

LETTING GO, MOVING ON

We get addicted to chemicals and we can get addicted to a loved one. It's called love addiction and it's about the inability to live without being in a love relationship. And when the love addict finds herself without someone to love, she is miserable and cravings set in.

There are those who when the beloved walks away suddenly go into a deep depression. It is as if the world has come to an end. As if the only person they can ever love is the one who has left them. As if life is not worth living and they want to die.

It does not have to be that way. You can snap out of it, get up and love again. The one who walked out doesn't have the monopoly of lovableness. The problem lies within you. If you sit in your car and refuse to turn the ignition key, of course it won't start, but don't blame the car.

First, remember that there are countless lovable persons out there just waiting to love and be loved. What's needed to start getting over your loss is a willingness to let go. Those who cannot get over a breakup are persons who insist on loving on their own terms. They are unwilling to face reality and insist on loving who they want, when they want, and how they want.

Life doesn't work out that way. All throughout our life's journey, we are called upon to let go of things and, yes, even people. Friends and family members leave us to find better opportunities. We move from one job to the next. New friends come and then go. We seem to be constantly in the process of letting go of something or someone. It's all a part of life and, if we are to find happiness, we need to know how to let go.

Letting go calls for effort. You have to help yourself. The natural tendency is to hang on. Hang on to memories and keep thinking about what might have been instead of what is. There is the tendency to let yourself slip into sadness and depression and stay there. There is the strong temptation to give up.

Don't. You need to pull yourself up. Start by getting rid of the triggers that remind you of your lost one. Scoop up his pictures, letters and other memorabilia and put them away and out of sight. Later on, when you feel up to it, you can dispose of them properly. Avoid any trigger that brings back memories.

Get out and socialize. Call old friend and renew those friendships that you might have neglected. Keep busy. Focus on your work.

I counsel the broken-hearted to draw up a list of the hurtful experiences they suffered at the hands of the one who walked out. Focus on the negatives in the relationship instead of the positives. Every relationship has a weak side. Focus on that to lessen your sense of loss.

Think positive! Remember that all things pass. Mourners learn to smile again and jilted lovers learn to love again. Believe that time heals all wounds. The pain you thought you would never survive recedes over time. The hurtful memories fade given enough time.

Understand that this crisis is a moment in your life and it too will pass. Believe that God is there loving you and wanting the best for you!