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Prescription for a Broken Heart

By Alina Ruigrok – www.love-sessions.com

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Being heartbroken is a pain that no one can understand until they have experienced it for themselves. You obviously have, therefore are aware of how fragile your heart is right now. Healing a broken heart will take time, but is not impossible, though it may feel that way at the time. It is never an easy process to go through, but with the right prescription, you will be on your way to recovery and happiness again.

The first thing you should keep in mind is that it is okay to feel sad and grieve about what happened and that you are not stupid for doing so. It is perfectly normal to feel sad and cry after a breakup. You have invested most of your time and all of your love and interest into your ex-partner; therefore will go through a sad and painful withdrawal. It is notable that you not grieve all on your own. Sure, there will be times when you will just want to be alone and undisturbed. However, it is important that you talk to your friends and family about it. Talking about it is not only healthy, but will mend your heart quicker because you will release the thoughts and facts that are hurting you so much. Seeking professional advice will be a great help to you as well because your mind will open up and see new perspectives and understandings of what happened. It will help you gather your strength, pick yourself up, and find the happiness you deserve to have.

Accepting the fact that you and your ex-partner are no longer together is a necessity if you are going to start mending your broken heart. If you catch yourself unable to function due to constantly thinking about your ex or repeatedly calling or visiting him or her for another chance, then chances are you are suffering from love addiction and should seek counseling. Discontinuing a serious relationship is emotionally challenging and can drive you to do things that are unhealthy for your self-being. To avoid entering such hazardous areas, keep yourself occupied. Go out with your friends and family to help get your mind off the breakup. It is best to spend as less time alone as you can in the first few weeks of your breakup so that your emotions can slowly and patiently form back into their normal pattern.

Fight the thoughts that tell you that you are a failure and are to blame for the end of your relationship. When a relationship ends it means that the two of you were no longer compatible and that always takes two, not just you. Instead of beating yourself up over what has transpired, examine your ex-relationship by listing the things you enjoyed most about it and then the things that disappointed you

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and what you believe really caused the breakup. Look at the relationship as a learning experience and an opportunity to improve your relationship skills, and a way to realize what you truly need and want from a romantic relationship.

Learning to forgive yourself and your ex-lover will speed up the healing process for the reason that you will feel more peaceful and calm about it. Hating your ex will only build up tension and stress in your life, causing your emotions to slow down from getting back to order. One way to avoid bitterness against your ex-partner is to look at the breakup as a favor. Appreciate their honesty of no longer wanting to pursue the relationship, instead of giving you high hopes for a possible future together. It is always an advantage to exit a relationship that had no chances to survive than to be misled.

Conquer your fear of being alone. You need to help yourself understand that it is not abnormal to be on

your own and that your values come from who are rather than whom you are with. Teach yourself that there is more to life than romantic relationships by spending quality time with your friends and family. Learn more about whom the other people in your life are and introduce more of yourself to them as well. Go out and do things together and treat yourself to something you enjoy, whether it is your favorite restaurant, shopping, going to the movies, or anything else. Learning to be your own best friend will not only improve your relationship with yourself, but with others as well. As you begin to discover the other beauties of life and yourself, you will become more stable and stronger to face anything that crosses your path, such as a new relationship in the future.

Before you consider entering another relationship, take a step back and ask yourself why you want to do so. Make sure that you are not entering a new relationship on a rebound. This will only leave you with unfinished emotions and you will never have closure from your former relationship. Never begin a new relationship because you are afraid of being on your own, or feel the need to just be in a relationship. Form a relationship with someone new because you feel strong and secure on your very own and feel that you are ready to attempt a new romance. Take it one step at a time and keep in mind of what your needs and desires are from a person and observe closely to see if they show signs of the qualities you are looking for. As soon as you notice that he or she is not, then get out of it as soon as possible. Learning from your previous relationships will come in very handy because you will be able to prevent similar situations in the future, leading you to meeting the people who fit your description of a perfect partner.

Lastly, remind yourself that love is a wonderful feeling and experience and should not be generalized based on your past experiences. Do not use facts about your ex as a way to judge new people in your life. Leave your past behind you and focus on moving ahead. Get to know new people for who they are, not by comparing them to others, what they are not, or what they could be. Once you have observed their personality, values and everything else, trust yourself to make the right decisions without constantly doubting yourself. If you wish to try having a new relationship, then do so. If you do not however, then do not feel guilty to kindly walk away from the situation. You would be doing both you and the other a person a huge favor and saving time and emotions from being hurt. You have nothing to fear or worry about. After all, there will always be one person who will always love you, appreciate who you are and be there for you. . . and that is YOU.

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For advice regarding a broken heart or any other personal issue, [click here](#).

Alina Ruigrok is an independent relationship expert for <http://www.love-sessions.com> helping those in need of dating, love, relationship, marital, sexual and other personal advice through e-sessions.

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Scripture For When You Have A Broken Heart

By "Dr. Jay Snell"

The Scripture below is very special to all of us. We are aware that God heals our bodies. We also need to be aware the He heals our broken hearts.

Ps 147:3 3 He healeth the broken in heart, and bindeth up their wounds. (KJV)

He not only heals our broken heart, he binds up our wounds. Think back over your life. How many heart wounds we have all had? But thank God that he comes through with a healing for our hearts so we can carry on for him and our families.

The pain all of you have felt in your lives is staggering. But think again. The Bible says Jesus was touched with the feeling of our infirmities.

Heb 4:15 15 For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin. (KJV)

Infirmities, here, translates a Greek word that is a combination of two words. It combines the Greek negative with the word for strength. In the above verse it means the absence of strength. It means no strength at all.

In other words, when we have heart wounds to the breaking point, we are drained of strength. We are drained of the will to go on. This is a helpless, hopeless feeling. This is the meaning of the above expression, the feeling of our infirmities. It is a weakness we actually feel.

No matter what we must go through, Jesus has already "been there and done that." He knows from personal experience our hurts, our wounds, our pains and our feelings of no strength to carry on.

Jesus has been tempted and/or tried in all the same points where we have been tempted and/or tried. He has felt what you have felt and has made it through. Consequently, he heals those of us who are broken in heart and then He binds up our wounds.

How good to know that Jesus understands us. How good to know that he can identify with us when we

pain and grieve. He was indeed touched with the feeling of our infirmities. How good to know that we can identify with him in this.

Dr. Jay Snell, Evangelist and Author Jay wrote the definitive set of four books on the promises for Christians in the Abrahamic covenant. These books were presented many, many times on Trinity Broadcasting Network.



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