

Breakups & Relationship Grief

Coping with attachment loss, disrupted routines, unanswered questions, and the urge to reopen contact for relief.

A breakup is a real loss

You may be grieving the person, the role, routines, future plans, identity, social network, and the version of yourself that existed in the relationship.

Common traps

- Repeatedly checking social media.
- Seeking contact mainly to reduce an immediate wave of pain.
- Idealizing only the good parts or only the bad parts.
- Using a new relationship or substances to avoid grief.

Recovery supports

- Create structure during the hours previously organized around the relationship.
- Decide on contact boundaries intentionally rather than moment by moment.
- Reconnect with people and activities that belong to your own identity.
- Let closure come partly from your own meaning-making rather than requiring the other person to provide a perfect explanation.

Try this reflection

What are you grieving most: the person, the routine, the future you imagined, or the role you had?

Using this resource: For education and skill-building only; not diagnosis, medical advice, or crisis care. If you feel overwhelmed, pause and seek appropriate professional support. In the U.S., call or text 988 for crisis support; call 911 for an immediate emergency.