

IT'S OKAY TO GRIEVE...LET IT OUT AND LET IT GO

"People have a hard time letting go of their suffering. Out of a fear of the unknown, they prefer suffering that is familiar."

-Thich Nhat Hanh

Are you dealing with "the end" of your relationship? If so, my guess is that you are searching for some answers that will help you through the healing process. You are more than likely struggling with your emotions and you may be feeling overwhelmed.

What you are experiencing are very normal stages of getting over someone you loved. Oh, it hurts alright, but keep in mind that you will get beyond this heartache and pain.

Remember, you are going through a tough time right now. So, be easy on yourself. Continue taking the steps that will help you to heal your heart and keep making "right choices" for yourself.

Now is the time to lean on your friends. Keep yourself busy and remember; time really does heal all wounds.

Dealing with all of the painful emotions that go along with the "break-up" is simply something you have to go through. It's okay, you've got to let it out in order to let it go.

Cry, scream and moan. Whatever it takes to release it, do it. Vent every single emotion you have and get it out of your system. When you are tired of crying, try journaling. Write down all of your thoughts and feelings. Cleanse your soul of your pain.

Grieving your loss is perfectly okay. This is the time to cry away the past so you can begin to put it behind you. It's normal to go through the mourning process.

So, don't feel bad for feeling bad.

Keep reminding yourself that you will get through this, you just have to allow yourself a little time. Don't let this time go on too long where you find yourself stuck and you can't let go.

Give yourself a deadline: A week, a month or a little longer. Pick a date and write it down.

"Just because your relationship is over, doesn't mean your life is over!"
It's inevitable that you are going to feel bad but as time goes by you will begin to feel better. Just hang in there!

Pat yourself on the back; you're doing what it takes to help yourself on the road to a better life. No one else can do it for you. So...stay focused on your future and know that as time goes by you are getting closer to a stronger you.

Remember, you will survive!

Read more about it at: <http://www.whystay.com> in Susan's empowering book, *There Is Life After What's-His-Name*.

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