The Georgia Tech Counseling Center is a unit of the Division of Student Affairs. The Center is dedicated to enhancing the academic experience and success of all students by providing a variety of counseling and psychological services to individuals and the campus community. We provide short-term counseling services to address a wide range of personal and career concerns. Our services are available at no charge to currently enrolled students.

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How To Survive A Breakup

Immediately following a breakup:

- Acknowledge the relationship is over. Give yourself some time to reflect on the relationship. However, don’t focus on what you could have done to change the outcome. Some relationships simply don’t work.
- Call friends who can support you during this difficult time.
- Allow yourself to grieve the loss. Mourning is natural, and any loss requires a period of sadness. Remember that there are various emotional experiences included in grieving, including: shock, denial, anger, depression, bargaining, and understanding and acceptance.
- Allow yourself some sadness and crying, but also realize that this too will pass one day. Take as much time as you need. How long one grieves is not an indicator of how much one cared about the other person.
- Take good care of yourself. It’s easy to forget to take care of yourself after a breakup. Make sure you eat well, get plenty of fluids, have a healthy and fun exercise regimen, and spend time with people who love you.

Proactive things to do:

- Realize that breaking up with someone gives you the opportunity to examine your life in a fresh new way.
- Realize that not being in a committed relationship gives you the freedom to make decisions based solely on your own interests and welfare. Few people realize the opportunities being alone (not being lonely!) provides. What have you always wanted to do, but thought there would never be a time for?
- Forgive your partner, and forgive yourself. You both did the best you could at the time. Forgiveness provides you with the space to enter into healthy relationships in the future.
- Surround yourself with positive images through reading, journaling, listening to music, spiritual endeavors and supportive friends.
- Build your self esteem. Our self-esteem is often hurt after a breakup because we assume that the breakup is a negative reflection of who we are. No one person is responsible for a breakup between two people, so taking all the responsibility for the breakup is not necessary. Instead, try to change the things you can to make you a better person, but also accept the things you can’t change and look for someone who will accept you just as you are.

What not to do:

- Resist the urge to contact your ex. If it’s really over, both of you need time to adjust to not being together.
- Don’t say negative things about your ex to mutual friends and family. It puts you in a bad light and creates a negative attitude within you.
- Try to avoid jumping into another relationship. Love on they’re bound may seem comforting in the beginning, but you may end up disappointed and with another breakup! It may be difficult to feel “uncoupled,” but remember, all couples are not as happy as they seem on the outside. Wait for the real thing.
- Try to avoid things that will provoke super sad memories. If it really gets you down, don’t listen to that special song. Instead, find a new song, maybe on that represents your new beginning.
- It may help to consult with a professional:
  - It’s normal to feel quite sad after a breakup. If this continues, you may be experiencing clinical depression, and may need professional help. Here are some symptoms to look out for:
    - Changes in sleeping habits: excessive sleep or insomnia
    - Appetite changes - over or under eating
    - Weight changes
    - Tearfulness
    - Helpless or hopeless feelings
    - Thoughts of harming oneself
    - Sad or empty feelings (depressed mood)
    - Lack of interest in activities that usually interest you
    - Loss of energy, feeling tired
    - Feeling worthless
    - Difficulty concentrating, indecisiveness

We have all been involved in a breakup with someone we cared about and thought cared about us. So what does one do when it is over? Eat ice cream? Jump into the bar scene? Write the next great American novel? It is empowering to realize that you can survive a break up and move on to enjoy the rest of your life.