



HEALTHY
RELATIONSHIPS
INITIATIVE

Toolkit for Teens

Tip Sheet #6: Surviving a Breakup

The end of a relationship is often a stressful, painful process. If you are facing a recent breakup, consider the following strategies to help you get through this difficult transition:

- 1. Take the time you need to recover.** There are no set rules that should say how long it should take you to move on following a breakup. Oftentimes, teenagers experience breakups as particularly severe, as you may have ended a relationship with your first love. Don't feel rushed to "get over it" or "move on," even if you feel pressure from friends and family. Expect to feel some effects of the breakup for a while, especially if you and your partner were together for a long time. Appreciate any small steps you can take in moving forward. Ultimately, those small steps will become bigger and bigger movements toward your new future.
- 2. Seek support from friends and family.** Seeking the comfort that your friends and family can provide during this difficult time can be critical in your recovery from a breakup. With the end of your relationship, you may have more time to reconnect with friends and family. These relationships are important to helping you stay connected socially during a time you may feel particularly lonely and vulnerable.
- 3. Consider what you learned from your relationship and breakup.** Take this opportunity to learn about yourself during this difficult transition. Consider asking yourself, "What can I learn from this experience?" Try to keep a positive perspective on the lessons you can learn as these lessons can help you develop more positive experiences in your future relationships.
- 4. Seek counseling if needed.** Sometimes people need extra help in overcoming difficult times. Surviving a breakup is no different and at times, seeking the support of a professional counselor may be helpful in overcoming a difficult breakup. A counselor can help you make sense of the past and move forward in your future.