

Healing For Broken Relationships

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Relationships are fragile treasures. They can be broken for a variety of reasons, such as: misunderstanding, fear, deception, violation, difference of opinion and spiritual conflict.

5 Results of a Broken Relationship

1. When a significant relationship fails, a part of us dies.
2. We seek for what went wrong and may blame others, ourselves or God. (Questions we obsess over, “Why?” “How could they have....?”)
3. We try to bury our pain through mood altering behaviors and chemicals (e.g. work, food, alcohol, etc.) or rebound relationships.
4. We are tempted to believe the illusion that safety can be found in isolation.
5. We repeat old mistakes or learn from our experiences.

4 Ingredients for Healthy Grief

1. Grieving a broken relationship involves coming to terms with our responsibility (i.e. our contribution) to its downfall. “How did I contribute to the frustrations in the relationship?” “What would I do differently?” “What is there for me to learn from this experience?”
2. Avoid the “blame game.” Making it “all” your fault or “all” their fault oversimplifies what really happened. It’s a way of avoiding what needs to be dealt with.
3. “*Meet your regret with forgiveness. It will free you from the obsession of bitterness.*” (See Psalms 30)
4. Grieve your loss with others. It is impossible to get perspective and support in isolation.

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Self-Concept & Self Confidence

When our relationship is broken, we are often shaken to our core. We may come to believe:

- We don't have what it takes to be a friend or a spouse.
- We may give up on ourselves.
- We feel God has abandoned us.

How to Rebuild

- Invest in (i.e. spend quality time) relationships with people who you believe are safe (especially if you already have them). Look to those who you see as spiritually mature.
- Give yourself time to heal.
- Learn the art of emotional intimacy in same sex relationships (i.e. non erotic relationships. Men are famous for having few to zero male friends; women can have problems here, too).
- Be aware of negative patterns you may have in picking others. Use your friends to hold you accountable to avoid entering similar relationships.
- Never date out of feelings of obligation. Instead it should be a “want to” or a “get to”.
- Develop realistic expectations of what a relationship can and cannot do for you.
- Consider professional help on this most important journey!
- Celebrate your relationship with the support of others!

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