

# Grief After a Break-Up or Relationship Ending

The end of a relationship can involve grief for the person, companionship, routines, shared identity, home, friendships and the future you imagined together.

## Grief does not only follow death

Grief can arise whenever something meaningful changes or is lost. That may be a person, but it can also be health, ability, identity, work, home, safety, routine, belonging or an expected future. Recognising the loss can make emotional reactions easier to understand.

## Emotional and physical effects

Grief may involve sadness, anger, anxiety, guilt, numbness, relief, irritability or yearning. It can also affect sleep, appetite, concentration, memory, energy and the body. Different reactions can coexist and may change from day to day.

## There is no fixed sequence

You do not need to pass through five stages in order. People respond differently depending on the loss, their circumstances, previous experiences, relationships and available support. A difficult day after a better week does not mean you have gone backwards.

## Living with change

Adjustment is not the same as approving of what happened or pretending that nothing was lost. It can mean gradually discovering what remains possible while giving proper space to what has changed.

## Why a break-up can feel like bereavement

Why a break-up can feel like bereavement can bring its own layer of grief. It may affect how you see yourself, what you expect from the future and how safe or confident everyday life feels. Give yourself permission to notice both the practical change and the emotional meaning underneath it.

What may help is to make the next step manageable: reduce unnecessary demands, write down what you need to remember, accept practical help, keep familiar routines where they are supportive, and talk with somebody who can listen without trying to hurry you into being positive.

## Missing the relationship and the future

Missing the relationship and the future can bring its own layer of grief. It may affect how you see yourself, what you expect from the future and how safe or confident everyday life feels. Give yourself permission to notice both the practical change and the emotional meaning underneath it.

What may help is to make the next step manageable: reduce unnecessary demands, write down what you need to remember, accept practical help, keep familiar routines where they are supportive, and talk with somebody who can listen without trying to hurry you into being positive.

## Anger, rejection, relief and guilt

Anger, rejection, relief and guilt can bring its own layer of grief. It may affect how you see yourself, what you expect from the future and how safe or confident everyday life feels. Give yourself permission to notice both the practical change and the emotional meaning underneath it.

What may help is to make the next step manageable: reduce unnecessary demands, write down what you need to remember, accept practical help, keep familiar routines where they are supportive, and talk with somebody who can listen without trying to hurry you into being positive.

## Practical and social losses

Practical and social losses can bring its own layer of grief. It may affect how you see yourself, what you expect from the future and how safe or confident everyday life feels. Give yourself permission to notice both the practical change and the emotional meaning underneath it.

What may help is to make the next step manageable: reduce unnecessary demands, write down what you need to remember, accept practical help, keep familiar routines where they are supportive, and talk with somebody who can listen without trying to hurry you into being positive.

## Building a life that is yours again

Building a life that is yours again can bring its own layer of grief. It may affect how you see yourself, what you expect from the future and how safe or confident everyday life feels. Give yourself permission to notice both the practical change and the emotional meaning underneath it.

What may help is to make the next step manageable: reduce unnecessary demands, write down what you need to remember, accept practical help, keep familiar routines where they are supportive, and talk with somebody who can listen without trying to hurry you into being positive.

## Relationships and different grieving styles

People close to you may react differently. One person may want to talk repeatedly while another becomes practical or quiet. Neither automatically means they care more or less. Clear, specific communication can help: say whether you want listening, company, practical help or space.

## Therapy and professional support

Not everybody needs counselling. Person-centred counselling can offer a place to explore identity, fear, anger and loss without imposing a timetable. Depending on the situation, rehabilitation teams, medical professionals, occupational health, relationship counselling or specialist trauma therapy may also be appropriate. New or worsening medical symptoms should be discussed with the relevant healthcare professional.

## A Message From Me

Sometimes grief begins because life has changed rather than because somebody has died. That does not make the loss smaller. You may be grieving the person you were, the life you expected, a sense of safety, a role, a relationship or simply the ease with which you once moved through your day. You are allowed to acknowledge what has been lost while also slowly discovering what can still be built.

## Recommendations

Useful reading may include **Grief Works** by Julia Samuel, **The Grieving Brain** by Mary-Frances O'Connor and **It's OK That You're Not OK** by Megan Devine. You may also find relevant information through NHS services, your GP, rehabilitation or specialist services connected with your particular loss, and Cruse for broader understanding of grief and bereavement.

With warmth,

**Maggie**

Space to Breathe Therapy