

Single in the City's Guide To Surviving A Breakup

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Chapter 1:

Signs of an impending breakup/Signs it's time to breakup

Do you have a feeling your partner isn't happy and you are wondering if you're seeing signs of a breakup?

Does your gut tell you something is wrong and you energetically feel that pullback from your partner?

There are a lot of individual signs that can signal an impending breakup; however there are 4 main signs to tell a breakup may be on the horizon.

1. Distancing

How often do you typically spend time with your partner? Has that frequency changed? Do you "feel" their distance from you? Are they making excuses not to spend time with you? Are they "busy" more than usual and won't make plans or commit? The way we interpret distancing behaviour comes down to intuition as well. If you feel an energetic pullback from your partner, chances are they're either going through something big or there's an impending breakup on the horizon.

2. Picking Fights

Picking fights is another strategy partner's employ when they're not happy or they want to get out of the relationship. Instead of communicating, they pick fights, sometimes as a tactic to get you to breakup with them first. Fights are often

petty and evoke feelings that you can do no right by your partner during this time.

3. Lack of Intimacy/Sex

Intimacy and sex are a huge part of a relationship. If your partner makes excuses not to have sex with you, when they do have sex with you, they don't seem into it, or they're not having sex with you at all, there's a problem.

What is their body language towards you? Do they want to be near you? Is your time spent together seemingly apart, whether that's sitting away from each other on the couch or they no longer touch you how they used to (hold hands etc.).

Lack of intimacy and sex in a relationship could be a sign that your partner is going through something internally, getting "it" somewhere else or they're over the relationship and want out.

4. Your intuition tells you something is wrong.

You get that sinking feeling something is wrong.

When in doubt go with your intuition. Sometimes a lot of the signs we receive outside of our intuition could be due to life events and/or something our partner is going through. However, if your gut is telling you that something is not right in the relationship, then trust it.

Always trust your gut instincts, if you think something is wrong, it usually is.

Above all communicate with your partner if you feel something is wrong.

Do not come at your partner in an accusatory fashion but from a place of love and needing to communicate how you're feeling and your need to understand where you two stand.

If they're not willing to communicate with you or instead tell you everything is "fine," you have done all you can do. Frankly, if your partner is not able or willing to communicate with you in this moment, they're not the right partner for you.

Relationships are built on communication and trust, when that breaks down, it's extremely hard to move forward and build any sort of foundation for the future.

On the other side, what do you do if you want to break up with someone?

Chapter 2:

The RIGHT and WRONG way to break-up with someone

The where, how, when

What do you do if you want to breakup with someone?

Despite the title of this chapter, there is no perfect, "right" way to breakup with someone. Breakups are horrible, right

or wrong. However, when we refer to right versus wrong for the purpose of this book, we're referring to the best possible approaches to breaking up with someone versus the worst possible way to breakup with someone.

For some, it can seem easier to just ignore the person and never talk to them again. There's this mentality that you're saving them from the heartbreak and further grief by just ignoring the breakup all together.

Ignoring the person you want to breakup with and avoiding the breakup all together, is the worst thing you can do to someone.

First of all, it shows a lack of maturity and regard for someone's feelings on your part. Respect the person enough to set them free and communicate with them that the relationship is over.

Trust me, they will be over the breakup much faster if you're just upfront with them from the beginning.

So how do you break up with someone?

Here's a list of the right and wrong ways to go about breaking up with someone:

<i>Break-up Do's</i>	<i>Break-up Don'ts</i>
<i>Meet them Face to face</i>	<i>Not over text or email. Have the respect to meet with them face to face/say goodbye.</i>
<i>Choose an appropriate time/place. Less public.</i>	<i>Avoid holidays/birthday's (if you can).</i>
<i>Be decisive. Get to the point. Why are you breaking up</i>	<i>Don't make it seem like there may be a chance in the</i>

<i>with them?</i>	<i>future. Try not to sugar coat the reasons for the breakup, while at the same time still respecting the other person's feelings. Don't give false hope.</i>
<i>Stick to the facts</i>	<i>Don't argue. Sometimes the person on the receiving end may act out of hurt. Stay calm and do not argue back.</i>
<i>Give them a chance to ask questions. Allow time for closure</i>	

At the end of the day being on either side of the breakup SUCKS.

How you handle the breakup is ultimately a reflection on who you are as a person and your potential as a future partner.

Chapter 3:

Breakup Stages Of Grief

OK so the break up just happened. If you're on the receiving side of the breakup, hang in there. YOU WILL GET THROUGH IT!

If this person doesn't want you, you don't want them...although it may not seem like that in the beginning.

Post breakup, you will likely go through a tonne of mixed emotions and for some, breakups can seem like a death of a loved one.

