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Breakup of yugoslavia pdf

One thing is true, no matter how big or bad a relationship was: breakups are not easy. Overcoming someone is hard. In fact, it can be quite devastating if we don't take steps to take care of ourselves and minimize the damage. There is no quick fix that heals hearts quickly, but there are ways to lessen the pain in the heart. Find someone or something you can lean on as quickly as possible. A best friend, a favorite family member or even a pet will do. Your emotions such as sadness, sadness, or anger are more likely to be flying high. You need a fixed ear that can give you rational and comforting advice, or at least an unconditional snoring. Choose a support person who is objective most of the time. Don't be afraid to spill your guts or open up about how you feel. Keeping those separation emotions bottled up is never a good thing. Free them to someone who can give you rational and objective advice. The onset of a bad breakup is an emergency situation. You need comfort and tranquility of your loss. It's important not to go into depression, so you'll need something to go through the times when your support network isn't available. Some people have favorite songs, movies or locations that allow them to escape and heal internally. Your favorite thing doesn't have to be happy and optimistic – and make sure it's not one of the shared favorites of you and your ex – but it should be empowering and help you pick up the emotional pieces. Chances are your ex did something to you or you did something you regret, so you're angry. Now is a good time to get into your favorite hobby: sports, singing, writing, walking or whatever. Whatever your release, make sure it is positive and not a depressive like alcohol or drugs. Sing your heart out to numb the pain, but don't use alcohol to do the same. You will overcome the breakup and move on with time. You don't want a bad habit to follow him. There's a tendency to be curious about their life without you after you're done with someone. You may experience a willingness to try to get information about them from common friends who always seem to offer unwanted details. This does not help in the recovery process. You need space to focus on yourself. Constant reminders of your ex only extend the anguish. This does not mean that you should isolate yourself or become a hermit, but try to avoid encounters with them or unnecessary information until you get used to life without them. This seems easier than it really is, but it is essential that you try to move on with your life. It takes time to overcome someone completely, but the more you focus on your own life and develop your own friendship base, the easier it will be to overcome it. You have to erase them from your thoughts Of course not, but many people obsessively think of their exes and some are driven by the hope that they will come back. If you come back, that's great, but you should be prepared to keep moving on with your life if you that doesn't happen. Don't be afraid to return to the dating scene after feeling you've had enough time to gather your thoughts and emotions. It's normal to feel the need for time alone immediately after a breakup, but try to go out and meet new people when you go through that point and you feel ready. Be careful not to use come out as a means of burying your emotions or making up for your loss. yes, you and your ex had a great time. Maybe they were some of the best memories of your life. But it's important to leave room for others to develop a good relationship with you – which will also lead to great memories. It is common to compare new people in our lives with our exes, or build a security wall around our emotions. After all, who wants to be hurt again? And, of course, we've learned many lessons from the past. A little caution is a good thing, but sometimes this can become an emotional shutdown. No new person will be good enough or as good as your ex if you put your ex on a pedestal so high that no one else can reach you. There is also a tendency to put new people in scenarios that you and your ex shared to assess whether they would react in similar ways. These methods almost always result in disasters. No one can replace their ex because they were his own person and the dynamics of their relationship were unique. There may always be a place in your heart for them. Just make sure it's not all your heart! Leave room to develop better memories or a more satisfying relationship with someone new. Give your new perspectives a chance, and remember, you can't compare someone you just met with an ex you've shared many memories with. Finishing is hard to do, and moving on is not easier. But it's possible, and there's certainly a right and wrong way to do it. Regardless of who decided to end the relationship, there are a few things you shouldn't do after a breakup. If you really want to move on, avoid these 10 errors after a breakup. 1. Blame yourself Don't blame yourself for the end of your relationship. | iStock.com/max-kegfire Everyone blames themselves on some level after a breakup, according to The Huffington Post. But it can negatively affect self-esteem, which doesn't put you in a good place mentally. Instead of blaming or embarrassing yourself after an end, be kind to yourself and use it as a time to practice self-love. Learn to be on your own and understand that you don't have to trust someone else to make you happy. Blaming yourself will only make the recovery phase difficult. 