

## **Is Your Relationship Over?...Make A Clean Break**

*"Tis better to be alone than in bad company." -George Washington*

So your relationship is over, but you just want to see him/her just one more time. You can if you really have to but if you can be strong and make a clean break; you will be on the road to recovery sooner rather than later.

This is a big one. If there is one thing you can do for yourself that will help you move on with your life the fastest...it will be to avoid the on-again-off-again dance that so many people experience when ending a relationship.

If it's over...it's over!

Deep down in your heart you know it, but many people hope against hope that if they go back just one more time, things will work out.

So...they go back and try. 99% of the time it's the same sad outcome, minus a couple of precious months that would have been better spent in trying to heal themselves.

Don't try to be friends. Don't meet for dinner to see them one more time. Don't talk on the phone and rehash the past and don't let them continue to be a part of your life when they're not.

I know it's difficult to make the break, but be strong and keep your distance. It will make it easier on you in the long run. Instead, if you choose to keep in touch; you will only prolong the process. You will have to go through it anyway, so why put it off and make it harder on yourself?

All of our choices come with consequences. When you choose to see him one more time or talk to him again and again, the consequence is: you will begin to heal later rather than sooner. You will waste more of your precious time and you will hold onto the hope that things might work out, which will only be a disappointment to you in the long run.

Making a clean break and acceptance go hand in hand. The "clean break" is evidence that you've "accepted" that it's over and you are ready to move on with your life.

So...if you really want to be friends. Allow yourself the time to get over the pain of the break-up and then if you still want to; you can resume your friendship. Keep busy, find anything else to do, just don't go back there one more time.

Remember, take the right steps to heal your broken heart and...You will survive!

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

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