

Letting go of an unhealthy relationship

Letting Go of an Unhealthy Relationship: Finding Freedom and Healing

Letting go of an unhealthy relationship is often easier said than done. Whether it's a romantic partnership, a friendship, or even a family connection, recognizing when a relationship has become toxic and choosing to step away requires tremendous courage and self-awareness. Many people stay stuck in unhealthy dynamics due to fear, guilt, or hope that things will improve. However, understanding why and how to let go is essential for your emotional well-being and personal growth.

Recognizing the Signs of an Unhealthy Relationship

Before you can begin the process of letting go, it's vital to identify whether your relationship is truly unhealthy. Sometimes, love and loyalty can blind us to harmful patterns that drain our energy and happiness.

Common Indicators of Toxic Dynamics

- **Constant Criticism and Judgment:** When one person persistently belittles or undermines the other, it erodes self-esteem.
- **Lack of Trust:** Trust is the foundation of any healthy relationship. If suspicion, dishonesty, or secrecy dominate, the bond weakens.
- **Emotional Manipulation:** Guilt-tripping, gaslighting, or controlling behavior are clear red flags.
- **Feeling Drained or Anxious:** Instead of feeling supported, you might experience more stress, sadness, or confusion after interactions.
- **One-Sided Effort:** Healthy relationships involve mutual care. If you're always the one reaching out or compromising, imbalance exists.

Acknowledging these signs can be painful, but it's the first step toward reclaiming your peace.

Why Letting Go Feels So Difficult

Letting go of an unhealthy relationship is rarely straightforward. Emotional bonds don't dissolve overnight, and the process can bring up feelings of loss, loneliness, or even failure.

The Emotional Attachments That Bind Us

Humans are wired for connection. Even when a relationship is harmful, the shared history, memories, and hopes can create a powerful attachment. This emotional investment makes detaching feel like giving up a part of yourself.

Fear of the Unknown

Ending a relationship, especially one that's been long-standing, can feel like stepping into uncharted territory. Worries about being alone, social judgment, or facing life changes can keep people trapped in unhealthy situations.

Hope for Change

Many hold onto the belief that things will get better – that their partner or friend will change, or that circumstances will improve. While hope can be motivating, it may also prevent timely departures from toxic environments.

Steps Toward Letting Go of an Unhealthy Relationship

Breaking free from an unhealthy connection is a process that involves both practical and emotional work. Here are some strategies to guide you through this journey.

1. Acknowledge Your Feelings Without Judgment

It's normal to experience a flood of emotions such as sadness, anger, or relief. Allow yourself to feel these without labeling them as "good" or "bad." Journaling or talking with a trusted friend or therapist can help process these feelings healthily.

2. Set Clear Boundaries

Establishing boundaries is crucial for protecting your emotional space. This might mean limiting contact, being firm about what behaviors you will not tolerate, or even blocking communication channels if necessary.

3. Seek Support

You don't have to face this alone. Surround yourself with supportive people who validate your experience and encourage your healing. Professional help, such as counseling, can provide tools for coping and rebuilding.

4. Focus on Self-Care and Rebuilding Identity

Unhealthy relationships often blur personal identities. Reconnect with your passions, interests, and goals. Prioritize activities that nurture your mind and body – exercise, meditation, creative outlets, and quality rest.

5. Practice Forgiveness and Compassion

Forgiveness doesn't mean forgetting or excusing harmful behavior. Instead, it's about freeing yourself from bitterness that can prolong suffering. Extend compassion to yourself for the mistakes and to the other person for their humanity.

Understanding the Importance of Emotional Detachment

Emotional detachment doesn't imply becoming cold or indifferent. Rather, it means creating a healthy distance that allows you to see the relationship clearly and make decisions that prioritize your well-being.

How to Cultivate Emotional Detachment

- **Mindfulness:** Stay present with your emotions without being overwhelmed. Observe your thoughts and feelings without reacting impulsively.
- **Limit Rumination:** Avoid replaying negative interactions repeatedly. Redirect your focus to positive affirmations or productive activities.
- **Affirm Your Worth:** Remind yourself that you deserve respect, kindness, and happiness independent of others' approval.

