



Downside of Love: Surviving a Break Up

Kym Kostos

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Most of us have all gone through a break-up at least once in our lives. For those who haven't, you aren't missing much. The hurt, the regret, the sadness and the feeling of failure are just some things that go along with breaking up a relationship.

Sometimes we see it coming and other times, it is dropped on us like a nuclear bomb. Well, not that drastic, but if you're the one it's dropped on, it certainly feels like that world is coming to an end!

Well, don't fret! The good news is, your world is not coming to an end, in fact there have been millions of people over the centuries who have survived break-ups and moved on to new and better relationships! And guess what? You can too!

Maybe you got that call from your significant other that you "need to talk", or your partner has cheated on you and fell in love with someone else or things just didn't work out well with you both and it was a mutual break-up. Even if it's a mutual break-up on both your ends, the hurt and sad feelings are still there.

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