

# How To Move On From Relationships

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## Personal Excellence



**Celestine Chua**

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Celestine Chua

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# How I Moved On From A Heartbreak – Part-1: My Journey With Love

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This is part-1 of a 5-part series on [Moving On From Relationships](#).

1. [How I Moved On From A Heartbreak – Part-1: My Journey With Love](#)
2. [How I Moved On From A Heartbreak – Part-2: Heartbreak and Sadness](#)
3. [How I Moved On From A Heartbreak – Part-3: Forgiveness, Closure and Moving On](#)
4. [Top 12 Signs It's Time To Move On From A Relationship](#)
5. [10 Steps To Move On From A Relationship](#)

## My Journey With Love

(Originally written and published on Mar 8, '10)

*“To know whether something is meant to be yours, let go of it. If it returns, it has always been yours to have. If it doesn't, it was never meant to be.” ~ Celestine Chua*

Today's entry is going to be my deepest sharing here to date. All along, I have shared many personal stories such as [past disappointment](#), [past emotional stinginess](#), [my period of slump](#), [parting ways with my best friend of 10 years](#), etc. Today, I'm opening up to you in a way I have never done so before. I'm letting you in on a secret side of me, a side I only unveil to my closest friends.



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I'm not sure if you have noticed, but I barely discuss my love life here. It's a part of me I have zealously kept safeguarded all this while. Out of my 140 entries, I have covered on almost every topic but love (save for 1 entry I wrote on 2009 Valentine's Day [on singlehood](#).)

However, this changes today as I share this with you, lock, stock and barrel. The truth is, my journey in love has not been smooth. There was a guy I liked 5 years ago, whom I'd refer to as G. G was the first guy I really liked. However, things did not work out and I had my heart broken for the first time in my life. For the next few years, I was subconsciously held back by this experience. It was in the past 1 year where I finally cleared off this baggage, healed my inner wound and liberated myself from the past.

I've been meaning to write about this and now I feel the time has come. I'm sharing this because I know there is at least one of you out there who will benefit from it. As you read this, I sincerely hope you can take away something for yourself.

This unveils the delicate and softer side of me, different from the usual go-getter Celes you associate with. But it's me all the same – a me that has always been there, but you haven't known about till today :).

## Seeking My Soulmate

I have always been the die-hard romantic since young. Whether it was watching shows, dramas or playing games, I always enjoyed the love stories the most. I would relish in witnessing the characters meet each other, fall in love with each other and overcome trials and tribulations to be together. The main lead would always have a special someone – a soulmate, who held out for him/her, who was steadfast in his feelings and would give it all for person he/she loves. Their love stories would always pan out to happy endings. It was always a beautiful experience watching this unfold.

Other than experience love vicariously through these shows and games, I wanted to find my soulmate, the special someone whom I could connect with. While I've always been the strong, independent girl, there has always been a part of me who wants to be loved, protected and cared for. As I was growing up, I was not able to find this guy who matched what I was looking for. I was in a couple of relationships which lasted just a few weeks, and that was about it. I met new guys and occasionally went on dates, but I wasn't interested in them.

Yet, I remained ever hopeful that my soulmate was out there and I would meet him in time to come.

## Knowing G

I think it was during my 2nd year in university, 2004, when I first met G. I was 20 then. We had a couple of classes together and ended up as project mates in one of them. Many of my first few encounters with him were hazy. What I distinctly recall was I totally did not consider him a potential romantic interest. This was such an irony on hindsight.

Our friendship started like any other. We worked together in projects and met in classes. We occasionally ran into each other on the campus. When we did, we would hang out to chat, getting to know each other in the process. Because of our positive experience working together, we arranged to take more modules together in the next semester.

## Getting Closer



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During the next semester, with 3 of 5 modules together, we saw each other more frequently. We would always sit next to each other in class. During class, we would write and pass notes to each other; notes which were sometimes relevant to the class and many times, not. Outside of class, we would meet up for project work. A large portion of our time on campus was spent with each other. When we were out of campus, we would be in contact via email, sms or chat. Our friendship gradually evolved from one of normal friends, to good friends, to very good friends.

As I got to know him better, I was very impressed by him. He was very smart and capable, easily one of the smartest person I knew then. He was reputed among teachers and students alike for his top results. We clicked intellectually, in a way I couldn't with others. For his abilities and achievements, he was amazingly humble. He never spoke about them until he was asked, and even then he wouldn't talk much. His kindness also won me over. He had a heart of gold. I never once remembered him expressing negative intent of any sort towards anyone.

