

## DOs & DON'Ts for a Broken Heart

By [RANEE ALISON SPINA](#)

Just as your physical body benefits from Neosporin and a Band-Aid after a cut, your heart needs emotional first aid in wake of a break-up. Your heart, like your body, goes through stages of healing.

Most women will repeatedly go over the break-up, and the events that lead up to it, looking for what might have been missed or possibly changed. You cannot change the past, but you can allow the experience to increase your *Relationship Intelligence*.

Relationship Intelligence is an ability, capacity, or skill to perceive, assess, and manage the romantic relationship of oneself with others. (Wikipedia)

Before you go run out and get a tattoo, or cut off your hair, take a breath and avoid the following:

- 1) **Don't deny the hurt.** A relationship is a living thing; it's painful and sad when we experience a death of any kind.
- 2) **Don't be afraid to ask for help.** The comfort of friends and family is important; don't stay isolated.
- 3) **Don't make impulsive decisions.** An emotional time is not the best time to make crucial moves in your life.
- 4) **Don't lean on drugs or alcohol to get you through.** This is NOT the end of world; you will laugh again and love again. I promise.
- 5) **Don't rebound.** Now is the time for your personal growth, not falling into some other man's arms to temporarily make you feel "loved."

*The salve you should be applying:*

- 1) **Nurture yourself.** Do whatever makes you feel euphoric: a bike ride, a dance class, a run on the beach, a spa day, a funny movie (nothing with sappy romantic overtones), or hanging out with friends/family making dinner and being silly. If you need to eat some Ben & Jerry's ice cream, that's okay too.
- 2) **Stay positive.** Have faith in you and your future. In a short time, you will be in a different place where you cannot help my smile.



*Rane Alison Spina, M.A. is an Award-Winning Author & Speaker who has appeared on TV, radio and college campuses across the country.*