

## Getting Dumped With Dignity

Being in love is a great feeling to experience. You feel very special to someone who is important to you as well. You feel cherished and your happiness seems to never end. It is a life of beauty, of kindness, of satisfaction, of happiness and love. Who ever invented this mysterious feeling? It is stronger than each and every life on earth and encompasses everything that we do.

A relationship is not discriminatory; it is between couples: couples with other partners, younger lovebirds, and increasingly juvenile love. It can be between same sexes, between the extremes of ages, and so much more, because the possibilities are never ending.

When you dreamt of finding your Romeos and your Juliets, it stimulates your search for true love and the unpleasant experience of meeting the wrong person. When two people find each other, the mundane becomes extraordinary, and thoughts are clouded by melodramatic reasons all because they are in love. You are taking down the defenses which you have built up for almost all your life.

A relationship begins with two people simply liking each other; then come the beginnings of a romance. Relations change, and love withers as years pass between two people. They had fallen out of love. But why? Love has never found a reason, but in falling out of it, there may be several. It could be due to a third party, or insecurities, jealousy, or for any other reason.

Falling in love is usually magical. It feels eternal, as if your love would last forever. People naively believe that somehow they are protected from the problems their parents had, free from the odds that love may end, assured that it is meant to be and that they are destined to live happily ever after. But as the magic ebbs and daily life takes over, without a clear awareness of their differences, not taking the time to appreciate and respect each other, couples become demanding, bitter, judgmental, and intolerant.

But then life continues. We cannot permit ourselves to wallow in our misery, we have to stand up and come out as a better person from it all. Though this is easier said than done, a relationship's end is not the be all and end all. Here are some tips to get you through the next few days, weeks and months.

- \* Take the time to recover, it's acceptable to have a mourning period, but don't let it consume too much of your time.
- \* Treat yourself. If you're really feeling down, take a week's vacation. Take the time off and recover yourself. Go somewhere where you have always wanted to go.
- \* Reward yourself by going shopping. Enjoy your time by yourself.
- \* Get in touch with your friends. There is no need to feel lonely, go out, see a movie, go to a club and go dancing.
- \* Breaking up with a partner is a challenging part of anyone's life. The first step to healing is to acknowledge that the relationship is over. It is a terrible struggle for some people.

Just remember, don't expose yourself to the dating scene yet. You are still on the rebound and this may just bring you more damage and pain.