To top it off, G would treat me in a special way. He was very sweet to me. He would always be carrying my stuff for me, rain or shine, whether it was my books or my laptop. When I was down and out, he was there with me, listening and supporting in a quiet manner. There were several incidences when I felt frustrated, and he would be patiently hearing me out. I was moved by his patience and kindness. I began to open up to him more and more.

# Developing Feelings

G's behavior toward me was beyond just "good friends". There was something about the things he did, the words he said, his behavior around me. I definitely knew the difference between behavior that was nice and behavior that was romantic. I had several very good guy friends and their actions toward me could be described as "nice" and "caring", but definitely not romantic.

G's actions and words toward me were clearly more romantic than platonic, and different from how he acted toward other girls too. When we talked, he hinted about liking me, saying things such as how he liked looking at me, how I was "his Celes", that he felt "jealous" when I mentioned other guys, and the like. Whenever we were together, I could feel his attention was focused on me, to the extent it made me feel weird. He made promises, such as to respond to any communication from me within 24 hours, no matter how busy he was. He said no matter what happened, he would never let me get hurt. And so on.

Because of that, I really thought G liked me. I talked about him with several of my close friends, both girls and guys, and they unanimously agreed. This hypothesis was sealed when a trusted friend between me and G confirmed that.

To be honest, I was really flattered. I thought G was an incredible person. I really felt he was. For him to like me – I didn't even know what exactly he saw in me. I had never tried to hide myself when I was with him. As a result, he had seen some of my worst sides, some of which I wasn't exactly proud of. I was boisterous, hot-headed, blunt, inconsiderate, self-centered, critical and judgmental. He, on the other hand, was kind, caring, smart, capable, calm, composed, charismatic, patient, gentlemanly, sweet – the list could go on and on.

Yet at the same time, I felt we were very compatible. While I was the Type A, fiery and go-getter girl, he was the calm and cool-headed dude who balanced me off. We were both driven and competent in our own rights, always setting goals and achieving them. We were both accomplished individuals, be it in academics or otherwise. In University, we were [Dean Listers](#), actively involved in inter-school competitions/activities, often invited to exclusive event for top students and had our futures sealed with top companies. **He was pretty much what I was looking for – in many ways, more.**

I thought I had finally found my [soulmate](#) and began to fall for him. I thought I could finally start my love story. Little did I expect I was in for a heartbreak later on.

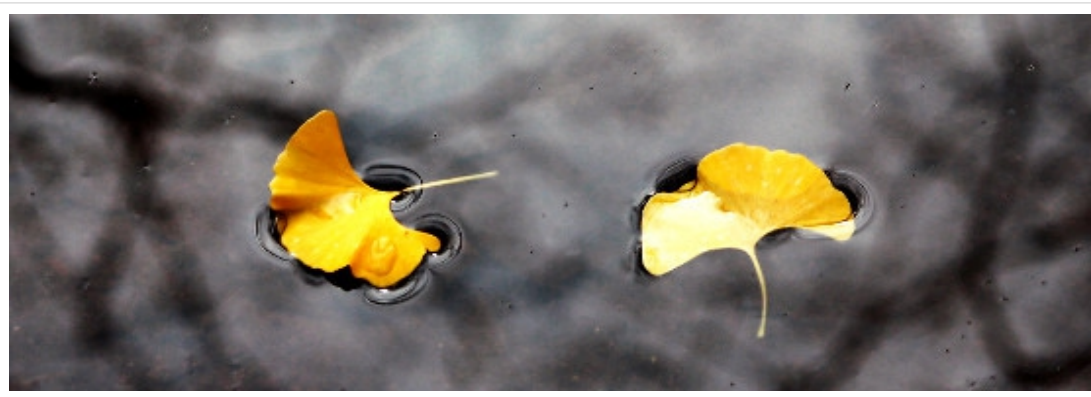
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# How I Moved On From A Heartbreak – Part-2: Heartbreak and Sadness

This is part-2 of a 5-part series on [Moving On From Relationships](#).

## A Standstill



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The strange thing was, while G [constantly hinted his interest in me](#), nothing ever happened beyond that. For several months, we trod on the very thin line that segmented close friends from a couple. Many of our coursemates thought we were a couple because we were so close. For what it was worth, I subconsciously thought so too, just that it wasn't officialized.

I never took any overt action because I belonged to the old school thinking when it came to love. I didn't think I should initiate anything if it was socially recognized that guys should take the

lead. I guess more importantly, I wanted to protect my pride.

However, the lack of progress on the situation baffled and frustrated me. I asked myself: *“Why isn't he doing anything? What is stopping him? What exactly is he waiting for?”*

## An Earnest Confession

Not one to hang around with no end in sight, I finally decided to take a step forward. By then, we were 3rd year students and knew each other for 3 semesters. I was about to graduate soon, and if nothing happened we would be off in our separate paths. Since his behavior clearly indicated interest in

me, I figured there was nothing to lose.