2. Keep in touch with your ex Do your best to take a clean break. | iStock.com/monkeybusinessimages we're sorry to tell you this, but keeping in touch with your ex is not the way to overcome him or her. In fact, the Huffington Post says it's the only thing you shouldn't do when a Ends. Having your partner back (which you may be hoping if they broke up with you) will really let you leave it a feeling of false hope and prevent him from moving on. Of course, there's a possibility that you two will be friends in the distant future when you both get over each other - we're saying that you're both dating other people and don't have bad feelings. But if a breakup is recent, cut the connection completely. It's going to make it easier. 3. Look at your ex for casual sex Don't go to your ex for a casual affair. | iStock.com/Online32 if you shouldn't talk to your ex, then you certainly shouldn't sleep with him or her. This is a huge no, especially if you are looking for a closure. You bet last night won't give you what you're looking for. Instead, Bolde says it will actually bring more pain to the heart later. Temporary satisfaction isn't worth the extra pain, so don't do it. 4. Neglect your health Don't forget to keep your health. | iStock.com you see it in all the dramatic movies about love. One partner ends up with the other. The dumpee wallow as they eat a pint or two of ice cream on the couch while watching a romantic movie. You can let this be you at first, but you just can't let it become a pattern that prevents you from taking care of yourself. While it can be a challenge, Health says focusing on your health can be very helpful when going through a disruption. It will help you find a sense of control, which is often lost after a relationship ends. 5. Drink the pain Save the whiskey. | iStock.com whiskey, tequila, vodka—none of them are your friend, especially after a breakup. If you count on them to make you feel better, all you'll leave with is a terrible hangover, and possibly a tearful night. And once you sober up, Women's Health says all this alcohol will make you feel worse. Drinking off pain is not the way to move on, so try to keep busy with healthier habits. 6. Look at social media Don't post intimate details on Facebook. | iStock.com/HStocks Believe us when we say that no one wants to read an outburst about its ending on Facebook. A breakup must be between you and your ex. Not you, your ex, and everyone you interact with on social media. Save the details for yourself. Also, if you feel like checking your ex's profile regularly, resist. Keeping tabs is the opposite of moving on. Health says it can even cause delayed emotional recovery. Also, what's the point of looking at recent photos and analyzing your updates? Instead of going on your profile to see what they have done, cut contact. You'll be better off in the long run. 7. Isolate Yourself Reconnect with old friends to overcome loneliness. | iStock.com/KatarzynaBialasiewicz wanting a time alone is completely normal after an end, but it should not last forever. Even if you're not ready, make the effort to go out and have fun with the people you after having some time for himself. SheKnows says spending time with friends is crucial after the breakup. They're the ones who Help him move on and bring normality back to his life. Also, spending time with them will remind you of all the wonderful people who care about you. The article suggests going to new places, meeting new people, or even taking a trip to a place you've never been. It is important to have fun and be happy again after a breakup. Isolating yourself from the world will make it impossible. 8. Jump into a new relationship immediately take time out for yourself. | iStock.com/monkeybusinessimages While you should definitely return to the dating game at some point, you should not delve directly into a new relationship. Spending some single time will help you process what went wrong and help you think about what you want your next relationship to look like. Reader's Digest says taking time out for yourself can also help ensure that your next relationship isn't just something spontaneous and destined for another breakup. Date when you're ready and find someone you really care about, not just the next person you meet. 9. Surround yourself with memories Get rid of things that remind you of your ex. | iStock.com Your ex's thinking can be painful, so don't surround yourself with items that remind you of them. While you don't necessarily have to get rid of every little thing that reminds you of your ex, keeping those memories out of sight is a good idea. Psychology Today says to think about whether or not these items are making it difficult for you to move on. From there, decide which things are worth removing. You don't want them to cause any more emotional distress. 10. Seek revenge Try to forgive, forget and move on. | iStock.com/ArthurHidden Revenge may sound sweet if your partner dumped you, but it definitely won't solve anything or make separation easier. Also, taking the highest path is the most mature thing to do. Instead of keying your partner's car or flirting with your best friend, focus on improving yourself. The Huffington Post says the best kind of post-separation revenge should be all about you, not your ex. Focus on our health, volunteer somewhere, or take a hobby to learn something new. Nothing is sweeter than being happier, healthier and more successful than you were during your relationship. Relationship.