

Beginning New Relationships When Still Affected by Old Hurts

Relationships can be a wonderful aspect of our life – and they are also a necessary aspect of our life! Unfortunately, relationships could also be quite terrible when they are abusive or especially hurtful in some way. If you haven't fully recovered from a past relationship and have or are considering starting a new one, there are some methods you may use to try to curtail these residual effects.

Starting a new relationship when you're still suffering emotional trauma from an old one is never a great idea; however, you also don't want to shut your emotions totally down and refuse to start over again. There is a delicate balance that needs to be respected, but can help to both begin your healing and develop a great new relationship.

First of all, make sure you're not simply dating or looking for a 'rebound' relationship. These are almost never healthy for either party, and can even leave you feeling worse than before when they inevitably end after a short period of time. You can easily prevent this from happening by simply allowing enough time to pass before venturing into a new relationship again.

You must ensure you aren't running away from the past, and one way to do this is to confront your hurts head-on. Although this may be easier said than done, it's the most important step in preparing a foundation for continued healing in the future.

Unfortunately, time can not heal all wounds; it may be more beneficial to be proactive in your healing process versus sitting back and waiting for it to get better. The most important thing is that you learn to love yourself again, and put your needs first.

Leaving a hurtful relationship doesn't typically leave us feeling very good about ourselves, so spend some time reassuring yourself. Discover and make a list of the things you really enjoy about yourself – both physically and psychologically.

Take up a new hobby or rediscover an old one that you haven't made time for in a while. Start a journal and record your thoughts and affirmations about yourself. Join a new club and make some new friends.

Spend a lot of time with family – they always love you no matter what, and can always make you feel great about yourself; they usually think you're pretty special, so take advantage of this!

If engaging in all of these activities doesn't seem to make it easier to forget the past relationship after some time, you may even consider joining a support group or seeking out a professional therapist. Remember, your mental and emotional health is no joke, so there's no shame in seeking out help with your recovery.

Sometimes, it's simply a matter of finding a neutral third party to talk to honestly about your feelings and frustrations. Physically stating your hurt can be extremely therapeutic, and help to regain positive levels of self-esteem again.

Once you realize that you will have the ability to love again and that all relationships are not bad, it's time to get out there and have some fun meeting new prospects. Yes, the occasional sting may still be present from the past hurts, but a healthy outlook will ensure you're well on your way to recovery.