So, one day after school, we were walking in the campus alone. I mustered my courage and indirectly told him I liked him. Then, I waited for his response with abated breath.

What happened next left me completely bewildered. He didn't say anything. No reply, nothing. It was totally unlike him at all.

In my heart, I panicked. In a bid to do damage control, I said something to cover up the silence, something about how I liked him because I thought he liked me, and if he didn't like me then it was okay and it didn't matter. He didn't reply to that either.

I forgot what happened next, but the conversation suddenly went into a different tangent, about the future, life after school, etc. In that hour long conversation, he was back to his usual self, but he never addressed any of my earlier comments about liking him. Neither did he clarify whether he liked me or not.

At the end of the day, he sent me off at the bus stop, where I boarded my usual bus. In that 45 minute bus journey home, I was left in a state of confusion, shock and disappointment.

## Confusion

Seriously, I didn't know what to make out of it.

So did he like me or not? If he did why didn't he say anything? Maybe he didn't like me then. But wait – how could that be? There were clear signs he liked me, such as how he treated me, the things he said to me, and most important of all, our common friend's confirmation. If this wasn't interest, what was?

I was very confused. Very, very confused. I went over our experiences together and analyzed them one by one. I thought of all the possibilities behind his non-response. Maybe he liked me but he didn't know how to take it forward? Maybe he was held back by reasons I was not privy to. Maybe I was

wrong all along and he never did like me! Maybe... maybe he already liked someone else? Maybe he thought I was not good enough for him. Maybe I was not his type of girl. Maybe he was looking for a Christian (he was a devoted Christian) and I wasn't. Hey, maybe he was being an asshole and he was leading me all this while to cheat my feelings. Maybe this was just his game and I was a toy in it.

Maybe... maybe... maybe. 1,001 maybes went through my head. Each was a possibility. Yet at the end of it, all I had were maybes. There were no concrete answers to unravel my confusion.

## Heartbreak

You know, all along I had thought the word "heartbreak" was just a metaphor to describe deep sadness. I didn't realize it was an actual descriptor.

For the first time, I felt my heart, break. Here was the guy who promised me he would never let me get hurt, who said he would earn my trust, who said he would always be there for me, whom I trusted with all my heart. He turned out to be the same guy who hurt me the most. My heart felt like it had cracked and broken into different pieces. I felt both emotional pain and physical pain in my heart.

Many people knew me as a strong girl, independent, fearless, who wasn't daunted by anything. I wanted to be strong. I wanted to be unaffected despite what happened. No pity parties, no sob stories. I was no sap. I wanted to stand up tall and overcome whatever was before me.

And for the most part, I did. On the outside, I dealt with it very well, appearing unfazed. I seemingly moved on with little downtime.

But inside me, was a little girl: small, vulnerable, angry and hurt. I was crushed. As much as I tried to be strong, I couldn't stop myself from crying. I had opened myself up to this guy, trusted him, fell for him, and this happened. I thought I at least deserved an explanation for what was going on. But I didn't even get that. All I had were questions, a bunch of hypotheses, and no answers. I felt like some kind of fool, like I had been played around with. I felt worthless, like a piece of shit.

G was such a great guy. Ultimately, I recognized he had the opportunity to express his feelings but he didn't. Either he didn't like me or he didn't like me enough to want to bring it forward. It was as simple as that. I thought maybe he didn't like me because I wasn't attractive, because I was tall and most guys preferred shorter girls, that I was too critical, that I was not feminine, that I was not well-tempered, that I was too forthright as a person, and a

whole list of other shortcomings about me. **I concluded that if he didn't like me, it was because I wasn't good enough.**

## Trying To Move On

Not wanting to be a loser who hung on even when the other person was not interested, I decided to let him go and start afresh. I stopped thinking of him as a romantic partner, saw him as just a good friend, and decided to continue this friendship with this new understanding. Having undergone a rollercoaster of emotions the past week, I thought it was the end of this episode.

Except it wasn't. After the fateful day, he continued to behave like it was more than a friendship. I couldn't fathom why he was still doing it if he didn't like me. I mean, *what the heck was wrong with him?* First I gave him the chance to express his interest, and he didn't. Then as I was trying to move on, there he was, preventing me from doing so. Was he having fun screwing around with my mind?

I confronted him about his behavior a few times. Whenever he did it, I told him to "Stop it" or asked "Why are you saying/doing this?". Each time, he either feigned ignorance or kept quiet. And the same behavior continued afterward.

