

## 5 Ways to Recover from a Broken Heart

1. Choose to **FORGIVE** in order for the relationship to have a chance to recover. Forgiveness frees both you and your partner. Bitterness will screw you and others up- let it go.
2. Commit to work toward reconciliation over **TIME**. Be patient. Hurts need to be honestly acknowledged and dealt with for genuine healing to occur.
3. Take **RESPONSIBILITY** for your role in the pain. Learn from your past mistakes and how you as a couple related poorly. Use these insights as you seek to restore your relationship.
4. Find a safe and wise source of **SUPPORT** with a group of trusted friends who value your marriage and your commitment to it.
5. If **MARRIED**, stay committed to your marriage as much as possible—get outside help if needed. Consider a recommitment time with your spouse for your marriage.

If **SINGLE**, bring a healthy self into any new relationship and learn to value the importance of marital commitment.