Avoid trying to be friends with your ex too quickly. Negotiating a new type of relationship can be tricky and you both need some time to get over the breakup first.

Do not obsess over endless questions that cannot be answered. And don’t torture yourself, thinking about potential faults, mistakes etc. – self-doubt will wear you down. Besides, a breakup isn’t always someone’s fault.

If you are bothered by really negative thoughts such as, “my life is worthless now” or, thinking about harming yourself or, consistently unable to get through your work/studies, consider speaking with a student counsellor.

Acceptance comes when you can tell yourself that it’s over & probably all for the best; when you can think of your ex without all those painful feelings; when you can acknowledge the shortcomings of the relationship & see where the two of you were incompatible.

Counselling and Psychological Services (CAPS)

Student Counsellors are available for individual therapy as well as couples sessions. The service is free and strictly confidential.

How to contact CAPS?

Call us: 662 2002 ext 2491.

Email: counsellor@sta.uwi.edu

Or pop in and see us. We are located in the Health Service Unit (HSU), between Trinity Hall and the Learning Resources Centre (LRC).

Opening hours

CAPS is available throughout the year, from 8:30am to 7pm during term-time. During vacation, we close at 4:30pm.

This leaflet prepared by the Counselling & Psychological Services, UWI, St Augustine.
No two experiences of a breakup are quite the same. Depending on the situation and the individual, there may be feelings of sadness, betrayal, relief, numbness, resentment, anger etc.

A breakup can be especially difficult if you didn’t want the break-up or didn’t see it coming; if you keep seeing your ex on campus; when your ex hooks up with someone else; if your ex was also your closest friend.

As in any other kind of grief or loss, after a relationship is over there may be a sensation that some part of you is missing, that living without that special person seems impossible.

Getting over a breakup takes time.

It’s a horrible cliché but true. Sadly, there is no magic trick to help you, and the first few days and weeks will be the worst. No matter how terrible you feel now, it is important to realise that you will not always feel this bad.

What to do when it’s over

- **Be gentle with yourself.** Take time to talk with a friend or close relative whom you trust, your pastor, or your counsellor. Remember you are not alone and support is just a call away.

- **Remember that crying is NOT a sign of weakness,** it’s a sign of sadness and is as natural as laughing when you’re happy!

- If you need to, **get rid of constant reminders** that keep you tied to the past. It’s not helpful to wallow too much.

- **Limit the time that you spend on your own in your room.** Go out and have some fun. You may not feel like doing this but do it anyway.

- **Look after yourself** – eat well, get sleep & get some exercise, even if you don’t feel like it.

- **When you are feeling particularly low, change your focus** with activities that lighten your mood – music, movies, walking, cooking.

- You may even decide to try a new hobby or pastime that you have been wanting to but couldn’t before. Now is the time to explore this.

What NOT to do

- **Avoid social isolation.** Don’t cut yourself off from people who care about you and whose company you enjoy. Self-imposed loneliness just intensifies your sense of loss.

- **Don’t overdo the alcohol or drugs.** It’s tempting to numb your pain but those feelings will still be there when you sober up.

- **Don’t plan revenge.** This will just prolong your hurt feelings and will stop you from positively focusing on the next chapter of your life.