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COUNSELING

Breakin' up: Clean break and time with friends key to speedy recovery

Putting the problems and troubles of the relationship behind you will help you enjoy yourself more.

Dr. Kerry Hope
 STUDENT COUNSELING SERVICES

Because humans are social creatures, it really hurts when relationships end.

Although we're all unique and have our own reactions, people experience similar feelings when a relationship ends.

Though you may feel overwhelmed at times, you will notice that you have increasingly longer periods of time when you feel back to your normal self.

Although time is a necessary component of healing, it may help to read about some things you can do to cope with your feelings and, perhaps, speed the process of getting over a broken relationship.

It is difficult to get over a break-up if you are not convinced the relationship is over. It is painful and scary to confront the fact that a relationship has not worked out the way you planned it would. Continued uncertainty may prolong the healing process and create its own set of painful dilemmas.

You may be giving yourself mixed messages about the relationship's being over because you wish it was not. Your partner may have similar feelings and could be giving you mixed messages too.

Calling each other and continuing to take care of each other are examples of mixed

messages. Although the person may have been your best friend, to try to rely on him or her to help you through the break-up is going to postpone healing. Most people need a clean break because trying to be friends after a break-up is too painful.

It is usually best to give yourself time after the break-up during which you see or talk with the person as little as possible. Then, much later, if you want to return to a friendship with that person, you may be able to do so because you will be coming from a stronger, healthier foundation.

It's important to remember that it is perfectly legitimate to have positive feelings for the person you're breaking up with and still have good reasons for ending the relationship.

Look to other people to fill the void. This is a good time to reconnect with friends you have spent less time with in the past.

People are often amazed at the number of people who care if you let them know you need someone to support you and someone to share your thoughts and feelings with.

This might be a good time to make new contacts and develop new interests and try new activities, a chance to get to know yourself better.

Although you may not feel like it, forcing yourself to get out and be around others is an important way to help the

healing process.

Sometimes you may actually feel relieved that the troubles of the relationship are behind you. You will begin to enjoy your life again and yet you may feel a bit guilty when you have these positive feelings. This is particularly true when you were the person who initiated or finalized the break-up.

Remember that the depth and value of that past relationship and your love for that person are not measured by how long you feel miserable.

good feelings you have about yourself. Take a look at your positive attributes and get some affirmation from friends and family who think you're special and unique.

This is a time when it's easy to plunge into a depression and stay there rather than express and work through the feelings that go with this loss. Sadness, anger, regret, guilt, loneliness and disappointment are all feelings you may experience.

You may not be able to stop crying or have trouble sleeping or eating. Remember that this is temporary.

One of the worst things to do is to quit taking care of yourself or to use alcohol or drugs to cope.

Alcohol is a depressant and actually makes you more vulnerable to feeling and acting in ways which make things much worse.

Eat healthy foods regularly, even if you don't feel like eating anything.

Keep a routine that includes a bit of time to think about the break-up, but also includes plenty of time with others and activities that will let you get away from unpleasant feelings for a while. Exercise can help you feel better by fighting some of the symptoms of depression or anger and helping you sleep better.

If you would like to talk to someone about coping with a break-up, contact the Student Counseling Service, located in Henderson Hall, at 845-4427 during business hours or call the Student Counseling HelpLine at 845-2700 in the evenings.

Although the person may have been your best friend, to try to rely on him or her to help you through the break-up is going to postpone healing.

When relationships break up, self-esteem can suffer.

This may be caused by not allowing ourselves to be angry or disappointed with the person with whom we are breaking up.

Instead, we blame ourselves for all or part of the problems in a relationship rather than recognizing that the responsibility is usually a shared proposition.

Watch out for statements like, "I'm no good as a result of this break-up," "I'll never be able to maintain a relationship," "I'm not capable of intimacy" or "I'll never have a special love again." These statements come out of shaky feelings and are not accurate.

