

# Read the thoughtful, moving replies to our August survey

Last month we asked how you would handle the following situation: **Just recently, my significant other told me it's time to end our relationship. I'm heartbroken. After two years together, I really thought we were going to make a long-term commitment. I'm hurt and angry.**

**Our members have opened their hearts and minds to give responses to our August survey. Read on for just a few of the touching and inspirational replies from you, our readers.**



- First, assess the relationship. Think about things that worked well and things that did not go so well. Hindsight is 20/20 and it is important to evaluate for your next relationship. Do not beat yourself up, but look at things from a new perspective. What do you need from a relationship? Were you receiving that? What did you value the most about the relationship? Make a list of what is truly meaningful to you. Use this experience to help you define and go after what you really need and deserve in your life.
- I would say just give yourself time to heal. Go out with friends and do fun things. Keep yourself busy. It's a lot better he ended things now rather than later on down the road. Take this time to focus on you.
- Write down the pros and cons of your relationship. Ex: what you liked/disliked about the other person, the relationship, etc., what your expectations were and were they fulfilled. You may be surprised that it wasn't what you thought it was supposed to be. Learn from these and don't settle for things you don't want to settle for. You deserve better.
- If you are already doing some sort of exercise, continue to do that. If not, walking, running, and yoga are good distraction. Surround yourself with family and friends. Positive thinking is very important. What you think is what you attract to your life.
- You are special and the right person will eventually come along and appreciate you and complete who you are. Repeat each day, "I am special and have a meaning and purpose."
- I'm so sorry for this time of pain. Some suggestion to navigate through: Make a clean break with your ex. Put away pictures and cards. Stop being friends on social media. Then plan a vacation with someone you love or plan a day off somewhere fun just for you. Take time to remember who you are, what makes you happy, what your personal goals, dreams, and beliefs are. And read stories about other people who have gone through a similar loss and how they survived.
- I would be thankful for the honesty. It could've been worse: the person could have cheated and you would have been living a lie. I have faith that here is someone out there that will love you for who you are, and, for that reason, I would move on and love again.
- This might be over-simplified and easier said than done, but the way I see it is if someone doesn't want to give their all in our relationship (provide me with love/trust/fidelity/etc.), then why would I want to waste my time? Why would I care so much about someone who doesn't want to be with me? I am easy-going by nature, but this helps me to get over it and move on. Plus, I know it is cliché, but there really are plenty of fish in the sea! Don't settle for less than what you deserve/need/want!
- Give your self time to grieve. The hurt and anger has a right to be there, just don't let it stay there too long. Find yourself. Take a class, learn a hobby, read a book. Learn to be happy by yourself. Then you can move on and learn to trust someone again.
- Counseling!!! All things will clear in time, but you should have someone you trust, even if it requires professional counseling, to help you get to your comfortable space again.

\*Remember: the suggestions above are voluntary ideas from our members. They do not represent professional advice.



- Journal your thoughts, feelings, and regrets (if you have any). Spend time with your close friends and family. Allow yourself time to grieve. Keep reminding yourself that the reason for the breakup was not anything you said/did/did not do/etc. The best advice from a counselor I ever received was, “It’s not about you”. In other words, you have no control over how others perceive or feel about you.
- The first step I took during my heartache was to find a focus that would make me become who I was created to be and fulfilled in every aspect. I learned to love my self first, I joined positive groups, even groups I never had thought of or had heard prior to this incident. I spent times walking and looking at nature to see how it weathered storms and remained standing. I purchased a small home that I could spend time to decorate, which made me feel good just to know I was beginning to accomplish something I could see as productive in my life in many ways. Having a new project opened doors for me to meet new people. I had no idea that during this time my life was being prepared for the man that I am married to now, who I believe is my soul mate. It happened while I was unaware. My advice is don’t focus on trusting someone with your heart again, focus on trusting you with your own heart and you will be able to move on with the life you seek.
- It takes time to heal and the amount of time is different for each person. Hold your head up and go forward.

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