Rebuilding Your Life After Letting Go

Once the decision to leave has been made, the next phase is about healing and creating a fulfilling life on your own terms.

Rediscovering Joy and Connection

Engage in social activities that uplift you. Whether it's joining clubs, volunteering, or reconnecting with old friends, fostering supportive relationships is key.

Setting New Relationship Standards

Reflect on what you want in future relationships. Defining your values and boundaries helps prevent falling back into unhealthy patterns. Remember, a healthy relationship is built on trust, respect, and mutual growth.

Embracing Personal Growth

Use this experience as a catalyst for self-improvement. Learn new skills, pursue education, or explore hobbies that enrich your life and boost confidence.

The Role of Patience and Time in Healing

Healing from the pain of an unhealthy relationship doesn't happen overnight. It's a gradual process that requires patience, self-kindness, and persistence.

Allowing Yourself to Grieve

It's natural to grieve the loss of a relationship, even if it was unhealthy. Recognize that healing includes acknowledging this grief rather than suppressing it.

Celebrating Small Victories

Every step forward matters, whether it's a day without anxiety, a moment of peace, or a positive interaction with someone new. Celebrate these milestones as signs of progress.

Letting go of an unhealthy relationship is ultimately an act of self-love and empowerment. It opens the door to healthier connections, personal freedom, and a renewed sense of hope. While the journey may be challenging, choosing to prioritize your well-being is always worth it.

Frequently Asked Questions

What are the signs that indicate I should let go of an unhealthy relationship?

Signs include constant feelings of sadness or anxiety, lack of trust, frequent arguments, feeling drained or unsupported, and experiencing emotional or physical abuse.

How can I emotionally prepare myself to let go of an unhealthy relationship?

Emotional preparation involves acknowledging the problem, seeking support from friends or a therapist, practicing self-compassion, and reminding yourself of your worth and the benefits of a healthier life.

What are effective strategies to detach from an unhealthy relationship?

Effective strategies include setting clear boundaries, limiting or cutting off contact, focusing on self-care, engaging in new hobbies, and seeking professional counseling if needed.

How do I cope with feelings of guilt when ending an unhealthy relationship?

Recognize that prioritizing your well-being is not selfish, remind yourself of the reasons for ending the relationship, talk to trusted friends or a counselor, and practice self-forgiveness.

Can seeking therapy help in letting go of an unhealthy relationship?

Yes, therapy provides a safe space to explore your feelings, develop healthy coping mechanisms, gain clarity, and build confidence to move forward.

How do I rebuild my self-esteem after leaving an unhealthy relationship?

Rebuild self-esteem by practicing self-care, setting achievable goals, surrounding yourself with supportive people, engaging in positive self-talk, and celebrating your progress.

Is it normal to miss an unhealthy partner after ending the relationship?

Yes, it is common to miss aspects of the relationship or the person due to emotional bonds, even if the relationship was unhealthy. Over time, these feelings typically lessen as you heal.

What role does forgiveness play in letting go of an unhealthy relationship?

Forgiveness can help release resentment and emotional baggage, allowing you to heal and move on, but it doesn't mean excusing harmful behavior or forgetting the lessons learned.

How can I prevent falling into another unhealthy relationship in the future?

Set clear personal boundaries, recognize red flags early, prioritize your needs, communicate openly, and work on building healthy self-esteem and relationship skills.

What should I do if I feel unsafe while trying to leave an unhealthy relationship?

If you feel unsafe, reach out to local support services, such as domestic violence hotlines or shelters, create a safety plan, inform trusted people about your situation, and consider involving law enforcement if necessary.