I hated him for doing this. Either he treated this like a proper friendship or moved it forward into a relationship. I couldn't live in this ambiguity. I felt he was irresponsible in his actions and his words. Deep down, I resented him for that.

## Deciding To Stay Away From Him

Since it didn't seem he was going to stop his odd behavior, I decided to stay away from him. It was time to start my life on a fresh note.

At the end of 2005, I told him we should reduce contact for the aforementioned reasons. Again, he kept quiet. I took that as an affirmation.

So in our next semester (also my last semester in school), we didn't take any classes together. We barely saw each other and our communication was at a minimum. I continued to do well in my last semester of studies and graduated from university. After that, I had a few months of break before I

started my job in my ex-company. He continued with his final year in school, proceeding to work after that.

I had entered university full of hope and enthusiasm in 2003, thinking I might meet my special someone there. I never expected to have my heart broken instead. A part of me was filled with wistfulness, melancholy and sadness. I thought graduation in 2006 represented a final closure to this chapter. I thought I could finally make a clean cut and finally put all this behind me.

As it turned out, moving on wasn't as easy as I thought. It would take 4 years and several inner realizations before I finally gained the closure I needed to properly move on.

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# How I Moved On From A Heartbreak – Part 3: Forgiveness, Closure and Moving On

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*This is part-3 of a 5-part series on [Moving On From Relationships](#).*

## My Journey in Moving On



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### Thinking About Him

After we parted ways, I focused on living my life. Staying away from G made it easier to move on. No more confusing signals to throw me off track. No more mind games. No more ambiguity. While I was hurt on the inside, at least now I could focus on the path of recovery rather than be left hanging in the middle of no man's land. I was sad and disappointed that G was not the one, but I remained hopeful that my special someone was out there and I would meet him someday.

Yet, a part of me still thought about G. This tended to arise in certain moments, such as when I was by myself, when my friends talked about guys/relationships, when I saw couples together, or when I was down. I would think back about the past, and the times we were together. Thinking about him would trigger different emotions. Sweetness and nostalgia from the happy times. Confusion over why exactly he acted that way. Frustration, sadness and disappointment from how things turned out. Regret over what could have been. Anger and hatred for how he dealt with the situation and breaking me on the inside. Over time, these emotions had dried out into numbness.

When I was down or out of sorts though, I would feel an urge to contact him. I remember there was a time in 2006 when my mom was in the ICU after a

surgery. It was the worst period of my life – I thought she was going to die and I was going to lose my mom forever. While I was crying my eyes out at the hospital, I wished he was there with me. However, I held myself back from contacting him because I didn't want him to see me in this state, especially not after what happened between us. Thankfully, my mom recovered a few weeks later.

There were other times when I felt troubled and wished I could seek solace in him. Each time, I stopped myself, reminding that staying away was for the better.

Occasionally he would sms me, to wish me happy birthday, share a festive greeting or on something random. Sometimes I didn't reply, other times I just responded with a courteous message. I figured talking too much was pointless, since I wanted to draw a clear line from him. I tried to keep communication with him minimal to protect myself.

## Living In A Loop

I wasn't exactly able to maintain the distance with him though. Over the next 3 years between 2006-2008, there were two times when I contacted him. The first time was in 2006, when I just started work and I felt bogged down. The second time was in mid-2008, when I wanted to leave my ex-company to pursue my passion and I was contemplating how best to deal the situation. Looking back, these were times when I was less sure than my usual self, when I needed support. It wasn't surprising he came to mind then, since I saw him as my pillar of support in the past.

Each time I contacted him, we almost immediately clicked like in the past. This was despite not being in close contact for almost a year each time. None of us mentioned the awkward incidences that led to me breaking away back in school. For the next few months, we quickly grew closer and closer, talking late in the night, emailing, meeting up frequently and just hanging out. And again, he would treat me in the same special way that was [more romantic than platonic](#).

In all honesty, I removed the possibility of us being together when I made the decision to stay away in 2005. I had contacted him because I just wanted to talk to him, not to see if we could be together. Thus, when the whole romantic vs. platonic behavior began, I was skeptical of his intents. I kept him at an emotional distance while enjoying the friendship as it was.

However, as we talked more and went out more often, I thought perhaps things had changed since the last time. Maybe this time, he was serious.

Maybe this time, it was real, you know? Maybe by not reciprocating, I was closing myself out in love. With renewed hope and faith, I decided to give this another shot. I began to respond in kind.

