

HOW TO SURVIVE THE LOSS OF LOVE

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PROCESS:

Shock / Denial

Anger / Depression

Understanding / Acceptance

SURVIVAL:

1. Recognize the loss.
2. Be with the Pain.
3. You are not alone.
4. You're great.
5. You will survive.
6. Give yourself time to heal.
7. The healing process has its progressions and regressions.
8. Tomorrow will come.
9. Get lots of rest -- NOW!
10. Stick to your schedule - develop a routine.
11. Keep decision making to a minimum.
12. It's OK to need comforting.
13. Seek the support of others.
14. Surround yourself with things that are alive.
15. Sundays are the WORST.
16. Question of suicide -- not really an answer.

HEALING:

17. Do your mourning -- NOW!
18. Be gentle with yourself.
19. Let yourself heal fully.
20. Don't try to rekindle the old relationship.
21. Make a pact with a friend.
22. Mementos.
23. Anticipate a positive outcome.
24. It's OK to feel depressed.
25. It's OK to feel anger.
26. Nutrition
27. Remember: You're Vulnerable!
28. Beware of the rebound.
29. Under-indulge in escape mechanisms.
30. Pamper yourself.
31. Remaining distraught is NO PROOF OF LOVE!
32. Keep a journal.
33. Heal at your own pace.
34. As healing continues.....

GROWING:

35. You're stronger now.
36. Forgive the other person.
37. Forgive yourself.
38. Take stock of the good.
39. You are a better person for having loved.
40. Changes.
41. Praise yourself for the courage to relate.
42. Start anew.
43. Invite new people into your life.
44. Develop new interests.
45. But don't forget the old interests.
46. Groups.
47. Self improvement, anyone?
48. Do something for someone else.