Additional Resources

Letting Go of an Unhealthy Relationship: Navigating the Path to Emotional Freedom

Letting go of an unhealthy relationship is a complex and often painful process that many individuals face at some point in their lives. Whether the relationship is romantic, familial, or platonic, recognizing the need to disengage from toxic dynamics is crucial for personal well-being and growth. This article explores the multifaceted nature of unhealthy relationships, the psychological and emotional impacts involved, and practical strategies to facilitate a healthy separation, all while maintaining a professional and investigative perspective.

Understanding Unhealthy Relationships

At its core, an unhealthy relationship is characterized by patterns that

cause emotional, physical, or psychological harm. These patterns may include manipulation, control, lack of respect, consistent conflict, or emotional neglect. Unlike healthy relationships, where mutual support and respect prevail, unhealthy relationships often erode self-esteem and foster a sense of entrapment.

Research indicates that nearly 43% of adults in the United States have experienced some form of emotional abuse within a relationship (National Domestic Violence Hotline, 2023). This statistic underscores the prevalence and significance of addressing such dynamics. Understanding these patterns is the first step toward empowering individuals to make informed decisions about their emotional health.

Signs That Indicate It's Time to Let Go

Identifying when a relationship has become detrimental can be challenging, especially when emotional bonds are strong. Professionals often point to several key indicators:

- **Consistent Emotional Distress:** Feeling anxious, depressed, or drained after interactions.
- **Lack of Trust:** Persistent suspicion or betrayal undermining the connection.
- **Control and Manipulation:** One party dictates decisions or uses guilt to influence behavior.
- **Unequal Effort:** One-sided investment in the relationship's maintenance.
- **Physical or Verbal Abuse:** Any form of violence or intimidation.

Recognizing these symptoms is a crucial analytical step in evaluating the health of any interpersonal connection.

The Psychological Impact of Holding On

Maintaining an unhealthy relationship often leads to significant psychological distress. Studies in clinical psychology demonstrate that prolonged exposure to toxic relational environments increases risks of anxiety disorders, depression, and decreased overall life satisfaction. The mental toll can manifest as chronic stress, sleep disturbances, and impaired cognitive functioning.

Moreover, the phenomenon of “trauma bonding” can complicate the decision to leave. Trauma bonding refers to strong emotional attachments formed between individuals despite abusive dynamics, often reinforced by cycles of intermittent reinforcement—alternating periods of kindness and cruelty. This cycle makes the thought of separation daunting and emotionally confusing.

Why Letting Go Is a Necessary Step

Psychological research supports the idea that disengagement from harmful relationships is essential for healing and growth. Letting go creates space for rebuilding self-esteem, establishing healthier boundaries, and fostering more supportive connections. While the process entails short-term discomfort, the long-term benefits include improved emotional resilience and enhanced quality of life.

Strategies for Letting Go of an Unhealthy Relationship

Navigating the path to release from unhealthy bonds requires intentional action and often external support. Below are professionally endorsed strategies to aid this transition:

1. Self-Assessment and Reflection

Conducting an honest evaluation of the relationship’s impact is foundational. Journaling emotions, noting patterns of behavior, and consulting trusted friends or counselors can provide clarity. This reflective practice helps distinguish between attachment and genuine relational health.

2. Setting Boundaries

Establishing clear and firm boundaries is critical. Boundaries delineate acceptable behavior and protect emotional well-being. This might include limiting contact frequency, avoiding certain topics, or disengaging from toxic interactions altogether.

3. Seeking Professional Support

Therapists, counselors, and support groups offer specialized guidance tailored to individual circumstances. Cognitive-behavioral therapy (CBT) techniques, for instance, can help reframe negative thought patterns

associated with the relationship, promoting healthier perspectives.

4. Developing a Support Network

Isolation often exacerbates the difficulty of letting go. Cultivating a network of empathetic individuals—whether friends, family, or support groups—provides emotional reinforcement and accountability throughout the separation process.

5. Prioritizing Self-Care

Emphasizing physical, mental, and emotional self-care helps rebuild strength and resilience. Activities such as mindfulness meditation, regular exercise, and pursuing hobbies contribute to emotional stabilization and personal empowerment.

