



Sue and Jeff Allen

How to have a good break-up

We're better together

We help you connect to other people, learn about yourself and develop honest and mutually fulfilling relationships.



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Some relationships last a lifetime – and some relationships will not. Relationships are not about time, they are about growing (and no, we don't include one night stands in this dynamic!). The main purpose of all relationships is to learn about ourselves, develop and grow as people – to evolve. Once we have learned certain lessons for our personal evolution, sometimes it is time to move on.

You know it is a good break-up when:

- You can be friends
- You both agree
- You don't resent the time you spent together
- You have grown and learned lessons
- You have a continuing good relationship
- Any children involved don't feel they have lost anything. In fact, if there are new partnerships the children feel they can have extra mums and dads
- There is no guilt or bad feelings

However, if there are any strong feelings of dislike in either partner, if you cannot bear to be in the same room together, or if there is an ocean of deadness and distance between you, then it means that the purpose of the relationship, however long it has lasted, has not been achieved. It means there are unlearned lessons and unresolved emotions that still need to be addressed. If not, they will only get played out in your next relationship. Or you might end up unable to attract a new relationship because you give up on them or feel too hurt to ever try again.

Of course, if you are in a physically, sexually, mentally or emotionally abusive relationship, then it is absolutely right to seek help and leave. Until one partner is brave enough to take such action then the abusive relationship will not change. It is important to live by the principle to not, to the best of your ability, hurt others and equally to not let others hurt you.

The key to a good break-up is always to take responsibility for yourself and your feelings – and, crucially, letting go of the need to be right.

In a good relationship break-up, there is no blame. It cannot be that you are doing it 'right' and your soon- to-be-ex-partner is fighting you. If you have hired lawyers and are heading for a courtroom, you are in a fight – and in a fight, there are no winners. You need to recognise that you are both fighting; using different methods maybe, but you are both fighting. It has been our experience that if you give up the fight, if you give up being right, then your partner will give up the fight to the same degree. Putting your partner down or bad mouthing them in any way to friends and relations is part of the fight – even if you are bad mouthing them about the fact that they are fighting.

If there are children involved, it is important to recognise that, as their parents, you will be in relationship with each other for the rest of your lives. Then comes the question: are you going to do what it takes to make it a positive relationship, one that doesn't shatter your children or ask them to choose between you and take sides?

When it becomes clear that a relationship is ending, each partner subconsciously sets their intention about how the break-up is going to be. If you don't make a conscious decision, you need to recognise that your subconscious decision is playing out in front of you right now; and that you could re-set your intention consciously at any time.

To have a good break up you both need to communicate honestly and continuously about your desires and wishes, your thoughts and emotions. You can also jointly set goals for what you really want and how you want it to be.

Be vigilant about the tendency to turn it into a fight. If you feel hurt or disappointed, you will be tempted to blame and shame the other person. Recognise the dynamic and get yourself back on track.

If there is a third party involved or a new relationship on the horizon then be up front about it. Don't be secretive but keep moving towards resolution and friendship. Avoid behaving in any way you might feel guilty about, because guilt is a destructive force in any relationship.

Make sure the break is clean and really finish the relationship. It might be easy to stay in business together, or you might be joint parents, but close the joint bank accounts, settle the finances and the paperwork. Share out whatever needs to be shared out so there is no lingering practical business between you – which is just a reflection of lingering emotional business.

Appreciate the lessons you have learned and acknowledge them to your partner. Coming to a clean and clear resolution is a much more effective way of building your life, so that you can use the past as a springboard into the future, rather than going back to ground level and starting all over again in the next relationship.

If you want to explore your situation in more depth then book a coaching session with Sue or Jeff Allen or sign up for one of our events.