



Moving on, one moment at a time

Welcome to the RelationKit mindfulness series. When we have been through any kind of loss or break up it can be really hard to move on.

It's important to take each day as it comes. Not to dwell too much about the past and what could have been, because we can't change any of that now, or to look too far ahead of ourselves, which can cause panic or worry, but rather to acknowledge and handle our feelings in the moment, and to begin to focus on what can we do today to make things feel better inside and outside of ourselves.

In this practice, you'll become present in the now, to be with any leftover feelings and reflect on the gentle steps you might take, so that you can move forwards and feel less stuck.

So come now into a comfy posture - one that invites a sense of stillness and relaxation, yet a sense of wakefulness in your body at the same time. Begin to take some deep breaths there; full breaths in and slow breaths out.

And then let your breath just find its restful rhythm, feeling your breath in your body now, and sending your breath into any areas that feel tight, tense, or stuck.

Begin to notice: how do you feel in an emotional sense today? Be really gentle and patient with yourself here, acknowledging any struggle that is present.

In this moment you may notice any leftover feelings of hurt, anger, resentment, or maybe indifference that are there towards your child's other parent - and that's okay. Let them be felt. Open yourself to the emotion fully- breathe with it, and give yourself empathy for example, saying to yourself, *"how human of me to feel this."*

Maybe you recognise that the separation or break up is the right thing for you both, but there still some sadness. Again, this is natural. Acknowledge that feeling.

Or maybe you keep coming back to the feeling that you've lost the only 'one' for you, and you're struggling with the fact that you aren't together. Can you open up to the possibility that if they weren't 110% sure about being in the relationship with you then he/she/they are not the one for you. Is it possible to sit with that for a moment?

Maybe you have the feeling that if only circumstances would have been different, if only one of us could have changed or the timing was different, then again, they probably weren't the right person in that particular point in your life. It wasn't meant to be. It's not about the right place or timing - it's about the person, and being with someone because they bring the best out in you. Breathe and reflect on this for a moment. Breathe with nay feelings. Let them be felt and gently let them go.

Take another breath and in this moment consider who is in your life today that you can turn to, to share, talk things through, to support you, and to help pull you through this

period. Name their name or names in your mind. Imagine meeting them or phoning them, and you are receiving their support. Perhaps after this practice, you can arrange a meet up. Choosing someone who is patient, maybe someone who has been through something similar. Remind yourself that seeing a friendly face can lift you.

Take another breath and consider for a moment if there are any there boundaries you can put up to protect you and your mind whilst you are coming to terms with your relationship ending. If it's really hurting you to see your child's other parent, especially in the beginning can you reduce the contact you have with them? For example, maybe asking them to wait outside rather than to come in the house when picking up the children, so that you can gain some clarity on the situation - just until you feel better about seeing them. Remembering that over time learning to be civil and warm towards each other in front of the kids is healthy for the children, and better for your own peace of mind long term.

Take another breath and reflect on how you might bring closure to the relationship in terms of your own involvement in it. Do you need to hear answers, to apologise, or to forgive in order to move on? What ways could you seek closure? Maybe writing things down to air your feelings - writing a letter to them? You don't need to send it necessarily, just to get your thoughts down. Could you envisage sitting down to talk with them with all the new skills you have now from the RelationKit tools, in order to understand why it's come to this? Your empathy, compassion, non-judgmental attitude, with calmness and clarity. Imagine how it would feel to clear the air.

Even if the answers aren't what you were looking for, it's still an answer and might just give you some more clarity on your child's other parent situation or where they stand.

And if they avoid this 'need' of yours for closure and don't want to answer the questions, then maybe that 'avoidance' is the answer you are looking for - the reason why you are not together anymore - them not being able to take responsibility, or commit to working together. Again, no judgements here, just an understanding of why things perhaps haven't worked out.

Take another breath in and out, as you reflect on the steps you can now take to free yourself from feeling stuck. Small steps to move you forward from your relationship.

And now reflect for a moment on a longer-term goal or journey you want to achieve for yourself heading forwards this year, or in life generally, just for you, nobody else. Maybe something to do with your health or fitness, or training to become something. Picture that in your mind's eye for a few moments. It could be anything for yourself. What is it? However small, picture what that looks like, what that feels like - whether that's internally or externally - and seeing the courageous you, the fearless you, the lighter and freer you, taking steps towards achieving that goal. Taking a step, day by day towards that longer-term goal, full of love and dedication.

Remembering we don't need to get too far ahead of ourselves, worrying about or questioning what might happen in the future; we can live life one moment at a time; one breath at a time. Being open to what might be, remembering often it is what we do in this moment that determines how we feel in the next moment.

Take another deep breath in and a deep breath out as you welcome yourself into the next chapter of your life.

Good luck and take care 'til next time.