



RELATIONSHIP BREAKDOWN

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Access Assistance

 **0800 652 1618**
 support@electricalcharity.org

Available 7 days a week offering free and independent assistance for virtually any problem or issue you may encounter. Our trained advisors assist everyone with respect and empathy.



RELATIONSHIP BREAKDOWN



When problems develop in a relationship, it can be the cause of great distress. Most of us wish to have committed and fulfilling relationships and the breaking down of an important relationship can create feelings of anger, sadness, grief and isolation. People going through a relationship breakdown are more likely to experience mental health problems (especially in the form of anxiety or depression), poor physical health, and reduced productivity at work

Here is an example:

John, 39, works for a large construction company. John found out 45 days ago that his wife was having an affair.

John: Even though I know the affair is not my fault, I think about ways I could have prevented this. My life is completely different; my wife has decided after 45 days of me finding out, and not seeing or speaking to me about anything, that she wants a divorce. Needless to say, I was absolutely crushed. My family is destroyed or feels that way. We have two children of our own and my nephew who we are guardians for. Our son is seven and our daughter is 18 months old. All of a sudden, the dream I thought we both were striving to is over. I am torn inside in a way that I have never felt before. The shame I feel is overwhelming and my work has suffered.

- > Do you know someone going through a relationship breakdown?
- > How would you handle the pressure of a relationship breakdown? (For example, would you talk with friends and family, keep to yourself, or discuss it with your supervisor?)

Handling a relationship breakdown:

1. Accept your sadness and be kind to yourself. Do not put undue pressure on yourself. Take time off from work if necessary.
2. Formalise a farewell to end the relationship. When someone dies we have formal funerals but when a loved one leaves we have no such comforting ritual. If you can, let go of things that remind you of what is no more.
3. Treat and indulge yourself. All the books and experts tell you that indulging yourself from time to time is good for you - but it is particularly good to do when you are feeling emotionally unstable or vulnerable.
4. Ask yourself each day what you have to be grateful for. It is very healing to give thanks for all that is good and wonderful in our lives - a roof over your head, a job or friends and family that love you. It allows you to focus on what is possible and not on what is no longer.
5. Make a list of all the things that are great about you and tell yourself those things. Say to yourself: "What I like about me is ..."
6. Surround yourself with people who give you hope rather than who drag you back into the past or drag you down.

EIC support services

Telephone counselling and support

Legal advice (all family law)

Will writing

Free confidential helpline available 24/7