

Sometimes...Love Bites!

Dealing with Breakups and Rejection

Self-Care

- What you believe about yourself as an individual affects your relationships with others. These beliefs guide your interactions and determine the depth of intimacy you will risk.
- Relationships of all types are important elements in your life. For some, family relationships are key, while others rely on friendships.
- Surround yourself with relationships that are nurturing, positive, and caring.
- Create time to nurture yourself. Self-care, respect, patience, and understanding are key for life balance.
- Allowing yourself time to re-create will enhance the quality of your life.
- Self-nurture is not selfish. Give yourself a little time each day to do something relaxing that you enjoy: take a bath, do yoga, play music, draw, meditate, or simply chat with a friend.
- Journaling can be an incredibly therapeutic experience - give it a try!
- Learning how to say "NO" is a very important skill to develop. Be careful to not overload yourself with obligations. Make time for rest and leisure.
- Focus on the things you like about yourself and be grateful for everything you are capable of.
- When we know who we are we can become our own constant source of encouragement.
- Be accepting, kind, and easy to forgive yourself.
- Learning to love and accept yourself will enable you to love and accept others, in turn helping you to establish a meaningful partnership.

Coping Skills

- Journaling helps lessen the pain of traumatic experiences, aids in putting negative events in perspective, and offers an effective way to think through conflicts and decisions.
- Having a solid group of friends and supportive family members heightens positive feelings during good times and helps you cope better when crisis strikes.
- Acknowledge your hurt. It is natural, expected, and healthy.
- A period of singleness is valuable to be able to grow as an independent person and to learn to be whole and complete.
- A period of loneliness is part of the remedy you need so that you can choose to enter into the next relationship rather than needing the next relationship to overcome loneliness.
- Building a support system of life-line friends will shorten the time it takes you to adjust to a crisis.
- Acceptance is important in dealing with rejection and guilt.
- Anger is natural and can be beneficial, if expressed appropriately. People who are unable to express anger will prolong the letting-go process.
- Humor is always valuable in life, but it is especially valuable in dealing with anger and hurt.
- Remove reminders of the relationship from your everyday life as much as possible.
- Think and say positive things about yourself. Break the pattern of negativity to build your self-esteem.