

Coping Strategies for Recovering from a Break-Up

When a relationship ends, it can be challenging to restore your emotional balance. Here are some helpful things that can help you through after a break-up, with some strategies for coping with the more difficult feelings that you may have. Think of these that you are experiencing, and then check the strategies you wish to help you cope more effectively. Add your own thoughts and ideas.

COPIING WITH

- Tell yourself it is normal to feel lonely after a break-up, and that you will get through this feeling. Breathe slowly until the feeling passes.
- Identify supportive people in your life and make a plan for increasing your contact with them, such as a weekly lunch date with a good friend.
- Get involved with a group or join a community group to find people with common interests (and backgrounds, similar thinking, etc.)
- Free ideas: _____
- Free ideas: _____
- Free ideas: _____
- Free ideas: _____

COPIING ABOUT YOUR EX

- Talk to a therapist about your past relationship.
- Write you a time-line list of your relationship. Identify at least ten positive things in your life related and equal time on them (for example, playing with kids or grandkids, spending time with a pet, or doing a hobby).
- If you continue thinking about your ex, give yourself a specific time to write in a journal about him or her. Then put the journal away and turn your attention to other things.
- Practice breathing or deepening. Use yourself a challenging task and keep your mind on it.
- Free ideas: _____
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