



Breakup



Life after a
Breakup

Introduction

Life after a breakup is hard. Some days are great and some days you don't want to get out of bed, but life goes on and you do get over it. In this book we look at why relationships end how you can move on and how you can look after yourself, which is so important.

This book has been written with experience just like everything on the breakup channel as both Jeff and myself have been through it all.

When you lose the person you love or even like a lot and even if you ended the relationship it can still devastate or upend your life. With so much advice around, we wanted a simpler approach without the complications. So please read it through and take what you think could be of assistance.

We will keep on providing helpful videos on the channel and already have the next ebook in the works.

Coping with a breakup separation or divorce involves a journey of self-discovery along with the willingness to begin living your life with a renewed sense of interest. Many people, both women and men, who are newly separated burden themselves with the emotional baggage they carry around from their previous relationship to the point of damaging future relationships or even preventing new ones to form at all.

It's no secret that for most, separation requires a healing process that cannot be hastened or slighted in any way, but must rather be nurtured and dealt with patiently.

Following a breakup; friends, and family will likely be eager to share advice, anecdotes, and have numerous suggestions. They will probably tell you that you need to "get over it" and that you should just be happier now than you were before. Thank these people graciously for their concern-they do mean well and want what's best for you-but remember that they can't really comprehend what you are going through and that you know best when it comes to your reactions and needs. Now is the time to focus on yourself, not what others expect from you.

When coping with a breakup, separation or divorce, be prepared to run the gamut of a variety of emotions ranging from anger and hurt to pain and sadness. Try keeping a journal, nothing formal or special, just a notebook where you can write down random thoughts as the experience is said to be rather cathartic, and is certainly better than never allowing yourself to express your feelings.



Dealing with a breakup, Separation or Divorce

The internet is also an excellent resource for starting an online journal where you can choose to remain completely anonymous if you wish.

Surround yourself with supportive, caring people and don't hesitate about getting professional counseling. Many people are pleasantly surprised at the incredible difference it can make to have someone independent to talk to, helping to sort out their thoughts. Sometimes it also helps to hear things put into perspective by a trained counselor who has years of experience dealing with divorce, separation, marriage, relationships, and family issues. We have further video's to help with this process that are in the works, so keep checking back with the channel for their arrival.



Properly taking care of yourself and all of your needs is another aspect of coping with a breakup that too many people find themselves forgetting to do.

Besides making sure your emotional self is handling the transition well, don't forget about

your physical self in the process. Starting a new exercise regimen is a great way of dealing with stress and tension; it keeps you physically fit, and also mentally alert enough to handle any new challenges that come your way.

Unfortunately, coping with a breakup, separation or divorce often entails more than just getting your emotions in check. Dealing with finances, dividing assets, and figuring out what to do with the house are major things to consider, not mentioning the all-important issue of custody if there are children involved.

Don't be afraid to seek debt counseling if need be. Analyze your financial state and figure out what you'll have to do to continue to be close to your accustomed level of lifestyle as possible. Speak to your lawyer or mediator for advice on settling finances and dividing assets in a fair and timely manner as is feasible.

Going through a divorce or separation is a difficult experience, but trust in your ability to cope with it healthfully and to eventually move on to a better and happier new life.

Dealing with the surges of anxiety that seem to accompany going through a breakup, divorce or separation can be difficult especially if you are not used to it. Anxiety can hit you at any moment of the day and usually decides to do so at the most inopportune times when you would prefer your mind to be on the thing at hand.

Then, of course, there is the night when you wake up in a state, and there is nothing to do but think which helps nothing as there doesn't seem to be the answer you want in the questions you are asking.

I hate to be the one to tell you, but this is normal emotional behavior for anyone in the divorce process. You are quite normal for having these feelings, your life has just been turned upside down, and it is going to take some figuring out before you reach equilibrium again.

To cope with anxiety in a breakup follow these suggestions:



1. **Anxiety is Normal** You are now facing a new future that is different from the one you had planned and that can be very frightening. Remember that your old future was only a vision in your mind and even though it felt real, it wasn't. Being anxious about the unknown is a very human thing most people are anxious about something it is very common to be anxious about the unknown.

2. **Breakup Grief.** You need to grieve the breakup, the past, the problems that were not addressed early enough, the home that was sold, the future that will not be and the end of the family group (if you have children). Grief may come over you at different times for a long time, and this is normal, accept it because it is a sad thing that has happened.