Yet after the initial pickup, things reached the exact same point as before. The same point of ambiguity – a friendship-bordering-on-relationship-but-not-a-relationship relationship. I was engulfed with the same confusion and second-guessing. Same questions, same hypotheses, no concrete answers. It was incredulous. I thought it had to be some kind of a joke. It was like living in a loop – repeating the same actions and experiencing the same outcome, again and again. Like the same scene in a play that kept reenacting itself, except it had no ending.

Once again, I was saddened and hurt. When it became obvious nothing was going to change, I broke away – silently this time. They say once bitten, twice shy. And third time is the charm. When this happened the third time in 2008, it finally sunk inside me that nothing was ever coming out of this friendship/relationship. I had given it (the relationship) one too many opportunities to play out and it didn't.

With a heavy heart, in Dec 2008, I decided to move on for good this time.

(Actually in that month, I experienced 2 huge disappointments – this incident with G, and another about addressing money barriers while pursuing my passion. In Jan '09, I wrote about how I overcame the latter disappointment. I didn't write about G then because I wasn't ready to. Today, I'm finally ready to do so, having gone through the realizations below that have helped me move on.)

## Realizations that Helped Me Move On



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It took a long while, but I finally moved on 4 years after we first broke away in 2005. The funny thing about these past 4 years is that there were many times when I thought I had moved on during this period, only to find out afterward that I hadn't. I'm glad to say now that majority, if not all, of this episode is now behind me. For sure, this didn't happen overnight – it was through little steps, little realizations along the way that enabled me to finally put the past behind me.

## Recognizing He Didn't Want To Be With Me

Regardless of how his actions were romantic vs. platonic, ultimately I realized that if G was really serious about being together with me, he would have taken action long ago. There was no need to dance around at the sidelines, not after all these years too. Not in 2005, not in 2006, and certainly not in 2008. There could be one billion and one reasons why he didn't take further action but the fact was he chose not to do so. It took me a while to accept this, but when I did I saw things much more objectively.

## Realizing He Was Not The One For Me

During the times when we were close, I saw G as my soulmate. So when it turned out nothing was coming out of the friendship/relationship, I found it difficult to see myself with someone else. Even as I went out with other guys, I would often compare them with G. My preset bias made it difficult for guys to measure up against him, so as a result I turned my back on other guys.

But then I realized if G was my soulmate, these loops wouldn't be replaying over and over again, each time culminating to the exact same ambiguity. No matter what I did, no matter how I tried to alter the outcome, it always resulted to the same end. To have it happen once was enough – but to have it happen *three times*, staggered across different time periods – it proved beyond any doubt nothing could come out of this. I kept trying to look beyond but it was a dead end. A dead end. There was nothing beyond. I finally realized that G was not the one for me at all.

## Forgiving Him... and Forgiving Myself

*“To forgive is to set a prisoner free and discover that the prisoner was you.” – Lewis Smedes*

Deep down, I hated G for the way he dealt with the situation. I felt he was irresponsible. If he didn't like me, why did he even say all those things? Why did he keep quiet when I confronted him? Why did he continue on behaving that way even after I told him to stop it?

No matter how I tried to give him the benefit of the doubt, a part of me still blamed him for what happened. He had played with my feelings and betrayed this trust. All the promises he made in the past were just empty words. I felt like his pawn in this whole game. I was angry at him. I was resentful.

Beyond that... I was angry at myself. If he was supposedly a jerk, then I was angry I even allowed myself to be fooled by a jerk. If he was irresponsible, I was angry I was blind enough to leave my heart in the hands of an irresponsible person. All in all, I was mad that I had not taken proper care of myself. I had let myself get hurt. I had let myself down.

Last year (3 months ago in Dec 2009), I realized if I wanted to truly move on, I needed to forgive him... and myself. I was dragging the past emotional baggage around like a dead carcass all this while, punishing myself. The hate was still inside me. Only by forgiving him, was I forgiving myself.

After I realized this, interestingly, I experienced some inner resistance in me. It was as if I didn't want to let it go, like I didn't feel it was fair to forgive him after what he had put me through. But then I asked myself “So do you want to carry around this whole baggage instead? And think that you are making him pay when you are really just punishing yourself?” Upon hearing this, it took a few seconds before I consciously decided to let go of the hate. The anger. The resentment. I suddenly realized I had been so silly, holding on to all of these for so long, never ever realizing that I was really just the only person suffering the whole time. When I finally let them go, I couldn't help but smile. I felt lighter immediately, like some invisible weight was lifted. It was liberating.

## Letting Him Know the Truth

A closure couldn't take place if he didn't even know what had been happening all this while. I thought he deserved to know the full story all these years. I felt I should bring to his awareness the implications of his actions, for his own journey of growth, and for the well-being of whoever is in his life / crosses his life in the future. What he decides to do after that is his personal choice.

