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### Coping with a Breakup

Breakups are scary that we all hope it never happens to us. It's a dampening moment to hear the breakup words come from your partner especially because you've always thought that what was between you two was meant to last forever. Dealing with a breakup is no easy task, as some may put it. It is a not a one-day thing, and one ought to realize that a part of their life is gone and gone forever. Coming to the realization of these breakup words takes time, short for some, and long for others, and comes with difficult stages that all must go through comprehensively. In the case of a breakup, however, not all parties undergo a hard time adjusting, for the partner initiating the breakup (dumper) has already overcome the challenge, and the burden lies squarely on the dumped.

Dealing with a breakup typically follows a sequence of stages, which must all be addressed and passed through successfully for one to heal completely. These steps are denial, anger, bargaining, depression, and finally acceptance. These steps entail different developments and emotions towards the situation.

In the denial stage, which is the first stage of the process and occurs immediately after receiving the news, the dumpee tries to reject the emotions that arise and tends to believe that the dumper has made a mistake, will soon realize it, and come back into their lives again. At this

stage, there is still much hope in the dumpee that all will be well and that it was just some sort of confusion. Therefore, they also try not to lose contact with the dumper. The time spent in this stage is determined by how fast the dumpee realizes that this was no mistake, which then leads to the anger stage. As the name suggests, at this juncture the air is filled with anger, with the dumpee questioning how their partner could do such a thing to them. It is accompanied by destruction of materials related to the dumper and no contact. Although for some people it is hard to feel anger towards people they loved, it is crucial to let all the anger out lest the dumpee will always bear it (Livestrong.com).

After going through the anger stage, they realize that anger solves no problems, and then comes the bargaining stage. At this stage, the dumpee still holds the opinion that all is not lost and there is still a chance of getting back together. They try to negotiate for some part of their partner, even if not as huge as before. This stage is often filled with desperation, but fruitlessly. The depression stage then hits, and it's filled with dark melancholy. It is characterized by analysis of mistakes and reflection of oneself. Finally, the dumpee comes to the truth; all is lost. This is the acceptance stage, which although is a component of grieving, gives some hope to the dumpee. The dumpee regains confidence in themselves and realizes that they can make it on their own. However, this stage cannot be fully realized if the dumpee has not gone through the other preceding stages comprehensively (Livestrong.com).

Breakups come with a feeling of loneliness and isolation. One should, however, avoid solving this with drugs and instead seek support from close family and friends. The supporting party should be careful to avoid negatively impacting the situation by being judgmental and criticizing. In the event where extreme effects are experienced, the assistance of a counselor may come in handy. Complete healing starts to appear with the creation of new friendships. Stress

comes with a lack of appetite and weakness. To overcome this challenge, good exercise, sleep and diet are encouraged. This keeps one sharp and focused (HelpGuide.org).

In conclusion, dealing with a breakup is not a walk in the park and might prove to be quite a burden to many. One ought to successfully go through the denial, anger, bargain, depression, and finally, grieving stage. Going successfully through these stages prepares one for future healthy and fruitful relationships, and facilitates a successful transition.

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Works Cited

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