

# Overcoming A Breakup

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**Table of Contents**

Introduction..... 4  
Breakup Just Happened - What Do I Do?..... 6  
How You Can Do Some Mental Housekeeping? ..... 8  
Now That You Are Ready, What Do You Do Next? .....10  
Resources .....12

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### **Introduction**

Jill and Tim were deeply in love. One day Tim quit his job in anger at his office. This job gave his sole income. He felt that it will be unfair to carry on a relationship and be a burden to Jill under these circumstances. That evening when they met as they usually do, Tim told Jill that he has decided that they breakup as it will be unfair to Jill to carry on as he had no income.

Jill's persuasion did not help as not having a job affected Tim's self worth, and he felt that this was the right thing to do despite the fact that he was so much in love with Jill.

Then there are Tricia and Henry. Tricia was an extremely sociable person. Henry is the quiet guy who mixes with very few people. He liked Tricia and one day he picked up enough guts to tell Tricia that he liked her. She had responded positively and Henry was the happiest man on earth.

However, Henry could not take Tricia's outgoing nature and in a fit of anger broke of his relationship with her.

Joyce on the other hand was a very pragmatic person. After going steady with Gerald for two years, she broke of with him. Gerald came from a large family and is the eldest in the family. Most festive seasons, Joyce visited Gerald's family. From her observation, Gerald was consulted on for most family decisions and it was expected of him to support his younger siblings through school.

Joyce is an only child and she is what you would call a free bird. After having been with Gerald for a year, one day she told Gerald that she is

## **Overcoming A Breakup**

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breaking up with him as she cannot be supportive of his commitment to his family.

These are but some reasons people breakup. There are tons more reasons why people breakup. A breakup creates a lot of pain. Sometimes anger.

This thing in your head keeps going on and on and just will not leave you alone.

Just how does one respond to this. Reacting is what naturally happens. Just letting your mind drive you crazy about the breakup. In all this emotional turmoil, is it possible to overcome a breakup and come out of it a better person?

The answer is an astounding "YES".

The pain will not disappear. It needs some effort from you. But with effort from your side, you can overcome the pain. You can become a much better and happier person because of a breakup happening. There is only one person who decides this... and it is YOU!

Know that a breakup is just an experience in your life. It is not YOU!

Let's move on and see meanwhile how we can cope with this pain and make this an experience that will make you a better and happier person.

## **Breakup Just Happened - What Do I Do?**

Breaking up is painful! The pain just will not go away. If you are going through the agony, lets use it effectively. Channel all your energy into being miserable. Allocate yourself a time for being miserable and go all out.

Have a good cry over it! Write out your feelings, your anger and whatever goes through your mind on a piece of paper. Let it flow! Nobody is going to see it. It is for your eyes only. When you are done with it, tear it up or burn it.

This action will help relieve a bit of the burden you are carrying. Most people feel better after this. Some feel exhausted and get some good sleep.

Next step is to plan activities that will take your mind off the breakup. During a relationship, there are many hours that you spend with your partner. There are hobbies that may have taken the back seat.

Did you like doing jigsaw puzzles and have not done it in a long time?

Are there movies that you wanted to watch and you did not because he or she did not like it? Choose comedies. Laugh and enjoy the fun! Or choose musicals. But not movies that you have watched together during happier times.

Did you give up on your scrapbook because you just could not give it the time you needed? Go to the book store or hobby shop. Enjoy the fun of picking up the materials you want. Then have fun with creating the scrapbook.

You wanted a night out with the boys and she did not like it. This is

## **Overcoming A Breakup**

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your opportunity. No one to explain to. No one console and cajole after having spent the night out.

That book you wanted to read. This is the time to do it.

You missed the fun time with your family? Time spent with your family (at least some of the time) was being spent with your partner. There may be specific activities that you want to do with your family. Go for it!

Think of all the things you gave up to please your partner. Think of all the things you did not have enough time for.

Time is now given to you. Make use of it now.

It will be a better idea if you can be involved in an activity with other people in it as well. Make sure you get some fun people to do this with.

You might be surprised at how you feel. Some people feel like they have rediscovered themselves. They forget how much they enjoyed some of these things that they stopped doing with the start of the relationship.

## **How You Can Do Some Mental Housekeeping?**

Most people have heard about how you can see a glass half-filled with water as half full or half empty. It is the same glass half-filled with water.

How you see it is a projection of the thoughts that fill your mind.

Do you feel emptiness or do you feel happiness? Whichever way you feel, it is a result of the thoughts that you carry in your mind. You have a choice of letting an external event affect your mind and cause it to feel misery. Or you can choose to paint new happy pictures in your mind and this will result in your outer world becoming happy.

There is no one else, absolutely no one else who can make you feel miserable, unless you give them that privilege. The bad news is there is no one else to blame. But the good news is you do not have to depend on anyone else to help you overcome the breakup.

See first in your mind that you are happy! And the universe will cooperate with you. If you see a bleak picture in your mind, the universe will also cooperate. It will bring to you more thoughts of how bad the whole situation is. It will even attract like-minded people to you who will empathize with you and agree with your bleak thoughts. You can have one great "pity party". You will end up more miserable then when you started.

Why not think positive? Attract the right people, the right reading materials and the right people. Build yourself up. Maybe you will find someone better than your ex. Or maybe your ex will see what a confident person you are. How you are carrying on with life with great style. And maybe...just maybe he may want to get back together with

## **Overcoming A Breakup**

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you, that is if you are interested in this.

As much as you think you may want to get back with your ex, you may just discover that the breakup gives you space to rediscover yourself and you may well find that you are better off without this partner.

### **Now That You Are Ready, What Do You Do Next?**

If there is one person whose love is important to you, it is your own. You are a unique individual and there is no one else in the world like you. You really do not need anyone's approval to feel good about yourself.

When you have reached that stage where you feel strong and are not still grieving over the breakup, then you are ready to make a move to get in touch with your ex if you are still interested in getting back together.

It is very possible that as you take part in other activities, you might well find that you are happier. At this point, you can well decide to move on with your life and forget about your ex.

However, if you still care for your ex, then you need to make your moves carefully, without showing that you are still needing your partner. Your ex must see that you are happy as you are. Not only is this important for your own self worth, but more importantly your ex will not be driven away by a needy and weepy person.

Take it slow and easy. You must not be seen as if you are in a hurry to get back into a relationship again. Call your ex for a casual lunch or coffee. No dinners or situations that will look like a setup to re-ignite the flames of love.

At these outings, talk about things you have been up to and how you are enjoying yourself. No talk about your relationship, causes of the breakup and no persuading to get back together. Be cool!

The whole idea is to get your partner to be the one to make the first

## **Overcoming A Breakup**

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move on any getting back together.

If your partner does not make the first move, do not react and start pleading and promising that you will be everything that your partner wants to be. Remember, you are you and some of these promises made in desperation cannot be kept.

If after all your moves, your partner is still not interested in getting back together, move on with life. It may be hurting, but you got to believe that there is something better waiting for you. Some day you will look back and be grateful for the breakup.

## **Resources**

### **eBooks**

[The Magic of Making Up](#)

[How To Get Her Back For Good](#)

[Bring Back the Love of Your Life](#)

[Win Back Love](#)