It is important to identify

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DEFENSIVE DRIVING CLASS
 Tues., March 7 (6-9 p.m.) & Wed., March 8 (6-9 p.m.)
 Fri., March 24 (6-9 p.m.) & Sat., March 25 (8:30-11:30 a.m.)

STATE APPROVED DRIVING SAFETY COURSE
 Register at University Plus (MSC Basement)
 Call 845-1631 for more information on these or other classes

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D&M EDUCATION ENTERPRISES

PARENT'S NIGHT OUT

An Alpha Phi Omega Service Project

Parent's Night Out is a free babysitting program for the faculty, staff, and students of Texas A&M provided by the members of Alpha Phi Omega.

MARCH 3, 1995
601 Rudder
6:30pm - 10:00pm

Questions?
 Call Tom 847-7052 or Adrienne 268-0271

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ECON 489/ BUAD 489	Economics of the Eur. Comm. Prof. Pier Luigi Sacco
LBAR 332/ MGMT 489	Culture of Mgmt. in the Eur. Comm. Prof. Pier Luigi Sacco
ARTS 350:	Arts and Civilization* Prof. Paolo Barrucchi
ANTH 201:	Introduction to Anthropology Dr. Sylvia Grider
ANTH 205:	Peoples and Cultures of the World Dr. Sylvia Grider
PSYC 405:	Psychology of Religion Dr. David Rosen
PSYC 306:	Abnormal Psychology Dr. David Rosen

Mon., Feb. 27 2 - 2:45
 Wed., Mar. 1 2 - 2:45
 Wed., Mar. 1 3 - 3:45
 Wed., Mar. 1 4 - 4:45

Study Abroad Programs
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 TICKETS ON SALE MARCH 5TH FROM 6 - 8 PM

	MON. MAR. 6	TUE. MAR. 7	WED. MAR. 8	THR. MAR. 9
CHEM 102 5-7 PM	CH 19	CH 20	CH 29	PRAC TEST
CHEM 102 7-9 PM	CH 5	CH 6	CH 7	PRAC TEST
PHYS 218 9-11 PM	CH 7, 8	CH 9	PRAC TEST SET #2	
11 PM - 1 AM	CHEM 101 PRAC EXAMS B	PHYS 218 PRAC EXAMS SET #1		
	MON. MAR. 6	TUE. MAR. 7	WED. MAR. 8	THR. MAR. 9
PHYS 219 5-7 PM	CH 25	CH 26	CH 27	CH 28
PHYS 208 7-9 PM	CH 28	CH 29	CH 30	CH 31
PHYS 201 9-11 PM	CH 7	CH 9	PRAC TEST WEIMER	PRAC TEST HAM - B
PHYS 201 11 PM - 1 AM	CH 8	CH 10	PRAC TEST HAM - A	
MATH 162 5-7 PM	PART 1	PART 2	PART 3	PRAC TEST
MATH 151 7-9 PM	PART 1	PART 2	PART 3	PRAC TEST

*****SUNDAY, MARCH 5th SCHEDULE*****

SUNDAY MAR. 5th SCHEDULE	PHYS 218 CH 6 8-10 PM	CHEM 101 PRAC EXAMS - A 10-12 PM	PHYS 201 CH 6 10-12 PM
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****FINC 341 & BANA 303 BEGIN SAT; MAR 4th****

	SAT. MAR. 4	SUN. MAR. 5	MON. MAR. 6	TUES. MAR. 7
FINC 341	12-2 PM PART 1	6-8 PM PART 2	9-11 PM PART 3	9-11 PM PRAC TEST
BANA 303	2-4 PM PART 1	8-10 PM PART 2	11 PM - 1 AM PART 3	11 PM - 1 AM PRAC TEST

SUN MAR. 6 6-8 PM CHEM 112 LAB, RPT 5/P-LAB 32
 8-10 PM CHEM 111 LAB, RPT 8/REV 9/QUIZ

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 NICK GEORGANDIS, Sports editor
 TIFFANY MOORE, Night News editor
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