give yourself time away from your ex partner to recover from the relationship break-up and from everything bad that has happened. Stop all communication with them. Feel free to do all the things that you like and to reorganize the priorities in your life. Set new goals and adopt a positive attitude.

Work on improving your self-confidence. Regrettably, a lot of people think that their partner has cheated on them because they are not good enough or because they have done something wrong. The most important thing you should remember is that no matter what you had done, it was your partner's personal choice to cheat on you. In turn, you should not blame yourself for the relationship break-up. Think about your great qualities and wonderful personality.

Work on coping with your anger. It is natural for you to

be angry with your ex partner for what they have done. Try to experience this emotion fully so that you can get over it. Then, you have to try and forget about what happened. Focusing on your present life and the opportunities it presents to you will certainly make the anger go away sooner or later. Just do not consider vengeance as an option. It will get you back to experiencing negative emotions. You may also get hurt again in the end.

Now you know how to cope with a relationship break-up if you have been cheated on. Keep in mind that you will need your inner strength to recover from everything that has happened more quickly.

### Dealing with Practical Matters

There are a lot of things that you need to take care of after a relationship break-up. You have to cope with your emotions. However, you have to take care of some practical matters too. These usually involve exchanging belongings with your ex that you have left in each other's homes and cancelling some appointments that you have arranged together. If you have been living together, things can be a lot more complicated.

The most important thing after the relationship break-up is to resolve all practical matters amicably. This can be extremely difficult after a separation, but you have to do your best to keep your feelings aside for a while until all

such matters are resolved. It is a good idea to give yourself some time to go through the emotional stages of the split and to grieve for what has happened and for what you have lost first. Then, you can be more confident and relaxed to deal with the practical stuff.

You should definitely make your communication with your ex as formal as possible. Figure out what you have to do separately and together and make a schedule to perform these tasks. If you need advice and help from a financial consultant or from a lawyer, you should not hesitate to get it. In general, splitting assets is a complex process, so even if you have separated amicably, you may need professional help.

Do not hesitate to ask your ex for some time to fix practical problems before you separate finally. If you do not have a place to move into right after the relationship break-up, you may want to come up with some sort of temporary agreement. Similarly, if you have a mortgage that you will repay in four or six months, you may prefer not to take any action to split your financial assets until it is repaid. This can help you get a better fresh start later on.

Try to reach an agreement on all important points. This may be extremely difficult after a relationship break-up, but as said earlier, you have to do your best to set your emotions aside. Fighting over assets, with or without lawyers, will only bring you more pain and suffering. No matter how bitter the separation is, you should not try to turn your ex into a foe.

Now you know how to cope with the practical matters after a relationship break-up. Just remember that procrastination is not a solution, even though you should allow yourself to feel a bit stronger emotionally before you get to deal with these matters.

### Dealing with the Urge to Contact Your Ex

Relationships often make you form habits. After a relationship break-up, you certainly find it hard to change these habits. One of them is seeking contact with your ex all the time. You are used to calling or texting them whenever you have good news or bad news and whenever you just feel like asking them how they are. At present, this urge is even greater since your ex is not around. Read on to find out how to fight it effectively.

Realize that calling your ex will cause you more pain than you are already experiencing. Your former partner will not react to your call the same way as before and this will make you feel a lot worse. They will most certainly tell you that they do not want to talk to you and that you should stop calling them. Imagine this happening every time you feel like seeking contact with your ex.

Make contacting your ex a more challenging task. In this way, you will have time to think twice before you get to contact them. Basically, you will have more time to convince

yourself not to do it. There are different ways in which you can make contacting your ex more difficult. Deleting the number and other contact details from your phonebook is a good idea. Remove them from your list of IM and Facebook friends. Avoid going to the places where you are most likely to meet.

Replace the action of contacting you ex with another one that will automatically bring you satisfaction or at least make you feel less bad. This is a really effective psychological trick that you can use to cope with a relationship break-up. You can apply it very easily. Just say to yourself that every time you feel like contacting your ex in one way or another that you will contact your best friend. Be ready to share everything that you feel like telling your ex with your friend. They will give you the consolation and support you need.

Try to imagine your life without your ex and all the benefits you can get in it after the relationship break-up. You should do this every day. Slowly, the urge to contact them will become less and it will eventually go away. If you are thinking about yourself and about your own life all the time, you will be less likely to remind yourself of your former partner. Try to forget them so that you can cure your urge to contact them.

### Five Common Traps to Avoid

Most people tell you what to do to overcome a relationship break-up. However, in a situation like this you certainly need a lot of advice on what not to do as well. When you are upset, lonely, angry and confused, you can easily do a lot of things that will make you feel even worse. Here are some of the main traps you should avoid at all costs.

Asking yourself "why" is perhaps the worst thing you can do after a relationship break-up. Going over the things you and your partner did and said and asking yourself what has led to the split is a waste of time and energy. Accept the facts by trying to modify your life to the new circumstances. It is important not to take a break from life, but to take action to improve things to a better state while leaving the old state behind.

Torturing your body for what has happened is certainly not the right way to heal. You often either do not eat or you overeat. You try to find consolation in sweets or alcohol. You stay on the couch all day long. All these things automatically affect your body negatively. In turn, your emotional state will worsen. Just try not to do these things, but to adopt a healthy lifestyle with a balanced diet and a lot of exercise. This will certainly help you recover from the relationship break-up more quickly and effectively.

Assuming that you can be happy only with your ex is definitely a huge mistake you should avoid after a relationship break-up. Just make a list of all the things that make you happy and that are not related to your ex. Look into your interests to find new things that can make

you happy.

Isolating yourself from friends and family is another major trap to avoid. Try to be around people as much as you can. Try to be in the company of your loved ones to get the support and help you need. Do not hesitate to share how you feel. This will take a lot of emotional burden off your shoulders.

Thinking the relationship break-up is the end of your life is certainly one of the worst things you can do. Quite the opposite, it is a new beginning that you have to embrace. You may not see clearly the road ahead now, but if you believe in yourself, get together and start making new plans for the future, you will get a fresh start.

### Five Steps to Coping with a Break-Up

You have the inner strength and the willpower to cope with a relationship break-up. All you need is some guidance and advice on what to do to get your life back in your hands. Follow these steps to feel better and to start a new and better life.

\* Grieve for your broken relationship and for the lost love, care, support and dreams. A relationship break-up is not the same thing as losing a loved one, but it is quite close. That is why you should let go of your emotions and experience all of these negative feelings that you have right now. The

longer you hold in negative emotions the worse you will feel. By allowing yourself to grieve, you will overcome all negative emotions much more quickly.

\* Give your self-esteem a boost. It is normal to lose some of your self-confidence after a relationship break-up, especially if things have ended up with accusations. That is why you should remind yourself of your great qualities and wonderful personality. Say to yourself that you are a strong and independent person who has the ability and willpower to get everything in life.

\* Change your attitude from negative to positive. This step for coping with a relationship break-up may take longer to execute, but your efforts will pay off in the end. One simple exercise that will help you with getting a positive attitude is to make a list of all the bad things that you are leaving behind and all the good things that you have now and can have in the future. This will allow you to make the shift more smoothly without feeling sorry for the past.

\* Make a plan on how to improve your life. Start by setting new goals for yourself. Getting more relaxed and feeling happier are good general goals to have and so is becoming more successful. Do what it takes to accomplish these goals. Meet old friends and establish new friendships. Do fun things that correspond to your interests. Focus on improving your performance at work.

\* Start dating again. This is the final step you need to make in order to recover fully from a relationship break-up.

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