

signs of a relationship in crisis. This book will focus on how to pick up the pieces of your life, reinvent yourself and never ignore your concerns about you and your partner. One of the essential elements of resolving your relationship disappointment is to become abundantly honest and clear with yourself about the issues/tensions that existed in your romantic relationship. Your romantic future directly hinges on your ability and insight to recognize what is transpiring in your life and love relationship. Nothing that has occurred in your past romantic relationships has to be ever repeated in the future. Avoiding this is a matter of taking this time in your life to fully understand your past relationship patterns and to realize your desires for you and your next partner. To start the process of healing and of overcoming the major emotional setback of a divorce, we should to first discuss and clarify some very common relationship myths.

## REALITIES AND MISPERCEPTIONS ABOUT HEARTBREAK

Please mark each statement either true or false based on your honest opinion and current belief system about relationships. No one needs to know what you really think and feel about yourself, your ex-partner, or your previous lovers. It is normal and very common to want to keep a certain degree of confidentiality about your marriage/relationship ending. Your emotional, psychological and personal healing isn't based on disclosing to your entire "world" all the elements of your marriage or intimate relationship. It is difficult and emotionally draining to keep retelling your "story" to everyone you know. Your personal opinion on the breakup is of paramount importance (it is the only one that truly matters) and is necessary to see more clearly and to be less emotionally reactive, without shame, guilt, or anger. There is a wealth of personal information in your answers to each of these ten statements.

1. It is all my fault.
2. There is something wrong with me.
3. I will never get over this heartbreak/betrayal.
4. I will never find anyone to love again.
5. I can live without an intimate relationship.
6. Men suck.
7. Women are cold.
8. Anger is useful in getting over an ex-lover.
9. Divorce is a failure; the children, my family, and I are emotionally scarred for life.
10. Marriages never work.