3. ***Learn Your Anxious Cues.*** Keep a journal of the when's and why's you get anxious so you can see if there are patterns that can be interrupted to stop the anxiety. If it is your thoughts that are bringing on anxiety, then you will need to learn to change the way you talk to yourself. Journaling is very cathartic and can help you get your fears out of your head and onto the page where you will have the chance to ask yourself questions about the right course of action instead of having the same thoughts going around and around with no productive closure. This can also be of benefit if you go to seek professional help.

4. **Breakup Stress Management** Get some if you need it. Be kind to yourself. People tend to be hard on themselves at this time which is just silly. Look after yourself, put time aside for exercise, health and socializing, these things are good for you and produce the feel-good endorphins you need right now. Eating the right foods, such

as lots of fruit and vegetables with lean meats will keep your energy up, oh and, these days there is no excuse not to eat well. It is still cheaper to buy fresh food and cook, and there are thousands of classes, books, websites, and even youtube videos



to show you how. Exercise is the same, no excuses, if you are worried about money then go for a daily walk. If you have small children, then put them in the pram or do swaps with friends. And socializing is simply a matter of saying yes to



friends and NOT speaking about your woes, if you need to, go online and reacquaint yourself with the world before you go, so you have things to talk about. A good rule of thumb is to ask a lot of questions; everyone loves to talk about

themselves, and then you do not have to.

5. **Breakup Network and Support** When we are in a relationship, we think we will be part of a team forever. This, of course, is not the case when you divorce, separate or breakup - you are left feeling like half of a whole, and this happens to both partners irrespective of who left who. It takes time to come to terms with being a single person, and in the meantime you should try to surround yourself with a caring group that will make you feel supported. You may need extra support from a therapist or coach to help you move forward. Or various groups on the internet but be careful what you say.

6. ***Breakup Help***. If you cannot get your feelings of anxiety under control and they are interfering with your daily activities, like your sleep or the way you eat, then it is time to think about getting professional help. Anxiety can be a precursor to depression, so it is best to do something now. You can visit the professional you feel most comfortable with to combat the anxiety including your doctor, a natural therapist, counsellor, a professional class or your acupuncturist. Start where you feel the most comfortable.

7. ***Getting Over Breakup Takes Time***. The process takes time, and you may find yourself in a legal battle for years which can take its toll but the emotional time to heal from a breakup can take years as well so be patient with yourself. Use the time to re-evaluate your life and what you want from it. Learn to take responsibility for the mistakes made in your relationship, so you will not repeat them.

AVOIDING A BREAKUP IN YOUR NEXT RELATIONSHIP

Practicing relationship self-help can be valuable even after a breakup, separation or divorce if you are considering or have already entered into a second relationship or marriage. When you were in a relationship the first time, you certainly didn't do it with the intention of it ending. There are many reasons why a relationship can end. What is important is that you understand why your relationship ended and the factors that lead to a successful relationship. By understanding the mistakes of the past and arming yourself with this knowledge, you'll be in a much better position to be successful in a second marriage or relationship. This is especially important



considering the divorce rate for second marriages now going higher than the rate of first marriages!

The end of a marriage or relationship can

produce a range of emotions: Hurt, fear, anger, sadness, relief, lack of confidence, rejection, etc. When children are involved, it can make things even more complicated and stressful. Friendships and social activities often change, and the whole series of events can be pretty life-changing. That's an awful lot to deal with!

COPING WITH BREAKUP RELATED STRESS THROUGH THE PRACTICE OF MEDITATION

If you've already made it through this process okay, then congratulations. You can move into a new relationship without bringing a lot of emotional issues with you. If you have recently gone through a breakup, divorce or separation, it is very important to take some time to heal and learn from your mistakes.

Try to look at the totality of the last relationship and analyze the strengths and weaknesses of it. It may be a good idea to let a therapist help you with this; a professional who can see things objectively and offer advice. The goal here is for



you to gain a better understanding of what went wrong so you can avoid these mistakes in the future.

Your new relationship will be built on a

much better foundation by following this relationship self-help strategy. If you enter into a second relationship, you'll give it a considerably greater chance of succeeding.

COPING WITH BREAKUP RELATED STRESS THROUGH THE PRACTICE OF MEDITATION

The process of a breakup, separation or divorce can be long and drawn out and can cause anxiety, depression, and tension for all - especially if children are involved. While many people may turn to drugs such as antidepressants to help combat the stress, there are many unwanted side-effects that can go along with a treatment such as this. Meditation is a safe, natural way to combat stress, and is considered to be highly effective when practiced regularly.



