

I Broke it Off with Him Now I Miss Him – 4 Relationship Experts Share Exactly What To Do

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Remember with grief and loss we tend to idealize the past instead of seeing it for what it was



You broke up with your man and now are missing him.

You may be asking yourself, why or did I make the right choice, or maybe if I am missing him that means I should try and get back together with him?

These are common questions or thoughts that we have when a relationship has come to an end.

The reality is that it is okay to miss your man after a breakup.

When the relationship first comes to an end you might feel relieved because things had gotten so toxic or you were totally checked out.

When you have had some time to cool off or remove yourself from the push/pull of the relationship you feel better and can look at the past through a different lens.

It is easy to cultivate desire and longing when the person is gone from your life.

So you jump from missing him to then remembering why you left in the first place. As I said before it is normal and okay to have the mix of emotions, validate all of them. Just because you might be missing what once was, it does not mean you should, nor you do want to get back together.

When things come to an end, we grieve.

Ending a relationship means there has been a loss and you miss those parts of your life.

- Ask yourself what am I really missing?
- Allow yourself to grieve?

Usually what you are missing is not about your ex but just about parts of your life that are no longer or things that you two did specifically that you currently are not doing anymore.

You may be missing connection, intimacy, filling the boredom, and having a partner to talk too. This is why I said it's okay to be missing your man, but it doesn't mean you should get back together.

We thrive in healthy connection with others.

- Instead of asking yourself why am I missing my man?
- Ask instead, how to fill the void or pain in healthy ways?
- What can I do that helps me grieve and then focus on how to create and cultivate a feeling of aliveness?

Do not just jump into another relationship, learn about yourself first.

- You may want to check him out on social media, you may want to text or meet for coffee, just ask yourself first, what am I really looking for?
- And is this an act of self-love?

Lastly, sometimes we miss our man because we are holding on to who he use to be.

When we reminisce, we think about the good parts and the person who we were first attracted to or fell in love with.

Remember with grief and loss we tend to idealize the past instead of seeing it for what it was.

Remind yourself to honor all parts of the past and the relationship not just the good parts. Remind yourself to see your ex for who they are today not just a version of who they were in the past.

Also, instead of focusing so much on him, focus on you and what is in your control.

- What have you learned about yourself?
- What have you learned about relationships?
- What do you want moving forward?
- What are healthy ways to take care of yourself while you are healing?
- What are healthy boundaries for you in relationships?

Here are the quick tips:

1. Validate all your emotions
2. It's okay to grieve and miss your man
3. Ask yourself, what am I really missing?
4. What are your healthy outlets to help you heal?
5. See the relationship for what it was-don't idealize!
6. See your ex for who they are today not an old version or hold on to a vision of who you want them to be.
7. What is in your control?
8. What have you learned about yourself?
9. Don't forget to smile and appreciate all of life's lessons.

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Just because you question your choice does not mean that you made the wrong decision



So you have broken up with someone, and now you miss him.

When you break up with someone, you will experience various stages of grief, even though it was your choice to end the relationship.

You may move between feelings of anger, depression, questioning, denial, and acceptance.

Just because you question your choice does not mean that you made the wrong decision.

It is normal to have ambivalent feelings about any big change in your life. Accept the fact that you are going to have some discomfort, and allow yourself to go through it.

Try to remember why you broke up with him in the first place.

There were probably many good reasons that led you to that decision. Unless you are playing games and hoping he will beg you to come back, you probably broke up as a last resort when the bad outweighed the good.

After a break up, we have to be willing to sit with our feelings and go through them.

Feelings have a beginning, middle, and an end. Almost every feeling that you have ever had has changed at some point, and the grief around the loss of someone that you once loved will also change.

While you may never forget him or some of the things you loved about him, you will get over it.

Give it time. Get busy with new activities and new people in your life. Develop new interests, and keep yourself busy with constructive activities. Develop new parts of yourself. When it comes to relationships, it is easy to forget the pain and harder to forget the things that you loved. If you find that you are second-guessing yourself, try to remember why you broke up, and that you have chosen not to go through that particular painful situation again.

There's no way of avoiding pain in relationships, but if you have encountered a deal breaker, you must end the relationship in order to live your best life.

Some examples of deal breakers include active addiction, physical abuse, emotional abuse, or someone who is not willing to join you in working out the issues in the relationship.

Sometimes you have to leave someone in order to get yourself back.

There is no one worth losing yourself for. Ultimately, the relationship you have with yourself is more important than any relationship you have with a man, and you owe it to yourself to put that first.

Anita Gadhia-Smith, PsyD, LCSW-C, LICSW – www.drgadhiasmith.com

Follow the below tips



- Ever broken it off with someone and then started missing them?
- Missing them so much that you are now wondering if you made the right choice?
- Missing them so much that you are reconsidering?

If you find yourself in this situation, here are a few thoughts that might help. Remember why you broke up with him.

Chances are you thought this through. And you can usually trust your intuition. Review why you made your choice and remind yourself that you can trust your inner guidance.

If you didn't think this through and are wondering about it now, make a pros/cons list.

- What are the pros/cons of staying in a relationship with him?
- What are the pros/cons of not being in a relationship with him?
- Which side of your list carries more weight?

Remember that it is okay to feel lonely. It is okay to feel "alone." Feelings come and go. This one will pass too.

If you just want to get him off of your mind for a bit, you can try some distraction techniques—read, listen to a book, watch a movie, exercise, do a meditation, cook a meal, reach out to a friend.

If you don't have a "feel good" list of things to turn to, make one of these lists. Put things on this list that will always make you laugh, smile, and feel good. And then try something on it.

If you'd like to give yourself some distance from your thoughts, try a technique called "thought labeling."

This is where you sit and observe your thoughts going through your head. You label each one as either "new" or "repeat" depending on whether you have had the thought before. You will notice as you do this, that you have a lot of repeat thoughts, and when you simply label the thoughts rather than going along with them emotionally, the brain tires of that labeling. It will give you some distance from the thoughts.

Know that whatever you are going through right now and thinking—it is normal.

I hope that some of these simple techniques will help!

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Just because you miss him does not mean that you should jump back into the relationship



This is completely normal.

When you are in a romantic relationship with someone, you are connecting with another person on many levels. You are connecting to them physically, emotionally, sexually, etc. And when that relationship ends, it feels like you are losing a partner and a friend.

It is completely okay to miss your ex, even if you were the one breaking things off.

However, missing your ex and getting back together are separate issues. *And missing someone is not an automatic reason to re-start the relationship. I would ask yourself:*

- Why did you break up with him?
- What was wrong in the relationship?
- If you get back together, what if those things don't change?
- Can you have a conversation about what things need to change before you consider re-starting the relationship?

Just because you miss someone does not mean that you should jump back into the relationship.

And just because you ended the relationship doesn't mean that you aren't allowed to feel sad and miss him. Remember, these are 2 separate issues.

Take some time and space to heal, vent to your friends about what you miss about him (and also vent about what you don't miss about him!) and overall spend more time with friends and family to get through the sadness.

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