

How To Heal A Broken Heart

The best way out is always through.

-Robert Frost

We all know that breaking up is hard to do. For years songs have been written on how to get over heartache:

[50 Ways To Leave Your Lover](#) - Paul Simon

[After The Love Has Gone](#) - Earth, Wind & Fire -

[Don't Go Breaking My Heart](#) - Elton John and Kiki Dee

[How Can You Mend A Broken Heart](#) - Bee Gees

[It's Too Late](#) - Carole King

[I Will Survive](#) - Gloria Gaynor

[You Give Love a Bad Name](#) - Bon Jovi

And the list goes on and on and on. Did you ever wonder why so many people can relate to these songs? Because most people have lived through it themselves; and by the way, they've survived it too. Although you may feel alone and lonely right now just hang in there. And, just like everyone else; you too will survive your broken heart.

You may ask, "But what do I do in the meantime while I'm hurting." Well, first you have to realize that you have to go through it. You can't go around it. Getting over heart break is a process that you can and will get beyond. You must allow yourself a little time. Don't expect to pick up the pieces in a day or two; it just doesn't work that way.

Be realistic about healing. The first couple of weeks or months will be the hardest, but as time goes by, each day will bring you closer to feeling like yourself again. Make sure you keep yourself busy doing positive things with close friends and family. Don't sit around listening to the old "break-up" songs; they will only make you feel worse.

It's very important for you to learn how to get in control of your thinking. If you sit around all day and go over and over what happened, you will stay stuck in the past. You need to you're your thoughts focused on what you would like your future to look like. Your vision should be on creating the life you want, not on what you've left behind.

We all know it hurts, we all know it's a struggle. Every time you start to drift back into the whoa-is-me thinking, feeling sorry for yourself or wondering why things didn't work out the way you wanted, STOP YOURSELF. Say out loud, Stop It! The more you do this the quicker you will be on the road to healing. The single most important factor that will move you closer to feeling good again is learning how to guide your thoughts.

Become the captain of your ship, steer it to where you want it to go. If you master the technique of controlling you thoughts; you will be on the road to a happy future in all aspects of your life.

Read more about it at: <http://www.whystay.com> in Susan's empowering book, There Is Life After What's-His-Name.

Susan Russo is the President of Pinnacle Thought Inc. Publisher for books and resources which provide inspiration, self-empowerment and the tools and strategies to help move you toward personal success and fulfillment.

She is editor of "You've Got Power" ezine. Author of "There Is Life After What's-His-Name" and "The 7 Keys To Unlock the Power Within You" which can be found at: <http://www.susanrusso.com>

Copyright 2006 Pinnacle Thought Inc.