Listed below are the break-up stages of grief:

When going through a breakup you may experience all or some of these feelings of:

- ***Denial***
You may feel as if you cannot be without your ex and that this can't possibly be happening to you.
- ***Bargaining***
In light of your denial you want to win your ex back at any cost. You try to convince your ex to try again. You're even willing to overlook all that was wrong in the relationship and the reason's you broke up to begin with. You try to convince your ex that you can fix this and take the entire burden of fixing the relationship on your back.
- ***Anger***
After realizing you can't bargain your way of this breakup and it's happening, you start feeling angry. This anger is actually not a bad thing because you're starting to get back to the fact that YOU matter too.
- ***Depression***
The breakup has started to settle in and you feel lost and alone. You're not used to being without your ex and you experience deep feelings of sadness and with drawl. Having a huge pity party of "why me" is often a large part of this phase. It's OK to have bad days. Sitting and working through those emotions helps you

move on and rid yourself of any baggage you may bring to the next relationship. Don't avoid your feelings during this time, feel them and keep moving forward.

- ***Acceptance***

Sometimes acceptance of the breakup comes about first because you have no choice. After time, you begin to see the reasons for the breakup and you start to truly heal. Your thoughts are slowly directed elsewhere and you begin rebuilding your life and getting back to you and what brings you joy.

BONUS: Things NOT TO DO in the midst of a breakup!

- ✘ **Desire for revenge.** Post breakup you're not always thinking straight. You're battling overwhelming feelings of despair and loss of a loved one. You may be so hurt you want to hurt your ex back. **RESIST THE URGE TO PLOT REVENGE ON YOUR EX.** For example, resist the urge to air all your dirty laundry all over your social media, particularly details about your ex. Your ex may not have handled the breakup well, they may have cheated on you, they may not be a good person in your eyes; revenge is never the answer. Seeking revenge on our ex only makes you look bad and keeps you stuck in the negative after affects of the breakup. Your "revenge" should be you focusing on yourself and working to be the best possible version of you!
- ✘ **Rebound Relationships.** If you're still battling post breakup feelings for your ex, now may not be the time to immerse yourself in a new relationship. You may be carrying that old baggage into that new relationship unnecessarily, essentially sabotaging the new

relationship before it even started. Also, don't get into a new relationship just because you're lonely and you miss having someone around. Relationships built on these beginnings, will never work and you will end up right back where you started, grieving another breakup.

Chapter 4: **The NO CONTACT rule**

The thought of the no contact rule can be extremely overwhelming for someone who just broke up with what they perceive as the *love of their life*, especially if the breakup was not your idea.

For breakups that where not your choice, breaking off total contact can seem like additional torture.

You may be wondering; how long is the no contact rule?
What does no contact mean during this time?

The no contact rule is exactly how it's written; you don't have any contact with your ex, AT ALL.

The timeline of the no contact rule really depends on your perceived level of seriousness of the relationship and the length of the relationship. For the best results, I recommend a 60-day no contact rule for a breakup.

If you're unsure if you want to stay broken up with your ex, at least wait the 30 day no contact period to clear your head and ensure you're thinking rationally. This time apart allows

you to heal and both of you time to evaluate if the relationship is salvageable or not.

So what's allowed and not allowed during the no contact period?

<i>Allowed</i>	<i>Not Allowed</i>
<i>Allow yourself to feel your emotions. Pity parties are allowed for a time being.</i>	<i>Email your ex</i>
<i>Enlist your friends to go on a trip or out for a night of fun</i>	<i>Texting your ex</i>
<i>Ask to take on an extra project at work</i>	<i>Calling your ex on the phone</i>
<i>Join a new yoga studio or take up a new hobby</i>	<i>Going for coffee with your ex to "catch up"</i>
<i>Ramp up your workout routine</i>	<i>Bumping into your ex on purpose</i>

Another trick to employ during the no contact rule is to write down all the reasons you broke up. Sounds negative right? It may seem depressing to rehash all the reasons you broke up, but by writing them down you have a reminder of why you are where you are today. There are reasons why you broke up, remember them, they will not go away over night.

The no contact rule always works in your favour because even if the breakup wasn't your choice, often times your ex begins to wonder what you're doing and thinking when they're not hearing from you.

The no contact rule also helps to break the cycle of just getting immediately back together because you feel lonely.

After you have implemented the no contact rule and effectively cleansed yourself from your ex, you may not even want them back!

I have found that true clarity comes with the no contact rule and ex's who seemed like the "be all, end all," really were no longer as attractive given some good time and space apart. In fact, after the no contact rule, you may even wonder what you were even thinking going out with this person to begin with.