So in same month of Dec '09, I wrote a long email to him. For the first time, I shared my thoughts feelings transparently. I wrote about all the key events that happened between us, starting from 2005. From when I liked him, to breaking away, to living in a loop for the few years, to breaking away again in 2008. I told him how I felt he was irresponsible in his communications. I told him how I hated and resented him for what he had done. Finally, I told him I had forgiven him. I was ready to move on.

I didn't expect him to reply. To be honest, it really didn't matter at all because the email came from a moral obligation to let him know the truth of what had been going on, rather than to get an answer. Whether he answered or not, or whatever his answer was, didn't matter anymore as I had put this behind me.

If you want to know, he replied within the day, expressing surprise at the contents of the email. He gave his side of the story, saying since we were in university, he really admired me, my passions, courage and my values. He said he also found me to be caring, smart and pretty. Because of that, he really liked spending time with me. Back then, he was unsure of whether to pursue the relationship romantically, but ultimately decided what he really wanted was for us to stay as good friends. He explained I always had a special place, which was why he always treated me exceptionally different from other people. At the end, he apologized for the hurt he had caused me.

His answer helped draw light on the events of the past few years. I replied back, thanking him for the apology and that I had accepted it. I was thankful that the loop was finally broken. #14 of [my key highlights for 2009](#) was actually referring to this.

## Living For Myself

The final closure I needed was with myself.



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Regardless of the multiple hypotheses I had on why G and I were not together, I had always concluded it was because I wasn't good enough. If I was good enough, he would have wanted to be with me. While I stopped liking G since a long time ago, the fact that he didn't want to be with me was a subconscious block. It was no longer about why G and I couldn't be together. It became an issue with why G didn't want to be with me. Was it something wrong with me? Was I not good enough to be with? This experience left a huge dent in my self-esteem.

**This belief that I wasn't good enough enveloped me like a quiet**

**shroud.** Consciously, I was sure of myself and my capabilities. Subconsciously, I kept thinking I wasn't good enough, that I was not deserving of love, that I was ugly, fat, unworthy, critical, judgmental, not feminine enough, etc.

Because of that, I went on a marathon to improve myself these past few years. I kept thinking I was not good enough to be with someone. I worked on improving my temper. I cultivated patience. I became a kinder person, putting myself in others' shoes and to be caring more for them. I tried to lose weight. I tried to be less critical and more encouraging. I tried to be more feminine, dainty, quiet and demure, against my natural demeanor where I was more open, forthcoming and earnest.

While "improving" myself made me feel better, it was just for a short while. I would feel inadequate after a while, being overly self-critical and pinpointing how I could be better. I never seemed to be good enough. It was only a month ago where I questioned myself – *What exactly was "good enough" then?*

I came up with a list of qualities I thought were "good enough". Pretty, short, petite, demure, quiet, kind, reactive, feminine, dependent, relenting, etc.... It was then I realized these were the qualities I thought were "good enough" for G, or guys for that matter. What would happen after I acquire these qualities then? Would I be together with G?

*Maybe.*

Would G be happy?

*Probably.*

Would I be happy?

The answer hit me with a quiet “*thud*”.

*No.. I wouldn't be happy.*

It struck me that even if I became a girl that G would like or what I thought G would like, it wouldn't matter – Because I wouldn't be happy. I may be good enough for him then, but I wouldn't be good enough for myself. *This isn't about the specific qualities itself, but the reason behind the desire to change.* For what it is worth, that list is probably inaccurate. The point is, I was trying to change to fit into what I thought G or somebody else would like. Changing for that reason wouldn't have gone anywhere far because I would never be happy that way. If I want to be happy, I myself need to happy, first and foremost.

## **Recognizing the Relationship Was Just a Mental Illusion**

With the realization above, that was when it finally clicked that the relationship between G and me had been a mental illusion all along. Subconsciously, a part of me thought G and I would be together if I turned myself into Person X (with the X list of traits G was looking for). But the truth is, I can never be Person X. More importantly, I don't want to be Person X. It is not what I see myself evolving into. This is not what I see to be in line with my growth, my life, my destiny.

Since the relationship between G and I can only exist if I'm Person X, in reality this relationship can never exist because I can never be Person X, nor do I want to be Person X.

It was a simple, yet powerful realization. When I realized that, it felt a veil that had been covering me all these years had finally been lifted from my head. I felt the fog around me was gone. I had finally freed myself from the mental shackles I had put on myself all along.

## End of a Chapter, Beginning of the Next

Looking back, it has been a long journey these past 5 years. A journey filled with happiness, hope, sadness, disappointment, anger, self-doubt, self-hate, and at the end of it, deep revelations, growth, and an all-new self-awareness. I didn't realize it then, but I had been living under the shadow of this relationship all these years.

