

## How could Counselling help me?

Counselling can provide you with the opportunity to talk on a one to one basis with a professionally trained counsellor about the difficulties in your life. New Life Counselling also offers couples or family therapy to those affected by the break up of a relationship. Counselling is available to children, young people and adults affected by a relationship or family breakdown.

## What can I expect?

- What I talk about will be respected and treated in confidence.
- I won't be judged
- I can be myself
- I will be listened to
- My side of the story will be heard
- To learn new ways of dealing with difficult thoughts or feelings

## How do I get Counselling?

You can either contact us yourself and we will arrange to meet with you or someone else can contact us on your behalf. This may be your GP, social worker or another person who is concerned about you. If you are interested in finding out about us you can contact us directly or visit [www.newlifecounselling.net](http://www.newlifecounselling.net) for more information and where you can fill in our online referral form. We will then be in touch to set up an initial appointment.

**NewLife**  
counselling

**NewLife**  
counselling

"we're listening"

### Contact Details

For further information or to make a referral, please contact:

25 Ardoyne Road Belfast BT14 7HX

**Tel: 028 9039 1630**

Unit 20 North City Business Centre  
2 Duncairn Gardens Belfast BT15 2GG

**Tel: 028 9074 6184**



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# Hello.

We're New Life Counselling,  
we're here to help you.

**Relationship  
breaking down?**

## Relationship Breakdown

The end of a relationship can be a very difficult time. You might have been seeing each other for a while, been engaged, married, living with each other, with or without children. Your partner might have been of the opposite or the same sex.

### There are many reasons why a relationship might fail. Common examples are:

- Money
- Alcohol and substance abuse
- Violence
- Sexual Problems
- Being unfaithful
- Problems with friends or family
- Controlling or jealous attitude
- Unrealistic or very different expectations
- Lack of communication
- Growing apart



## Possible effects of Relationship Breakdown:

You might feel a deep sense of loss, similar to a bereavement. Your whole picture of your future might change and you have to re-adjust to life without your partner.

It is normal to feel in denial, hope it will all be OK, or have very difficult feelings like sadness, loneliness, guilt, anger, and helplessness.

You might find it hard to concentrate and think of anything else. You might feel like you will never get over it - especially if it was your first important relationship, or you have been together a very long time and have children. Remember that things will change, and it is very likely that you will feel better over time, even if at the moment it does not feel like it. It is important to stay in touch with your friends and family, and maybe reconnect with old friends.

## Other Problems Associated with Relationship Breakdown

Depending on the type of relationship you might face a lot of practical issues:

**Financial** – If you need to move house or support a family

**Legal considerations** – Negotiating custody and property settlements with your ex-partner

**Beliefs** – You might have very mixed feelings about divorce or parenting issues

**Changing roles** – You might find it very difficult to communicate calmly with your partner about practical arrangements

**Social Effects** – It can be very difficult to adjust to being single again. You might need some time before you feel you can try to meet someone else. Your self confidence may be very low. You could have lost touch with some friends while you were in a relationship, and only know other couples, which could mean you feel very lonely and isolated.

## Possible Effects of Relationship Breakdown on Children

If you have children, they will be affected as well. Even if they understand why you separated, they could still be upset and might feel abandoned. They often blame themselves for the break-up. They might display emotional and behavioural problems. For example, they may become more angry or withdraw, behave as if they were younger than they are or start bedwetting. Problems can happen before or after visits to the parent who is living apart from them.

It is very important to keep talking to your children, reassure them it is not their fault, and make sure they do not feel caught between the lines. Resist the temptation to ask lots of questions after visits as they might feel disloyal to one parent.