You want someone who wants you. Always remember that.

How to handle when you hear from an ex or bump into them

He/she messages you during the no contact period, what do you do?

It's OK to respond back to this initial contact. Explain that you're trying to move forward with your life and space is needed in order to do that. Further clarify, that unless things have changed, for the time being, you should not be talking or seeing each other.

What do you do if you run into your ex unexpected or at a social event? How to handle the run-in?

In situations where it's unavoidable to run into your ex, don't ignore them. If you're at a social event with mutual friends, ignoring them is only going to perpetuate the awkwardness of the run-in. Say "hello" and leave it at that. On the other side, don't act out of character, in a way that is trying to over the top prove you're over this person. Again it's transparent behaviour. BE YOU. Yes, you're hurt, say "hello," and then

busy yourself how you normally would, catching up and having fun with your friends.

Avoiding contact/run-in's with your ex may be unavoidable; it's how we handle these awkward moments that really matter. Approach these situations as maturely as possible. The least amount of drama, the better for both of you. Accept the awkwardness and sadness of the run-in and then immediately get back to that no contact rule.

When no contact is NOT an option for you

In cases where you have children with your ex, the no contact rule is not an option. If cutting off contact is not an option, ensure that your interaction with your ex is kept to a minimum and with the interests of the children at the forefront of that contact and communication.

As hard as it is to interact and see your ex post breakup, for the best interest of the children ensure your actions and communication foster a relationship with your ex that demonstrates partnership on behalf of those children.

Those children did not choose to be a part of a breakup. Even though this breakup may be the best decision for the welfare of the entire family, the children should not be subjected to any negative or hostile behaviour on the part of either breakup party.

Foster contact that is minimal but enough to maintain a healthy co parenting relationship, at least until the breakup is no longer fresh and new.

Chapter 5:

Social media post breakup

Deleting your ex off social media and why it's important.

Social media can be extremely harmful to one's mental state in the midst of a breakup and moving on post breakup.

Here are the *Do's and Don'ts* for social media post breakup.

DO'S

- ✓ **Unfriend/delete your ex post breakup.** Scary idea right? What should be scarier to you is being subjected to your ex's social media reel. Worried that unfriending/deleting your ex could ruin your chances of a future reconciliation? That's just not possible with the right person. No amount of unfriending/deleting can deter the right person from being with you, if they truly want to. Deleting your ex allows you to create the distance and helps you resist the urge to cyber stalk them.
- ✓ **As best you can resist the urge to search your ex and cyber stalk them.** You don't need to see what your ex is doing or who their with. Remember, pictures are interpretive. You have decided not to be together for a reason, seeing your ex's everyday life does not coincide with the decision to be apart and it will delay you from focusing on your own life and moving on.

DON'TS

- × **Don't "friend" your ex's friends after the breakup,** it's a transparent move. If you didn't have anyone directly related to your ex on your social media before, why add them now? It's just a desperate tactic to stay in their life and keep tabs on what they are up to.
- × **Don't post about your ex or post a passive-aggressive breakup update** on your social media where everyone and their mother, including your ex, know it's about them.
- × **Don't cyber stalk your ex online.** Nothing good comes by cyber stalking your ex. Always keep in mind; every time you look, it's a heart attack waiting to happen. Even with what you do think you learn from their social media, you can't be sure unless you ask them directly. It's a waste of your time and strips you from your ability to move forward.
- × **Don't over share.** Speaking for all your social media followers. We're sorry your breakup happened, we have all felt your pain but we don't need to see every detail of your break up aired all over your social media. If you really need the support, call or message your friends.
- × **Don't use social media when drunk.** This should be self-explanatory but no good decisions come about from using social media when drunk. Do not message your ex on social media while drunk (or at all), don't post on social media when drunk or post pictures you think are super hot or with the new guy you met that night on social media while you're drunk. You will 100% regret these posts tomorrow.

Chapter 6:

What to do if you want your ex back/Getting back together

BAD reasons and GOOD reasons to get back together

<i>Bad Reasons To Get Back Together</i>	<i>Good Reasons To Get Back Together</i>
<i>You feel lonely and want someone to replace that feeling/You miss the routine of having someone around</i>	<i>Enough time has passed in order to heal from the breakup</i>
<i>You think it will be different this time but it has proven itself time and time again, it doesn't get better.</i>	<i>The breakup was mostly due to timing or circumstance, not because there was anything inherently wrong with the relationship (i.e. You were too young, they got a new job that was too far away etc.)</i>
<i>You think you can't do better or won't find anyone</i>	<i>Your relationship for the most part with your ex was Excellent! The reasons you broke up were not because there was lack of love, trust or communication.</i>
<i>You have this feeling like you can't live without them. Your life and your happiness is dependent on you being with them.</i>	
<i>You want to get back</i>	

<i>together for the sex</i>	
<i>Your ex is now with someone else</i>	

Before you race to try and get your ex back, really reflect on why you two broke up to begin with. Most breakups happen for a reason but if those reasons have dissipated or enough time has passed, there could still be a chance.

