

As the period of shock wears off, reality can be acutely painful.

As the full impact of the relationship change dawns on you, conflict may arise about whether to show your true feelings or not.

You might try to keep up a good front or remain strong, even though you may feel like crying or screaming. If people are praising you for being so brave and not “falling apart”, do you dare show them how you really feel? This is a time when emotional release is important and should be encouraged. Concealing painful feelings may prolong the hurtful process and increase physical and emotional distress.

Questions that may come up for you:

- ✿ What am I going to do?
- ✿ What’s going to happen to me?
- ✿ How can I get along without him/her?
- ✿ Will I lose our friends?
- ✿ How can I juggle all the issues?
- ✿ How will it affect the children/family/pets?
- ✿ Who gets the dog?

Anxiety and stress may bring with it such physical symptoms as overwhelming tiredness, shortness of breath, insomnia, headaches, backaches or an upset stomach. You are vulnerable at this stage and need to take good care of your body.

Coming to terms with reality developing an image of the change in circumstances in the relationship, recognising the reality of the loss

Experiencing and expressing the painful affects: often concentrating on daring to undergo and express the conflicting and overwhelming diversity of feelings

Finding means to modulate the painful affects: finding adequate ways to regulate the pain in order to cope with the demands of daily life

Disconnecting from the bond of the relationship: to integrate the change in relationship with the partner, often seen as giving a meaningful place in life to the relationship and the end of its interactive existence

Conserving or adapting the social network: maintaining or rebuilding meaningful and supportive relationships with others

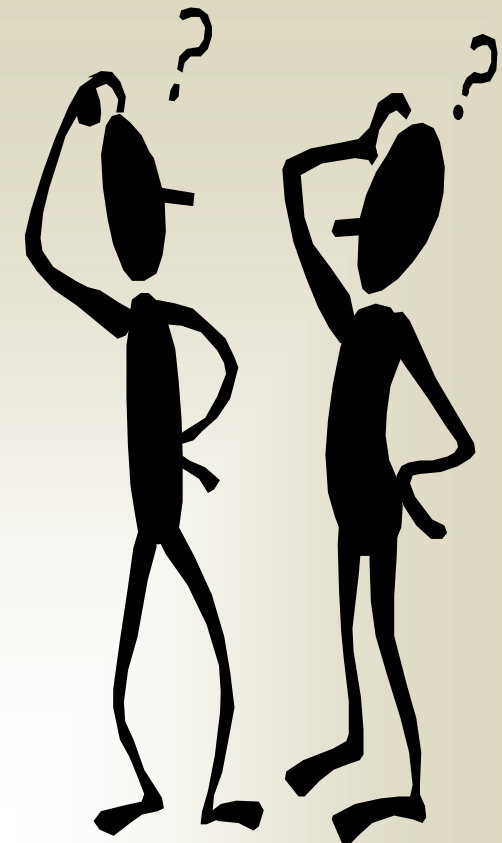
Conserving a positive self-image: perceiving oneself as being in control

RELATIONSHIP CHANGES

TRIUMPH



Human Response to Crisis



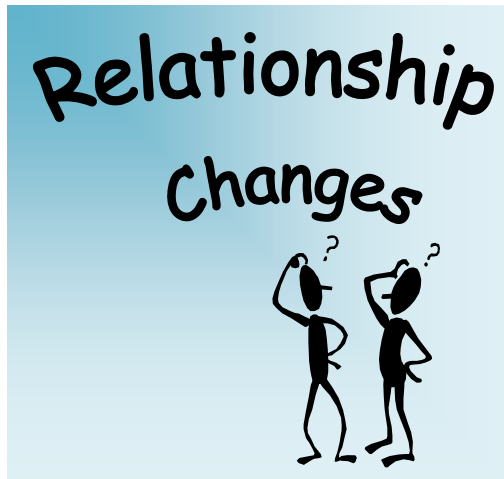
TRIUMPH



Human Response to Crisis

Triumph of the Human Spirit

m: 0401 148 756
a: PO Box 3678, NORWOOD SA 5067
e: triumphhrc@bigpond.com
w: www.TriumphHRC.com.au



This is not a play on words; because relationships don't break down / fail. They just get f----- up.

One or both partners (or more) become dissatisfied with the way they are living or their relationship.

Things change.

WHY???

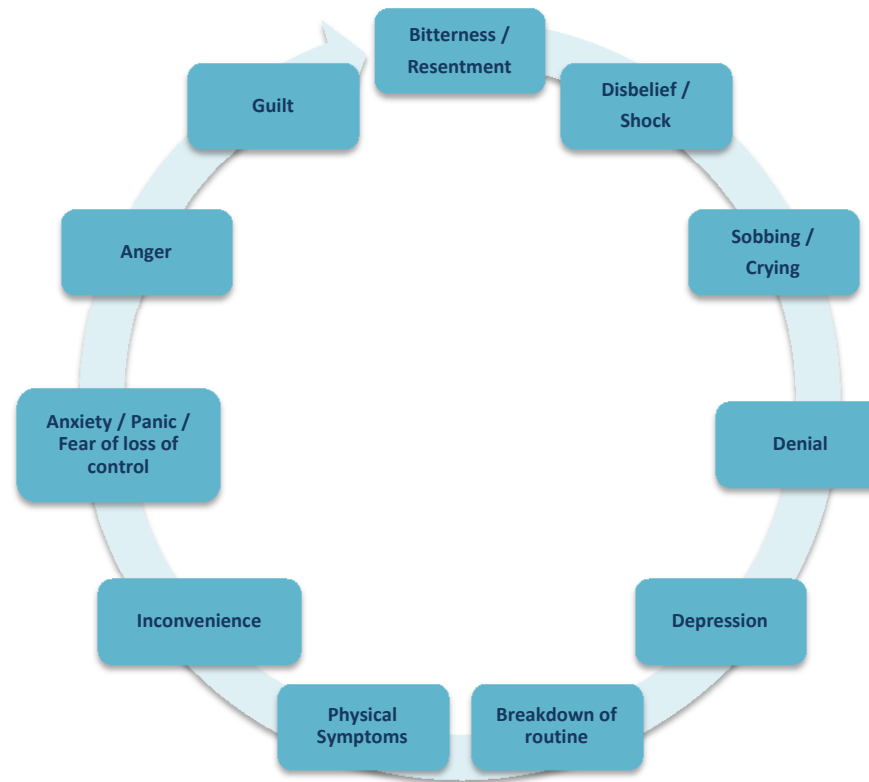
- ✿ Why did he/she do that?
- ✿ I thought we were getting along OK
- ✿ It's just about sex with another person

When one partner pulls out of the relationship there are often some common reactions:

Many people say it is worse than a death – because of the finality of death.

However there are some similarities between reactions to death and changes in relationships.

THE RELATIONSHIP GRIEF CYCLE



While there is no clear roadmap to deal with a relationship change, there are some features common to almost everyone's experience:-

- ✿ Shock and surprise
- ✿ Emotional release
- ✿ Loneliness
- ✿ Physical distress with anxiety
- ✿ Panic and disorganisation

- ✿ Guilt
- ✿ Hostility, projection and anger
- ✿ Suffering in silence and depression
- ✿ Gradual overcoming of the change
- ✿ Re-adjustment to reality
- ✿ Disbelief and non-acceptance