

RELATIONSHIP BREAKDOWN –

HOW TO

Survive

**RELATIONSHIPS CAN BE
BRILLIANT – BUT WE DON'T
ALWAYS GET THINGS RIGHT.**

“All couples experience problems in one form or another – its part of sharing your life with another human being. The difference between relationships that work, and relationships that don't, is how well couples deal with the challenges and problems they face in their life together. The first step to a healthy and happy relationship is our willingness to work on it.”

Relationships Australia

SURVIVAL TACTICS

A relationship breakdown causes pain and hurt, and every other emotion imaginable. Practical arrangements, access to kids, money and assets have to be sorted, then there's the emotional fallout.

**THE GOOD NEWS IS THAT
MEN FACE THESE INTENSE
FEELINGS AND SURVIVE –
BUT IT WILL TAKE TIME**

**: MOST PEOPLE WHO
: SEPARATE HAVE
: BEEN MARRIED LESS
: THAN 10 YEARS**



ADVICE FROM OTHER BLOKES

- Be clear that separation cannot be 'fixed' quickly
- Be honest with yourself and take responsibility for your life
- Be clear about where you have choices and where you don't
- Listen to what you are telling yourself. Be alert to signs of self pity, hopelessness or revenge
- Avoid the language of blame
- Think about the consequences of what you decide to do
- Don't shut down, talk to your mates
- Continue with normal activities (work, sport, hobbies)
- Accept offers from friends for help, dinners, social events etc – don't shut yourself away
- Identify new ways of doing things – like new routines



APPROXIMATELY 1 IN 3 FIRST MARRIAGES END IN DIVORCE

DURING THE TOUGH TIMES

- Select and eat nutritious food (fresh fruit and vegetables don't need much cooking)
- Exercise in ways you enjoy – ride a bike, go out for walks or runs, go to the gym, swim, better still, do it with a friend
- Watch for signs of ill health, including stress, anxiety, depression and take action
- Visit your doctor earlier rather than later
- Take care with alcohol, drugs and smoking

MORE INFORMATION

Relationships Australia

1300 364 277

www.relationships.org.au

Mensline Australia

1300 789 978

www.mensline.org.au

Dads In Distress Support Services

1300 853 437

www.dadsindistress.asn.au