By consistently practicing meditation, one will benefit from living a more relaxed, less stressful life. Positive health effects include lower blood pressure, sharper focus and stable, positive mood.

The process of meditation can be daunting for the beginner, but it need not be. The wonderful thing about meditation is that, in essence, it costs absolutely nothing and doesn't require any equipment. For those looking to get involved, starting with breath meditation is often recommended. There are many meditation video's on YouTube that can help if you are just starting out.

If one becomes serious about meditation, there are usually classes and seminars that take place in cities and townships throughout the world. A quick search on the internet will often yield positive results. As separation can be stressful on children as well as adults, it could prove beneficial to teach the merits of meditation to your children also. As meditation is side-effect free and a natural way to release tension and stress, there is nothing to lose in giving it a try. It may even change your life.



We also have music to relax to on our channel and we urge you to just take some time out relax, chill and take the day's stresses away.

A Breakup, Divorce or Separation happens to a lot of people every year for a lot of reasons. Here are the five most common reasons. Knowing what causes divorce, breakup or separation can help you prevent it as well as give you piece of mind that you aren't alone.

1. *Infidelity or Affair*

This is unfortunately a very common cause for a breakup. Cheating breaks up a lot of relationships in general, not to mention marriages. There is a tremendous amount of hurt involved with infidelity situations. The relationship has no chance of moving on without serious work by both individuals. Many people aren't willing or unstandably don't want to put in the tremendous, difficult effort and acceptance, which then often leads to the relationship break down.



2. *Finances*

Money is yet another common reason for a breakup. Over time, one person in the relationship feels that they are carrying the entire burden of the couple's finances. It's a deeper problem than just money, as the person who brings home most of the money often resents the other person for not wanting the same quality of life the other wants. They may feel the person isn't trying hard enough. Or one person in the



relationship spends more money than the other. Or the couple gets into financial difficulties and arguments begin. This reason for a breakup can easily be reversed with the right mindset between both people seeing someone to help both with the final aspect but also

with the relationship can really help.

3. *Physical Attraction Diminishes*

This sounds like a highly superficial reason to breakup with someone, but never the less, it is very real. Most times, a partner feels resentment for the other for not keeping up with trying to stay fit and healthy, while the other feels they try hard to keep a youthful vigor. Or perhaps one person doesn't just feel passionate about the other person anymore, and they want out of the relationship. Sexual attraction may diminish between the two people, particularly as we grow older leading to the continuous feeling of displeasure about one another.

4. *Abusive Relationship*

CONCLUSION

An abusive relationship between couples, either physically or verbally is a failed one. Not always do you realise who the person is before you enter into the relationship. Once you are in the relationship there is only one option if it is an abusive relationship and that is to leave the other person before the abuse get worse. This is the one reason many experts agree that a breakup is the best option over trying to solve the problem at the risk of more abuse. If you are in an abusive relationship please seek help immediately.

5. *Communication Breakdown*

In some cases, couples start to resent each other for various reasons and keep it to themselves. Not communicating grievances only causes more conflict, because tension builds. Lack of communication is a major cause of a breakup, divorce or separation worldwide, and conflict in general between people.

Learning to communicate better could theoretically change the whole dynamic of a breakup from unhappy to happy with a little work.



DISCLAIMER

In conclusion, a breakup, getting a divorce or becoming separated is one the saddest things in a meaningful and loving relationship, so we must try the best we can to avoid this unhappy incident happening. A breakup usually becomes an issue when two people who were once very close, perhaps even soul mates, become separated. Perhaps not separated physically, but separated in terms of not being mentally on the same page with the same goals and the same objectives.

Overall, the root cause is almost always communication, or rather, a lack of communication between the two partners. You have to make an effort to save some of your energy to communicate with your partner after a long hard day. It may help you to unwind. However, for those whose relationships have already ended, please don't give up.

You should force yourself to do something at least once a week, join in activities of the other person and get back into the swing of things. Regardless of the pain, the bitterness, or exasperation, it's essential that you remember your children (if you have any) and continue to be a good parent. In fact, you should do all within your means to be a better parent than you may have been before the breakup. Just remember, time and people will cure all your ills, and you will be happy again.

*The information contained in "**LIFE AFTER A BREAKUP**" and its components, is meant to serve as a comprehensive collection of strategies that the author of this eBook has done research about. Summaries, strategies, tips and tricks are only recommendations by the author, and reading this eBook will not guarantee that one's results will exactly mirror the author's results.*

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