Challenges and Considerations

While the benefits of ending an unhealthy relationship are clear, it is important to acknowledge potential challenges:

- **Emotional Ambivalence:** Feelings of guilt, fear, or hope for change may create hesitation.
- **External Pressures:** Social, cultural, or familial expectations might discourage separation.
- **Practical Barriers:** Shared living arrangements, financial dependencies, or co-parenting responsibilities complicate disengagement.

Addressing these challenges requires careful planning and, often, professional intervention to ensure safety and well-being.

Comparative Insights: Staying vs. Leaving

A comparative analysis between staying in versus leaving an unhealthy relationship reveals nuanced considerations:

Staying

Leaving

Potential for ongoing emotional harm	Risk of short-term emotional upheaval
Maintains familiarity and routine	Opportunity for personal growth and healing
Possible hope for change	Establishes new, healthier relational patterns

This comparison underscores the importance of individualized decision-making informed by thorough self-reflection and professional advice.

Moving Forward: Rebuilding After Letting Go

The aftermath of letting go is a pivotal phase marked by both vulnerability and opportunity. Rebuilding involves forging a renewed sense of identity outside the confines of the unhealthy relationship. This process may include:

- Exploring new social circles and interests
- Engaging in personal development programs
- Continuing therapy to process residual emotions
- Practicing forgiveness and self-compassion

Experts emphasize that healing is non-linear and requires patience, yet each step forward contributes to long-term emotional freedom.

In sum, letting go of an unhealthy relationship is not merely an act of separation but a profound journey toward reclaiming personal agency and well-being. Through informed understanding, strategic action, and compassionate support, individuals can transcend toxic patterns and cultivate healthier, more fulfilling connections in the future.

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already taken the first step on an incredible journey. A journey that, I promise you, is more exciting than finding money in your old coat pocket and more rewarding than finally mastering the art of parallel parking. Now, I know what you might be thinking. Another self-help book? Isn't this just going to tell me to do yoga, drink green smoothies, and journal my feelings? Well, hold onto your skepticism, my friend, because this isn't your average, run-of-the-mill, cookie-cutter guide to inner peace. This book is a rollercoaster ride through the landscape of human emotions - but don't worry, it's the kind of rollercoaster that's more exhilarating than terrifying, and you won't need a barf bag (though keep some tissues handy, because we might hit you in the feels a few times). What's In Store for You? In the pages that follow, we're going to embark on a grand adventure. We'll traverse the peaks of joy, wade through the valleys of sorrow, and navigate the winding paths of everything in between. Along the way, we'll: Explore the art of letting go (spoiler alert: it's not just about decluttering your closet) Learn how to embrace change without feeling like you're free-falling without a parachute Discover how to love yourself, flaws and all (yes, even that weird thing you do when you're nervous) Master the ninja-like skills of emotional resilience And ultimately, find a path to true emotional freedom (no, this doesn't mean you'll never feel sad again - we're aiming for freedom, not robotic indifference) Who is This Book For? This book is for you if: You've ever felt stuck, like you're running on a hamster wheel of emotions You find yourself replaying arguments in your head, coming up with perfect comebacks weeks too late Your emotional baggage is so heavy, you'd have to pay extra if emotions were airlines You want to feel more in control of your reactions, instead of feeling like a puppet to your feelings You're ready for a change, but the idea of change also makes you want to hide under your blanket You're curious about this whole emotional freedom thing, but you're pretty sure it's just for monks and people who do yoga at 5am In other words, this book is for humans. Imperfect, messy, beautiful humans who are doing their best to navigate this wild ride we call life. A Word of Warning Now, I feel it's my duty to warn you: this journey isn't always going to be easy. There will be moments when you'll want to throw this book across the room (please don't, unless you're reading the e-book version, in which case, throw away). There will be times when you'll face uncomfortable truths about yourself. You might cry. You might laugh. You might do both at the same time and worry about your sanity. But here's the thing: that's all part of the process. Growth isn't always comfortable, but it's always worth it. And I promise you, the view from the other side is spectacular. My Promise to You As we embark on this journey together, here's what I promise you: I will be honest with you, even when it's uncomfortable I will challenge you, but I will never leave you hanging I will share real, practical strategies that you can apply in your everyday life I will respect your intelligence and won't sugar-coat things I will do my best to make this journey not just enlightening, but also enjoyable (prepare for dad jokes and pop culture references) Are You Ready? So, dear reader, are you ready to embark on this adventure? Are you ready to laugh, to cry, to grow, and to discover a version of yourself that's freer and more authentically you than you ever thought possible?