Yet, I recognize everything that has happened has helped me become a better person. I'm grateful for that.

I'm glad to have finally gained closure on this and with myself after all these years. I have realized that whenever we refuse to move on, we prevent new things from entering into our life. The ones we are punishing isn't the other person, but ourselves. When we let go of the past, we are in essence allowing new things to enter into our lives. If you want to attract new possibilities, you need to first release the old baggage you are hanging on to.

Right now, some of you may be in an ambiguous relationship and not know what to do. Some of you may be in broken relationships. Some of you may be thinking of whether to return to a past relationship which didn't end off well. Some of you may be trying to move on from an unhappy past relationship.

Many of us are usually not aware when they should be moving on – I was in this exact same situation. Part-4 of the series is on the [\*\*Top 12 Signs It's Time To Move On From A Relationship\*\*](#). It's over 3,500 words long – I've spent deep thought writing this and I hope it will help you find out if it's time for you to move on in your relationship.

*Posted Mar 10, 2010 | [Original Article Link](#)*



# Top 12 Signs It's Time To Move On From A Relationship

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*This is part-4 of a 5-part series on [Moving On From Relationships](#).*



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Funny as it may be, most of the times, we aren't even aware we need to move on from a relationship until it becomes evident. Some of us logically know we should move on – yet we linger on anyway.

For me, even though I had concluded in 2005 that I had to move on with G, I was still wrapped around in a loop in 2006, and again in 2008, because each time the circumstances gave me the impression that it was different this time round. It wasn't until the situation reached the same dead end for the third time that I finally realized it was time to move on for good.

As I look back and as I look around at friends who have been or are currently in similar situations, I realize there are common reasons arise as to why we couldn't / don't / can't move on. For example:

- **The truth hurts.** Sometimes the truth is more than we can take. So to make things easier, we continue to live in our false reality. Some of my friends keep returning to ex-es who treated them badly or cheated on them in the past. They feel it's much easier to believe in the faith of their ex-es than admit to themselves that their boyfriends don't treasure their relationship that much.
- **The other party is giving ambiguous, misleading signals.** This was the case for me and G. Behavior that's [more romantic than platonic](#). Behavior that spills over the domain of friendship. This led me to think there was something more. [Based on your comments](#) , it would seem many of you are caught in the same situation too.
- **The other party is giving mixed signals.** When we try to get closer, he/she shys away. Then when we try to move on, he/she suddenly tries to get closer. Such confusing behavior, such conflicting actions. What should we do instead then? In the end, some of us choose to pander on, hoping it'll eventually lead to a positive place.
- **We don't believe we can ever find someone like him/her.** Even though we meet new people, we can't find someone who matches up. What if there's no one else out there? It's so hard to even fathom that. I think a lot of us choose to hang on because we are afraid we can't ever find someone in the future. The fear of being alone drives us to cling on even when all seems lost.
- **We are afraid of what's next if we let go / move on.** Having grown comfortable in the relationship, we are afraid of the change that will ensue if we break away from it. What's going to happen to me? How will my life change? But I'm already so comfortable with him/her! Will I be able to adapt to this new life? Thich Nhat Hanh said it well when he said "*We rather stick with suffering that is familiar than pain that we don't know*".

No matter what the reason is, [avoidance never brings us anywhere in the long-term](#). It's better to identify when a relationship is going nowhere so we can address it accordingly, rather than cling onto it in blind hopes that things will change. If we hold on to relationships that are not meant to be, we can never attract new things into our life. We will forever be living in the past than moving forward into the future.

Having been through a relationship which led to nowhere, I've learned some telling signs on when it's time to move on. Below are top 12 signs to know when it's time to move on from a relationship – in particular romantic ones. They will be relevant whether it's a budding romantic relationship, a new/existing relationship or a past connection.

Out of these 12 signs, I've reapplied the 5 signs from [when to part ways with friends](#). That's because a romantic relationship is built on the same

underlying pillars as friendship. The difference between them is the level of intensity. A romantic relationship is much more intense since the parties are usually more closely bounded together.

## **Top 12 Signs It's Time To Move On From A Relationship**

### **#1. When you live in past memories more than the present.**

Do you replay the happy moments of the relationship to make you feel good about it? Do you use them as reasons to continue on with him/her? If so, it's a sign your current relationship isn't how you want it to be. I realized the more we live in the past memories and/or a self-created future, the more we are living in a self-created reality. This is dangerous since it's not reflective of the actual state of the relationship.

