



## Romantic Relationships

I know the heartache and pain of when a relationship doesn't work in the way that you want it to.

People say 'There are plenty more fish in the sea', 'It was just infatuation.' Or 'They weren't good enough for you anyway.'

None of this helps when you feel your world has fallen in around you.

Although in reality there is nothing anyone can say that will make you feel better at that point. It takes time to work through your feelings and the initial ones are going to be strongly felt.

So be gentle with others who are offering platitudes. They care enough to say these things in an attempt to make you feel better. Feel the love and good intentions coming from them. This is a lovely and meaningful thing for them to do, even though you still want to cry.

### **A big factor to remember when suffering heartache is that it's not all about the person that you have lost.**

There are a lot of factors in your grief over the break-up of a relationship. You aren't only mourning the loss of the person. The following are other factors:

1. Potential change in your lifestyle. You may be used to going to the pictures every Friday night with your ex (let's call them A) and now that is no longer. Not only do you not have A with you but potentially you aren't going to the pictures either.
2. You used to dress up every day knowing you'd see A. You wanted to make them feel good about seeing you. Now there seems no point to doing that.
3. You dreamed of your future with them. You pictured the house, the children, the dog. You imagined Christmas with all of your family around you. So now not only is A gone but you also feel the loss of your future.
4. You felt confident with A by your side and now you don't.



The list goes on but do you get the picture?

A lot of the things that you may be mourning at this time are not actually about the person that you've lost.

### **You can lessen the feeling of loss by addressing 'related' issues.**

With reference to the points above:

1. Make sure that you have arrangements with friends on a Friday night so that you don't have the time to worry about that the fact that you're not at the cinema.
2. Make a point of getting dressed up every day. Being focused on A in the past, you may not have noticed the admiring glances that you were getting from others. Plus being dressed up and looking good makes us feel good anyway.
3. Your future is still there. It's still in front of you waiting to happen. The only difference is that it will now have a different leading man or woman in the role of your partner. You don't need A in your life to make your future how you want it to be.
4. Your lack of confidence is nothing to do with A. You may have been hiding behind them which gave you the illusion of feeling confident but this lack of confidence in yourself would have reared its head down the line anyway. It needs to be addressed but it probably wasn't losing A that has taken it away. I would suggest it wasn't there before they came along.



## It is painful to go through a break-up

Remember though that the reason it's painful is because it was good and meant a lot to you.

On the plus side that means that you've experienced love. You've experienced a good time and a good relationship.

This good relationship that you had is something to be thankful for.

If you didn't feel upset then it means that the relationship was a bit of a waste of time anyway.

## How to make a relationship work

The basics of this are to be yourself.

If you want someone to love you then you want them to love the real you and not a skewed version of yourself.

Maybe you want to act as being a shy retiring type because you feel that's what a particular person will find attractive.

You act in this way when they're around. They ask you out and great! They are your partner!

After a couple of dates of romantic walks in the countryside and evenings playing Scrabble you start to get bored.

You want to be out partying.

Your shy retiring partner doesn't.

**It is better to be yourself from the start so that the person you meet will be a good match**



The key point to remember is that relationships need to be worked on.

This applies to all types of relationships.

We all need to be considerate of others in order for there to be harmony and good times!

All relationships go through good and not so good patches. It's how you both deal with each of these times that determines whether the relationship is a good one or not.

Happy loving!

*Jessica*