letting go of an unhealthy relationship: The Power of Letting Go: Why Not Wanting Something is as Good as Having It Genalin Jimenez, Letting go is often viewed as a sign of weakness or defeat, but in reality, it can be an incredibly empowering act. The power of letting go lies in the freedom it brings - freedom from attachment, from expectation, from disappointment. When you release your grip on something you desire, you open yourselves up to new possibilities and experiences. In fact, not wanting something can be just as fulfilling as actually having it. This concept can be applied to many aspects of your life, including relationships, career aspirations, and personal goals. By embracing the power of letting go, you can find peace and contentment in the present moment, and you can create space for growth and new opportunities in the future. More inside this little volume. Get your copy now!

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if you think the pain of losing him completely would be greater, you are subjecting yourself to continuous suffering by loving a man who doesn't love you back. Unrequited love is a humiliating experience that can make you lose your dignity and self-respect. You would do anything for this man, as long as he shows you some affection and love. Loving a man who doesn't reciprocate your feelings hurts a lot, you keep hoping that things will change in the end. If despite your attempts to conquer him, he doesn't reciprocate your feelings and doesn't want you, learn to give up at some point! Sometimes your love is not enough for someone who is incapable of loving, regardless of your greatness or depth. When you decide to stop chasing the wrong man, you will leave room for the right man to find you! What you have to remind yourself is that you deserve better! You deserve to be reciprocated and not to be the one who loves for two. Fighting with all your strength for a wrong relationship has a limit. You could lose the right man by putting up with the wrong man. Let go of those who are not ready to love you! In this book you will discover:

- Here are Some Types of Toxic Relationships That Drain Your Happiness
- 10 Key Signs You Should End Your Relationship and Move On
- Are You Addicted to a Toxic Relationship? Let Love Come to You Instead of Chasing It
- 7 Psychological Effects of Being Ignored by Someone You Love
- A Woman Who Loves Herself Never Begg, She Leaves When She Feels Unwanted
- 7 Amazing Things That Happen When You Stop Chasing Love
- How You Know When It's Time to Let Him Go
- Here's How You'll Find the Strength to Walk Away from a Toxic Relationship
- When Love Becomes Addiction: How to End Addiction
- Be the Woman Who No Longer Asks for Attention from a Man!
- Is He Ignoring You? Realize That It Is Unrequited Love
- 5 Signs You Love a Man More Than He Loves You
- How to Stop Loving a Man Who Doesn't Love You Back
- 4 Reasons Why It's Time to Give Up on the Man Who Doesn't Want You
- Why Do I Keep Choosing the Wrong Man?
- 7 Reasons Why We Stay with Men Who Aren't Right for Us
- 9 Signs a Man Might Be Emotionally Unstable
- What to Do When a Man Plays with Your Feelings
- 6 Signs He's a Player and Isn't Interested in You
- We Accept the Love We Think We Deserve
- How you Interpret the Past Affects Your Beliefs About Love
- You Deserve to Receive Love!
- Why Are You Stuck in a Toxic Relationship Cycle and How Do You Break Out of It?
- Why do You Keep Trying to Make the Relationship Work, Even Though You Don't See a Future?
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- How Does Fear of Failure Affect Relationships?
- Why Doesn't a Man Complete You?
- How to Stop Attracting the Wrong Men
- When You Stop Chasing the Wrong Guys, The Right Guy Will Find You
- How to Take Rejection in Love
- How To Overcome Fear of Rejection and Allow Love into Your Life
- The Importance of Choosing Yourself Over Your Toxic Relationship
- How to Take Care of Yourself After Leaving a Toxic Relationship
- Here are Some Things That Happen When You Leave a Toxic Relationship
- 4 Detrimental Mistakes after a Toxic Relationship
- Give Yourself Time to Heal After a Breakup
- 6 Ways to Find Peace After a Toxic Relationship
- Know That You Are Worthy of Love, No Matter How Imperfect You May Feel
- How to Forgive Yourself and Move on After a Breakup
- Focus on The Lesson, Not the Disappointment

