

The 5 Stages of Getting Over Your First Big Breakup



Being newly single is worse than period cramps, for me anyhow. It takes a lot to be able to be okay and even when you are okay, you're not *really* okay. You have probably answered the dreaded 'Oh, you're not with *insert ex's name* anymore? Why?' question more times than you care to admit. Like me, you're newly single and you're still learning what it means to be without your ex anymore. And that's okay. The first step for me was realizing the reality that came with going through my first big break up with my first love.

Stage 1: It won't hurt as much as you're expecting it to hurt.

Okay, yes, getting out a relationship isn't very fun. Your heart feels like it's a pebble at the bottom of the deepest, darkest ocean. You cannot breathe without feeling like your heart is being ripped out of your chest every minute you're awake. But, it won't hurt more than that.

You'll sulk around for the first month or so and wonder how you'll get on without them. You'll binge-watch *Pretty Little Liars* or *Criminal Minds*. Your diet will consist of ice cream, cookies and more iced-chai lattes than you ever consumed while pulling an all-nighter in college. But you'll soon start replaying the relationship in your head and realize that your break up was a good thing, even if you were the one who got dumped. Every day will get a little easier and you'll get a little stronger, even if you're still trying to pick up the pieces of your broken heart your ex left shattered on the ground.

That being said ...

Stage 2: You'll be surprised at what does affect you.

After a month of sulking and eating junk food, it will be easier to get out of bed in the morning. You'll invite work into your life as a sanctuary. Your diet will get better. You'll start working out again. You won't cry as often. When these things happen, do not confuse these feelings as a sign that you're okay. You're not. You'll be working and something will remind you of your ex. You'll walk by a shirt at your favorite store and remember how much your ex loved whatever stupid design or

character is on the front of it. You'll start to tear up and your mind will wander back to your ex and in that moment your body will feel like it weighs a literal ton. You're not over your ex yet and you will be surprised at what does and does not pop them back into your thoughts.

Stage 3: Nights are the hardest.

Nights are feasting grounds for the monsters inside your head. You'll remember when you first started dating. You'll replay every fight you had. You'll replay the good times and the bad times. You'll start to wonder why your conversations now consist of small talk rather than the deep conversations you used to share with one another. You'll create a story in your head of what they are doing and who they are with. You might even dream about them. These toxic thoughts can't be avoided. It will hurt and it will suck, sorry.

Stage 4: You'll have a love/hate relationship with being alone.

Having the capacity to actually like being alone shows strength. It shows that you don't need to be around other people in order to be happy. It shows that you're okay with silence being your friend. But, after a breakup, being alone will be the time when you're most likely to be bombarded with painful memories and unwanted thoughts.

To ease this you must take up a hobby or restart one that you've been neglecting. Read. Write. Start a journal. Learn a new makeup trend that you've been dying to try. The key here is to keep yourself busy even

when you're alone, otherwise the loneliness will start to drown you and all you'll want to do is lay in bed with an entire package of Oreo's.

Stage 5: You'll start recognizing your worth.

Your relationship is over. You're not talking to your ex as often as you once did or about things you once were able to talk to them about. Your mind is constantly being plagued by painful memories. Your heart feels heavy and you're trying to find out who you are as a person who no longer has a significant other. However, you're starting to recognize your worth. You're over the bullshit. You're over disrespect. You're over expending your energy on anything that doesn't help you grow or make you happy. You're realizing—or are going to—that you're worth so much more than why your ex decided to leave or any pain that you're currently feeling.

Yes, you're going to have to be the one to pull yourself out of bed on the dreaded days where work is the last thing on your mind. You'll have to start complimenting yourself. Now, you must be your own motivator. Now, you're going to have to start loving yourself more.

A few months. That's how long I have been single after spending nearly half a decade being attached to someone else. It's been tough and I am still not as put together as I sound in this post, which took me a good two weeks to write. That being said, I am doing okay because I am allowing myself to feel things as they come. Hurt, anger, sadness and bitterness are just some of the feelings I have felt since my break up.

I still cry and my ex is still on my mind 24/7. I still have respect for my ex and will always root for him to succeed and be happy in life. I have good

days where I feel okay and I have bad days where I feel as if I am on the bottom of the ocean with no life preserve to shoot me to the surface of the water for air, but I'm dealing with it. I may be in pain now, but it's the small steps that keep me going.

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