

## REALITIES AND MISPERCEPTIONS ABOUT DIVORCE AND BREAKUPS

One of the realities about reaching a new place in your life is how you resolve, address, and understand—consciously and unconsciously—the common misperceptions about divorce and breakups. People ask me all the time: “How do I know I am able to move forward after my breakup? What are the tangible issues or beliefs I need to understand? How will I be able to know in the future that my intimate relationship is in trouble? I don’t want to make the same mistakes again.” The answers to these questions will be different for everyone, and you will answer them for yourself and understand those answers more fully in chapter ten. You are learning about the truth of your former relationship and your responsibility in love relationships.

Please mark each statement true or false, and make note of your personal explanation. Then compare your answers to what we have discussed so far. There are no wrong answers. The goal is to expand your level of insight and increase your movement forward. The explanations might agree with your beliefs or not but consider the new insights.

1. Breakups/relationship endings are unavoidable.
2. Rejection is toxic.
3. Feelings of betrayal and abandonment are abnormal.
4. I will never get over the emotional pain and loss of my partner.
5. I hate and love my ex.
6. My heart will forever be broken, and my life is over.
7. Men always leave.
8. I will never again be vulnerable to a lover.
9. My ex is completely to blame for our breakup.
10. Intimate relationships should be avoided and relationships should be kept emotionally distant.