letting go of an unhealthy relationship: *Recovering Alexander*, 2013-12-20 I grew up in a family system where there were a lot of abusive family members. The ones who were not abusive didn't seem to be able to remove themselves or the children from the harmful behavior in our lives. As a child I was extremely nervous and felt a lot of shame. I witnessed a lot of horrible things and was extremely abused myself. I saw how alcoholism enabled certain family members to either act very inappropriately when under the influence or become extremely violent. I saw how alcohol was used to medicate other family members. Some of my family members died rather young I feel due a very stressful life. I began to notice my siblings and my cousins participate in destructive relationships and/or abuse substances. My relationships with them were not healthy ones. I tried for years to find ways to improve my relationships with them but nothing ever worked no matter how hard I tried. This book is about my experiences with family and other unhealthy relationships in my life. How it all affected me from childhood and into adulthood. The steps I had to take to improve my life. I now believe I can have the love and respect I want from others in my life as long as I love and care for myself. I hope my story will help others who have had similar experiences. I have no desire

to drink alcohol anymore or to associate with people who abuse it, are abusive, controlling and who cannot be accountable for their behavior. We all deserve to heal and have good relationships in our lives.

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to record their thoughts, fears, and accomplishments. Key features and benefits Beattie's work is known and trusted among self-help readers journal format invites readers to personalize meditations meditation themes explore common relationship issues a thoughtful gift for friends or a great gift for yourself About the author: Melody Beattie is the author of numerous books about personal growth and relationships, drawing on the wisdom of Twelve Step healing, Christianity, and Eastern religions. With the publication of *Codependent No More* in 1986, Melody became a major voice in self-help literature and endeared herself to millions of readers striving for healthier relationships. She lives in Malibu, California.

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Love and Harmony is a comprehensive guide to building and maintaining healthy, fulfilling relationships. Drawing on the latest research in psychology and sociology, Pasquale De Marco provides practical advice and exercises to help readers improve their communication skills, resolve conflict, and build trust. Pasquale De Marco also explores the importance of self-care, forgiveness, and spirituality in relationships. Whether you're looking to improve your current relationship or find a new one, *Love and Harmony* has something to offer everyone. With its clear, concise writing and engaging examples, *Love and Harmony* is an essential resource for anyone who wants to create and maintain lasting love. In *Love and Harmony*, you'll learn: * The power of love and its benefits for your physical and mental health * The different types of love and how to identify them * How to find love and build healthy, lasting relationships * The importance of communication and how to communicate effectively * How to resolve conflict in a healthy way * The importance of trust and how to build it * The importance of respect and how to show it * The importance of boundaries and how to set them * The role of forgiveness in relationships * The importance of self-care and how to practice it * The importance of relationships and how to build healthy ones * The role of spirituality in relationships and how to find it * The importance of happiness and how to achieve it If you're ready to take your relationships to the next level, then *Love and Harmony* is the book for you. With its practical advice and exercises, *Love and Harmony* will help you build and maintain healthy, fulfilling relationships for life. If you like this book, write a review on google books!