However, if you're trying to get your ex back because you're lonely or just don't want them to be with someone else, that is not a good enough reason to get back together.

One of the best pieces of breakup advice I can give you is,

Focus on yourself and GET BUSY!

Have you ever noticed that when you're distracted and moving forward with your life, that seems to be when you hear from an ex? Exactly.

Pining over them, chasing after them, playing games over social media, will not get your ex back.

The best cure for a breakup is time and space.

Leave things for a bit; get back to you and what makes you happy.

Proving to your ex and yourself that you're willing and ready to move forward if they're not willing to step up in your life, is the ultimate act of self-love.

As corny as it might sound, what is meant to be will be. No form of manipulation or pushing for a speedy reconciliation will get you back together any sooner.

So what do you do in the meantime? Ask yourself, what brings you joy? What will make you happy right now (besides being with this person)? What will keep you focused on your own life until things become clearer with your ex?

Here are a few breakup “get busy” ideas:

- ✓ Grab a friend and go out to your favourite restaurant and treat yourself to that dessert you normally would avoid!
- ✓ Plan a weekend road trip with friends and get out of town!
- ✓ Join a yoga studio!
- ✓ Treat yourself to something you have been holding back on buying!
- ✓ Ask to take on a special project at work.
- ✓ Take classes or lessons. I.e. a cooking classes.
- ✓ Research a cool hiking trail to try out and bring a friend along!

After you have taken some time to yourself (refer to Chapter 4: The No Contact Rule), if this person is still on your mind it's ok to reach out. I would suggest leaving it for 30 days before you remotely even make the attempt to contact your ex. For some, it could take years for potential reconciliation. The timing will really depend on the reasons for the breakup and the willingness on both sides to reconnect.

Call your ex or send them an email asking them how they're doing and if they would like to catch up. Do not attempt to rehash all your old issues upon first communication. This is a chance to feel them out and their willingness to work on things.

All you can do is reach out and let whatever is meant to happen, happen. If your ex is not willing to meet you half

way, the timing is either off or they're not the right one for you.

At this point, you have done all you can do to get your ex back.

If this person is meant to be in your life, it will happen in it's own time.

If they're not meant to be in your life, someone else will come in for you that will want to be a part of your life!

Chapter 7: Healing after a break-up: Self-care tips and reminders

How much time will it take to recover? Learning to get back to you and focus on yourself.

What did you learn from your breakup?

Understanding that everything happens for a reason is important in accepting the breakup and appreciating why that relationship came into our lives to begin with. What did you learn about yourself through this breakup? Did you learn anything about the type of partner you are? Did you learn about any type of relationship pattern you may have? Is there a negative pattern in your dating life you're experiencing and you're ready to break that pattern? Ultimately, remember that this relationship ended so that

the right person can come into your life. Learn from this past relationship and use those learning's to foster a successful, healthy, future relationship.

Love yourself/Self-compassion

It can be easy to default to blaming yourself after a breakup. You may even get into obsessive behaviour where you're reliving every piece of your relationship, picking it apart for anything you could have done differently. We can be so hard on ourselves after a breakup. Show yourself compassion during this hard time. Breakups are not easy and no one is perfect, not even you. Accept your part in the breakup and remember that there is a reason behind everything. You're not in this relationship for a reason, trust it.

Get Back To You

Doing things that bring love and joy to your life is important during this time. When a relationship ends we often feel as if we have lost a part of ourselves. Use this time to find out who you are again. It's important to remind yourself what you bring to the table and get back to the things you love in life.

There is no distinct timeline on when you will start feeling better, however I can promise you, it will get easier day by day.

One of the biggest anxiety provoking things we can do post breakup is trying to get from A-Z in a matter of days. You're likely not going to be over this breakup tomorrow so don't force it. Your job is to get through today only.

Focus on getting through this day.

Each day will bring new struggles and eventually new light and joy to your day. By taking your breakup day by day you take the pressure off of yourself.

Breakups are never easy for anyone;

Always Remember

- ♥ You're not alone
- ♥ This breakup is a blessing in disguise/Everything happens for a reason
- ♥ With something bad, always comes something good
- ♥ You will get through this
- ♥ You deserve the best
- ♥ You deserve love and you're loved
- ♥ You will be happy again
- ♥ You will meet someone else