

Can A  
Break-up  
Help A  
Relationship?

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## Chapter 1

Today we would like to address a question we received regarding relationships and the question is: drum roll Can a break up help a relationship?

Great question...so what do you think Lionel?

**Lionel:**

That's a great question, there are numerous ways a breakup can help a relationship.

Here's one.

You might just need some space to yourself. Everyone needs space. If you're not used to being in a relationship or if your partner is

very attentive, you may not be accustomed to that and can become uneasy. One of the most common benefits of a relationship break is getting the space.

**Kim:**

Here's another way a breakup can help a relationship. To help figure things out. A break might help you figure out what you should do about the relationship. If you have been thinking of breaking up with your partner and you're not sure, a break up will help you figure it out.

The sad truth is that in the end, you may feel that it's better for you to end the relationship. On the other hand, you may realize that it's the last thing you want.

## **Lionel:**

Finding yourself is another reason. You may just need to find yourself to reconnect with who you are as an individual rather than as part of a couple.

When you tell your partner you need a break, his or her first reaction may be to think that you want to see other people; if your partner comes to you, then you might think that as well. However, that's rarely the case. So let them know that you're just trying to find yourself.

## **Kim:**

While you might reconnect with yourself during your break, you'll also learn about what

you like, what you don't like and what you need in a relationship.

This is a great chance for you to come back to your relationship with a fresh set of eyes and ears.

**Lionel:**

Having a sense of serenity. This is one of those occasions when a relationship break is really helpful.

Relationships can be turbulent and passionate. While passion is essential, it can wear you out. A break will allow you to calm yourself, gather your thoughts and keep the relationship from falling apart.

**Kim:**

Needing Space, Helping Figure Things Out, Finding Yourself, Learning More About Yourself and Feeling of Serenity are several ways a breakup can help a relationship.

**Lionel:**

There is so much more we want to cover on this topic but we can't fit it all in this one chapter, so we're breaking it up into three Chapters.