

5 STAGES OF GRIEF DURING A BREAKUP

DENIAL

Denial is a defense mechanism, used when you don't want to believe that your relationship is over. You may question the breakup, hope for reconciliation, and resist the truth.

ANGER

You may feel anger towards your ex, their friends, and yourself. It's important to find healthy ways to express anger, such as journaling, exercise, or talking to a friend.

BARGAINING

In this stage, you may try and compromise, negotiate, or plead with your ex-partner. Be mindful of self-blame and how you talk to yourself.

DEPRESSION

Feeling a deep sense of loss at the end of a relationship is natural. If it directly affects your physical or mental health and interferes with your daily life, remember to practice self-care and seek support from loved ones or mental health professionals.

ACCEPTANCE

As time passes, you will eventually accept the reality as it is, and the sadness won't be overwhelming. Remember that the time and ways in which the stages of grief are experienced differ for everyone.

