

HANDLING THE TRAUMA OF A FAILED RELATIONSHIP

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Relationships don't always end up the way we anticipate. Sometimes it ends quicker than expected, leaving either of the party in the relationship shattered, heartbroken and embittered. Sometimes, the broken relationship is taken too far to the point that putting it behind becomes a mission impossible, and falling in love with another is extremely difficult. The way and manner many handle broken relationships determine how the affair leaves them. It is important that we all understand the mechanics of the human life and how we create our pain, deal with pain created in order to overcome and not be shattered by it. Many today have become sadists, depressed, wounded "lions", fearful, withdrawn, unable to trust, dangerously wicked, and uncompromisingly unhappy because of their failed relationship.

The most painful is the relationship that has been nurtured for a couple of years before failure because of the stronger ties and bonds that have been built with time. It is very difficult to deal with soul-ties built with long time with very intimate friends. Some have gone through one or two failed relationships that they are not ready to commit to anybody any more or take anyone serious. This is also a negative response to pain and disappointment. Your state right now may be bad, but I bring you hope and recovery through what you are going to read in this article. Open up your heart to the light that is coming from the heart of God and you will recover and regain yourself again.

STEPS TO HANDLING THE CHALLENGES OF A FAILED RELATIONSHIP:

1. Understand that life is full of challenges, surprises and disappointments.

Life without disappointment and challenges is not possible. The unexpected will always happen at a time we do not expect them. Challenges will always come no matter how holy we are and how hard we pray that they don't come. To pray and expect a challenge free life is self-deception. Jesus taught his disciples to expect troubles in the world they live in, but assured them that He had overcome them already. So whatever they experience, they can face and overcome.

John 16:33

33 "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."

NIV

His Apostles taught the same thing also.

1 John 4:4

4 You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world.

NIV

1 John 5:4-5

4 for everyone born of God overcomes the world. This is the victory that has overcome the world, even our faith. 5 Who is it that overcomes the world? Only he who believes that Jesus is the Son of God.

NIV

All we need to do is to prepare for and give room for them so we will not be disappointed or shattered when they come our way, but face and overcome them. So many times, when we are faced with a challenge or great disappointment, we get angry with God for allowing it to happen even when we are responsible for the crisis we are going through. This is not right at all. He has already hinted us beforehand that we will go through some rough times here on earth. Some of the problems we go through we caused them ourselves, and some happen through no fault of ours. Whatever be the cause, we are expected to trace it, face it and overcome it in order to replace it. We trace it to find out what led to it, so, we can find a permanent solution and not a temporary one. Fire brigade approach to problems does not solve problems permanently. You must sincerely dig deep to find out the cause, and the part you have played so you can overcome permanently. If you are the reason your relationship suddenly ended, you are likely to experience the same problems again if you fail to identify your part in the failure and deal with it.

Matt 7:3-5

3 "Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye? 4 How can you say to your brother, 'Let me take the speck out of your eye,' when all the time there is a plank in your own eye? 5 You hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother's eye.

NIV

Before blaming your partner, someone else or God, take a look at your life and the way you have related with your partner before the relationship packed up. What complaints was your friend always making about you, whether you gave attention to it or not? What scriptures or principles of God were you in the habit of disobeying while in the relationship? What weakness or weaknesses did your conscience tell you to deal with and overcome that you didn't take serious? Answering these questions will help you trace the cause of the failure and help you to overcome. Tracing the cause also will help you overcome the pain of the failed relationship. Always remember you can overcome any and every challenge or adverse circumstance.

2. Accept that it is better the relationship did not end in a frustrating and painful marriage.

It is better not to marry than marry and be sad all your life. It is better not to marry than to marry and divorce for that will displease God more. It is better the weaknesses showed up on time than remain hidden and show up much later when it is too late. I believe that it is better to break a bad relationship before marriage than to divorce as a result of much pain and agony in marriage. Until the marital vows are taken, one can get out without breaking the law of God. Once the vows are taken before the minister and witnesses, it becomes unlawful to break the marriage.

Mal 2:11-16

11 Judah has broken faith. A detestable thing has been committed in Israel and in Jerusalem: Judah has desecrated the sanctuary the LORD loves, by marrying the daughter of a foreign god.

12 As for the man who does this, whoever he may be, may the LORD cut him off from the tents of Jacob—even though he brings offerings to the LORD Almighty. 13 Another thing you do: You flood the LORD's altar with tears. You weep and wail because he no longer pays attention to your offerings or accepts them with pleasure from your hands. 14 You ask, "Why?" It is because the LORD is acting as the witness between you and the wife of your youth, because you have broken faith with her, though she is your partner, the wife of your marriage covenant. 15 Has not [the LORD] made them one? In flesh and spirit they are his. And why one? Because he was seeking godly offspring. So guard yourself in your spirit, and do not break faith with the wife of your youth. 16 "I hate divorce," says the LORD God of Israel, "and I hate a man's covering himself with violence as well as with his garment," says the LORD Almighty. So guard yourself in your spirit, and do not break faith.

NIV

1 Cor 7:10-11

10 To the married I give this command (not I, but the Lord): A wife must not separate from her husband. 11 But if she does, she must remain unmarried or else be reconciled to her husband. And a husband must not divorce his wife.

NIV

3. Understand that pain starts from what we think and how we think.

All that you have been thinking about your friend and happenings in your relationship helped to destroy your relationship. Our thoughts give birth to the words we speak and the way we speak them. Our thoughts give birth to our emotions and feelings. When we think positive thoughts, we feel great, happy and excited about our relationships, any time we think negative about all the things we don't want to see that are happening, we feel terrible, sad, not wanting to see our friend not to talk of fellowshiping with him or her. All of man's actions are products of his thoughts. Every decision we make in life are results of the analysis and conclusions in our minds. Man is a creature of thoughts, so we are products of our thoughts. When you understand this, managing your feelings and situations become easy and possible.

