



unhelpful shit your
friends say

thebreakuptherapist.com

Unhelpful Shit Your Friends Say

This list is compiled of real life examples that have been spoken directly to me or my clients shortly following a breakup. These statements are often well intended, however, they usually land pretty hard, leaving us feeling pretty shattered and/or angry. Familiarize yourself with these statements. You're going to hear them. Consider the following: How does each statement make you feel? How might you respond to each statement? I expect there to be overlap, and you may even have the same response to each statement. You will likely find it helpful to have a response in your back pocket should (likely, when) someone throws one of these "well meaning" phrases your way.

"There are more fish in the sea. Your person's out there"

This Makes Me Feel: Feeling belittled, like I'm not supposed to be this sad. Feeling rushed through my grief.

Response: "Right now I don't want another fish, and I'm not ready to hear that. Please don't say that."

"You'll be fine. You'll get over this soon."

This Makes Me Feel:

Response:

"Is this still a thing for you? Oh."

This Makes Me Feel:

Response:

"Just go find someone to hook up with."

This Makes Me Feel:

Response:

"This was God's plan."

This Makes Me Feel:

Response:

"Are you sure?"

This Makes Me Feel:

Response:



Unhelpful Shit Your Friends Say...continued

“Is there anything your ex could say to make you reconsider?”

This Makes Me Feel:

Response:

“Welcome to that single life!”

This Makes Me Feel:

Response:

“Damn. I really liked them. That’s too bad.”

This Makes Me Feel:

Response:

“You can do a lot better.”

This Makes Me Feel:

Response:

“Oooo I know someone I want to set you up with. That’ll help.”

This Makes Me Feel:

Response:

“You should be relieved! Your ex was totally not right for you anyway.”

This Makes Me Feel:

Response:

“Shouldn’t you be over this by now?”

This Makes Me Feel:

Response:

What should I add? Hopefully you’ve not heard too many of these. Send me an email at lindsey@thebreakuptherapist.com and let me know the most ridiculous thing someone has said to you in hopes of making you feel better.



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