

Can A
Break-up
Help A
Relationship?

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Your Relationship Aficionados

Chapter 2

Lionel:

In our last post we shared Needing Space, Helping to Figure Things Out, Finding Yourself, Learning More About Yourself and the Feeling of Serenity are 5 ways a breakup can help a relationship. But we couldn't fit it all in one Chapter so this is Chapter 2 of Can a Breakup Help a Relationship?

Kim:

A break might be a great time to reconnect with your friends and family that you miss. Relationships can be time consuming and you can sometimes lose touch with the people that were once closest to you. If you

decide to get back into the relationship, you will hopefully remember that these people are the ones who will always be here for you so don't let them get lost in the shuffle again.

Lionel:

You may need to get clear on whether you want a long term commitment, a marriage, or children. Sometimes, two people want different things.

In this case, however, a relationship break may not have anything to do with your partner, but you might also need time to get clear on whether you want to go to school, a career change, or get a new job.

Kim:

Getting clear on what you want will also help you figure out your priorities. Because sometimes couples have different priorities such as starting a family, completing a degree or just focusing on the relationship.

That doesn't mean they have to break up, but the two of you may want to take time to discover what are your most important priorities. If you don't have the same priorities and can't compromise, then it's better to know sooner rather than later.

Lionel:

Well if your priorities are not the same and you can't seem to compromise no matter what. Sad to say, if you and your partner are

not really compatible with each other, it might be time for a break.

Time apart can give you time to think about all the things you have in common, or whether or not this is a situation where opposites attract.

Kim:

Keep in mind a break isn't breaking up. One of the biggest misconceptions that people have when it comes to taking a break in their relationship is that their relationship is over.

That isn't true at all! A break doesn't mean you are breaking up for good, remember that! Ok so that it for now.

Lionel:

Summary

More Time with Your Friends and Family, Getting Clear on What You Want, Figuring out Your Priorities, Learning if You're Compatible, and A Break Isn't Breaking up are 5 more ways a breakup can help a relationship.