Prov 23:7

7 For as he thinketh in his heart, so is he: Eat and drink, saith he to thee; but his heart is not with thee.

KJV

Prov 27:19

19 For as in water face answers to face, so the mind of man reflects the man.

RSV

The intensity of our thoughts determines the strength of the pain and the damage it does in our lives. How intense is your thoughts towards your friend's weaknesses and disappointing behaviours? You can increase the pain in your heart right now and you can reduce it depending on what you are focusing your mind on and the intensity of thoughts. The deed has been done. The relationship is over. Accept it and move on. Do not increase the pain in your heart by giving your mind to negative thoughts that hurt you. Let go and let God take control. Keep your mind

free from incidents in the failed relationship that hurts you badly. What you give your mind to and how you think will determine what the mind will produce for you.

Isa 43:18-19

18 "Forget the former things; do not dwell on the past. 19 See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the desert and streams in the wasteland.

NIV

4. Manage your thoughts through positive thoughts about what has happened and holding unto the promises of God.

Prov 4:23

23 Above all else, guard your heart, for it is the wellspring of life.

NIV

Mind management is a priority if overcoming the challenges and pain of your failed relationship is on your mind. Above every other thing, you need to guard your mind and do not allow your mind to dwell on the evil and hurtful past. Make up your mind not to be hurt anymore. Grow strong within by fixing your mind on the promises of God for a better tomorrow. Refuse to be a prisoner of the past. Refuse to allow the failure of yesterday stop you from trying, succeeding and enjoying your life. Refuse to allow your failed relationship to stop you from entering a new one. Refuse to wear a long and sad face, but be cheerful continually, for that will open you up to the world of many opportunities.

5. Make up your mind to forgive and let go of the hurts in your heart.

Forgiveness is an integral part of love. You can't love without forgiving the one you love. You can't love another with the burden of bitterness and unforgiveness from a previous relationship. It will indeed be difficult to love someone when under influence and manipulation by bitterness. You must let go of the hurt of the past to enter a new and exciting relationship.

If you want to close the last chapter of your bitter life, you must forgive; for forgiveness is the closing of a case. It is the conclusion of a matter. It means the pain has been laid to rest. You can't be free from pain unless you forgive your friend of all the pain you think he or she has caused you. If you don't let go, there will be a carryover of pain and aggression to your new relationship if you start one.

Matt 6:12-15

12 Forgive us our debts, as we also have forgiven our debtors. 13 And lead us not into temptation, but deliver us from the evil one.' 14 For if you forgive men when they sin against you, your heavenly Father will also forgive you. 15 But if you do not forgive men their sins, your Father will not forgive your sins.

NIV

Matt 5:7

7 Blessed are the merciful, for they will be shown mercy.

NIV

6. Look forward to a better future with another person whom God our loving and caring Father will send your way if you will ask Him.

If I asked you, where do you want to go from here? You will likely tell me because of the hurt in your heart that you don't want anything to do with a new relationship. But you and I know deep within your heart that you want to heal and quickly settle in a new and rewarding relationship. Don't let the pain of yesterday keep you from the joy that can come to you tomorrow. Let the past go and look forward to a new and exciting life with God on your side. God promises that affliction will not arise a second time. Hold unto that promise and excitedly look to God for a relationship that will bring you great joy the rest of your life.

Nah 1:9

9 What do ye imagine against the LORD? He will make an utter end: affliction shall not rise up the second time.

KJV

7. Grow tough within and do not allow unpleasant situations or thoughts to have a grip on you.

Build a mental block against all negative thoughts that will arise about all that has happened or when reminded by another. Grow so tough that you don't feel pain each time you remember or someone reminds you or asks you about it.

You can't stop people from asking about your former friend and wanting to know what happened and commenting on your past relationship. There is just nothing you can do about that. You can't go on hating people for not minding their business and leaving you alone. They enquire because they love and care. They may even be mockers. Whatever be the case, all you need to do is to grow strong within and do not allow what they say to hurt or make you feel bad. If you will accept all I have been teaching so far, you will be strong enough to handle such enquiries and comments without feeling hurt, bitter or re-living the trauma you have been through over the relationship each time you are confronted.

8. When in a new relationship, do not let the past control or determine how you relate or assess your new partner.

The worst mistake you will make if you have recovery and happiness on your mind is to allow yourself to view your new friend as you viewed your former friend. We are different in many ways, and all must be given the opportunity to prove themselves good or bad. Do not pre-judge people's words and actions before they say or do them. Trust and believe in your new friend as if you have never been hurt before. Relate with an open heart and don't fix your eyes on the mistakes he or she is likely to make. If you look for faults because of your past relationship, you will see a lot and that won't help you either. You need to focus on the good and not on the bad.

9. Learn the mistakes you made that led to the failure of the failed relationship and make up your mind to avoid it in your next relationship.

Don't blame the failure of the last relationship on your partner alone. It takes two to tangle. It takes two to make a relationship work or fail. Determine not to make the same mistake again in your new relationship. But you must learn the mistakes you made as a person.

10. Don't jump into a new relationship immediately to make you forget the pain of your failed relationship without determining what the will of God is for you.

Rushing into a new relationship to console yourself of your failed relationship is not the best solution to healing the hurts in your heart. You need to allow the hurts heal first before you start a new relationship, which must be done with a bitterness free mind. Let God heal you first and then get into a new relationship. Allow God to help you find someone suitable for you. Involve God through praying to Him for guidance and listening for His counsel and verdict as people show interest in you.