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letting go of an unhealthy relationship: Can't Sway Me Alander Lee Pulliam Jr, 2024-08-01 *Can't Sway Me* by Alander Lee Pulliam Jr. is an empowering exploration of resilience and personal growth, drawing upon the intricate dynamics of family, friendship, and faith. The book begins with an introduction to Pulliam's life and emphasizes the foundational aspects of his journey, highlighting the importance of self-control, discipline, and standing firm in one's convictions. Through various life experiences, from navigating complexities to overcoming obstacles, Pulliam emphasizes how vulnerability can be a source of strength. Each chapter offers insights into the significant roles of mentorship, community support, and the necessity of reflection, all of which play crucial parts in shaping one's purpose and direction. As the narrative unfolds, Pulliam delves deeper into the journey of self-belief, recognizing the powerful influence of naysayers and the weight of knowledge. He advocates for embracing change and finding clarity in purpose, encouraging readers to celebrate small victories along the way. Ultimately, *Can't Sway Me* serves as a motivational guide to harnessing determination and inspiration from adversity, urging individuals to rise above challenges and cultivate resilience. The book culminates in a powerful conclusion that reinforces the idea that our legacies are built through persistence and the ability to stay true to oneself amidst life's trials.

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of your life with someone. It's okay to be in lust. It's okay to be attached. You don't have to be forever though. 3. Realize that relationships aren't supposed to make you feel good as much as they are supposed to teach you something, and to help you grow. Allow someone to be part of your story and not the tragic, final scene. Take from it what you need to learn. If it showed you all the unloving parts of yourself, work on those, that's what it was supposed to do. We have a tendency to exacerbate relationships by the way in which we categorize them as good bad or ugly, and yet, for some reason, no matter which way we go, we always want to hold on for just a little bit longer. 4. Cut off all contact. You can't pick and choose right now, and it's great if you can get into a friendship one day, but until your feelings have faded, you need to take some distance. This is absolutely essential. Stop checking their social media, don't ask friends about how they're doing. You don't have to be a jerk about it, and you can politely let them know that it's best for you to take some time away from them (although it usually doesn't go that smoothly) it's important that it's said and followed through with regardless. 5. Let yourself be sad. Resisting it makes it worse than it is. Give yourself time to mourn and grieve the loss of someone who was a big part of your life. Then let them go, and love yourself enough to let yourself go too. As in, let yourself walk away from them in the metaphorical sense. Nobody else will give you permission. 6. Don't get frustrated when your thoughts inevitably keep drifting back to that person. Just let them recess and pass. This is really how you should deal with all of your negative thoughts, but doing so becomes increasingly difficult when the subject matter is something you want to cling onto like an addict. You have to embrace the fact that letting those thoughts wash over you and fade is the best thing you can do for yourself and for your post-relationship relationship. 7. Don't expect to get over them if you're sitting in your bed all day thinking about them. Get out and do what you love, go visit friends you've lost touch with. Fall in love with other things and people and yourself. There are more loves in your life other than just romantic, and when you learn to enchant yourself with them, you find yourself needing a significant other less and less. 8. Embrace that you may never get over them, but let them be a part of your story anyway. Not every love has to result in a vow to spend forever together, and it doesn't mean that what you had wasn't real or worthwhile or beautiful. Part of the story can be that you simply always loved them, even long after you were over, and you know what? If you ask me, no matter how it turns out in the long-run, that is the most beautiful thing you can experience: loving someone despite everything. The only catch is, you have to be able to do it in an accepting way, or you'll bury yourself in your heartache for the rest of your life. 9. Start to detach yourself. Something we all have to come to terms with is the fact that we attach ourselves to other people in light of what we think they can provide for us- whether it's subconscious or not, we go into near panic mode when they leave us because we don't know how we'll get by. But we will, because we always do. 10. Learn to take your feelings and channel them into fuel to propel you toward something greater. If anything, motivate yourself to succeed in spite of them. It's not the most positive way of going about things (and I do believe you should really do things for yourself) but for now, while you're struggling, it's not the worst way to cope. Let them do what they came into your life to do: make you better, however doing so played out.

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