



## Getting More Support

Grief over a loss usually takes time to work through; while family and friends are often the best support, sometimes you need more than they can provide. The **Texas State Counseling Center** provides personal/psychological services for enrolled Texas State students. For more information, see our website at [counseling.txstate.edu](http://counseling.txstate.edu) or call 512.245.2208. You may benefit from counseling if:

- » you feel that your mood is not improving with time
- » you feel “stuck” in a negative pattern and unable to change it
- » your reaction to the ending of the relationship is interfering negatively with positive areas of your life over a period of time

## Moving On

While the loss is important, in time you can heal from the breakup, grow from the experience and move on to new goals and healthy relationships.

## Make an Appointment

### Call

512.245.2208

### Visit Our Office

LBJ Student Center, Room 5-4.1  
8 a.m. – 5 p.m., Monday – Friday

## Online Resources

### Website

[counseling.txstate.edu](http://counseling.txstate.edu)



Search for “Texas State Counseling Center”



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# Surviving a Breakup



*The rising STAR of Texas*



**E**nding a relationship can be very painful. We are often unprepared for the variety of feelings we experience in the process.

When a romantic relationship comes to an end, you may experience a wide range of emotions: anger, sadness, denial, self-blame, confusion, relief and/or anxiety.

All of these are normal reactions to a difficult situation, and many people will feel each (or several) of these at different times. Whether or not you chose to break up, losing a romantic partner often means losing a major source of support, and adjusting to that loss can take some time.

As painful as this process can be, these feelings will lessen, and there are things you can do to help yourself get through this challenging period.

### **“But we can still be friends.”**

It is very difficult to “just be friends” right after a breakup. In fact, the more contact you have, the longer the healing process may take. Over time, after the intensity of emotions has lessened, many former dating partners can become good friends.

### **Work through the grief.**

Let yourself feel the pain associated with an ending. It is OK to recognize the importance of the relationship that you have lost.

### **Avoid idealizing the relationship.**

While there were many positive aspects, recognize that problems also existed.

### **Connect with others.**

It is crucial at this time to remember those who are caring and supportive in your life. Ask them for support.

### **Give yourself time to heal.**

Be patient with yourself following the breakup. As a general guideline, don't make any major life decisions immediately following the breakup.

### **Keep your routine.**

It is often easier to handle emotions by staying busy and focusing on things you can control, like attending class and going to work.

### **Get back in touch with yourself.**

Sometimes people lose themselves in relationships. Take this time to rediscover yourself.

### **Take care of yourself.**

Attend to your overall health; eat well, exercise and get enough sleep.

### **Avoid alcohol and/or drugs.**

These may seem to provide temporary relief, but in reality they can intensify negative feelings and create more chaos.

### **Learn from the experience.**

Evaluate what you do and don't want in a relationship and how you can achieve true intimacy.

### **Spend some time focusing outside yourself.**

For example, do something to help others.

### **Reaffirm your beliefs about life and relationships.**

Nourish your spiritual side in whatever way fits your beliefs.

