



The Matrix Mindfulness Practitioner

Meditation Collection

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INSPIRE-EMPOWER-TRANSFORM

Exclusive Mindfulness Scripts
for Wellness Professionals

Getting Over a Relationship

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In this meditation, you will learn to consciously let go, release the past and improve your well-being.

Relationships are central to our lives, they give us meaning, identity, purpose, and direction.

When a relationship ends—you may feel empty and directionless—as if a part of yourself has been lost.

I'm going to be totally honest with you, there are no superficial tactics out there that will radically improve the way you feel. This is going to be a journey—and it'll be well worth it!

Getting over your ex isn't just about not feeling any pain, but filling your life with meaning, purpose, identity and direction—as an individual.

Firstly, I recommend distancing yourself from the environment you shared with your ex if possible. Detach from or block interaction on social media. You need time and space to heal—which is difficult to do while you are still focused on your ex—through direct contact or by checking up on their activities. **Take time now to focus on your relationship with yourself.**

If your ex ended the relationship, it doesn't mean you're wrong, unlovable or unworthy. Relationships are a combination of more than one person's input.

Relationships usually fall apart when people's needs aren't getting met. This can happen when communication is poor, or when one ignores the other's needs.

Basic emotional needs include—feeling **worthy, understood, appreciated, shared values, feeling safe and feeling a sense of trust.**

Everyone has these needs, though it's common to place importance on one need over the other, developing compromises and patterns of behaviour which affect your level of contentment. This can then cause issues within the relationship.

To understand what went wrong means learning to identify your needs, and working out how to meet them, as a single individual as well as in a future relationship.

Many relationships are dependent ones. In this kind of relationship, we tend to forget our individual nature—we're so busy focusing on our partner or kids and shared obligations—that we forget to honour ourselves as individual beings, with separate individual needs.

If this is the case—if you've intertwined your identity with your ex, or the role you played within that relationship, the most important thing to focus on now—is honouring yourself as an individual and to fully explore who you are in different contexts.

Once you begin to explore you may discover parts of yourself such as values, talents, passions and forms of self expression which were ignored during your past relationship.

These parts of yourself are important.

They make up the whole you.

If repressed or neglected—you'll feel like a piece of you is missing—whether you're in a new relationship or not.

Getting over a relationship requires the self-awareness to take an objective look through any biases you may be telling yourself right now—as well as radical self-care.