You have to remember your relationship with the person exists in the current moment. Not in the past. Past memories should remain as memories and not as a reason to stay together. Your decision on whether to stay with the person should be based on your current feelings for him/her, the actual state of the relationship and the future you see with him/her.

### **#2. When the relationship brings you more pain than joy.**

Sometimes, we tend to be blinded by the past happy moments of the relationship. To the extent we forget about all the unhappiness it brings us. If your relationship leaves you frustrated/upset/unhappy more often than not; If your relationship is leaving you in tears every so often, perhaps this might not be the right person for you. The relationship you are in now should be one which brings you happiness *now*. Just like #1, if the main source of happiness of your relationship is from past memories, something is amiss.

### **#3. When he/she expects you to change.**

The truest form of love is one that's unconditional. Your partner shouldn't expect you to change, unless it's for your well-being (such as to quit smoking

or to adopt a healthier diet). Some of my friends had ex-boyfriends who wanted them to change, such as to dress up more often to look prettier or to lose weight when said friend was of healthy weight. There was even one who actually suggested my friend to shave her arm and leg hair because he felt it a given for girls!

The issue here isn't about you. The issue isn't about the change itself either. The issue is about the expectation of you to change. While some requests may start off seemingly normal/benign, they will quickly build on over time. Even as you concede to the requests, more will come. It marks the first step of him/her trying to mold you into his/her expectations of you, rather than you growing into your own.

#### **#4. When you stay on, expecting he/she will change.**

The above applies for the other person as much as it applies for you. If you are staying on / getting into the relationship expecting the person to change, you are in this for the wrong reason. You are trying to change the person to fit your expectations, rather than accept him/her as the individual he/she is.

Even if the person does changes, soon you will have something else you want him/her to change. You will never be fully satisfied with how he/she is. The worst thing is, if the other person isn't conscious, he/she will keep changing just to fit your expectations. In the end, he/she will just end up being your shadow.



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This happened between my ex-best friend, K, and me. While we were not in a romantic relationship, some issues we faced in our friendship are probably similar to what others face in their romantic relationships. Through our friendship, I began to see him as an extension of me, rather than as a separate individual. K did not have a very strong self-identity at the time, so unfortunately he kept changing to fit what I wanted. In the end, he was became my shadow. After 10 years of friendship, we had to part ways, because it was the better path for us to grow as individuals – for him to grow into his own, and for me to grow into my own as well.

## **#5. When you keep justifying his/her actions to yourself.**

Whenever we experience a situation we're uncomfortable about, we experience **cognitive dissonance**. It refers to the discomfort from being faced with something that conflicts against our beliefs. When this happens, we try to come up with explanations, justifications so we can feel good about the situation.

This if we feel the need to justify an action, that means we are uncomfortable with the action itself and we want to explain away the discomfort. The danger behind this is that the explanations are self-created and may or may not be true. If you are repeatedly justifying his/her actions, the relationship becomes built on your rationalizations, rather than the reality. Likelihood is that you are living in your world of false assurances rather than the truth.

Back in 2005 when the relationship between G and I was in the state of ambiguity, I would think of different reasons to justify why nothing was happening. Maybe he didn't know what to do. Maybe he was shy. Maybe he wasn't sure of what to do with the relationship. Maybe studies was his priority. Maybe I should take the first step. For a while, I was justifying different reasons as to why he didn't take action. However reality was he wasn't taking action. Everything else was just made up in my mind to fill up the gap between this reality and my expectations. By creating all these justifications, I had unknowingly created a mental jigsaw which I had to slowly peel away in the later years.

To see reality as it is, see the actions as they are and let them speak for themselves. Actions ultimately speak louder than words.

## **#6. When he/she is causing you emotional/physical/verbal hurt.**

Physical and verbal abuse are definite no-no's. There is clearly something wrong if the other party abuses/hits/curses/swears at you, no matter how he/she tries to make up for it later. Even if it may be the spur of the moment, the fact that he/she lets slip in that moment shows there is something deep inside him/her that needs addressing.

Emotional hurt is trickier. A lot of people negate emotional hurt because it's not visible. Ignore it, and it's not there. But emotional hurt is hurt all the same, if not worse. The wounds that are hardest to heal are the emotional ones, not the physical ones.

I was emotionally hurt by G when he flippantly led me on with his words and behavior, even after I told him not to do it. This had a lingering effect on me for years even after I broke away, which took a long while to heal. Even though he may not have realized what his words/actions did to me, the fact was that he wasn't conscious enough about my feelings to realize the hurt he was causing me.

The point of this example isn't to persecute anyone, but to illustrate that the other party should be someone who respects you and is conscious enough of your feelings/well-being not to let you be hurt. If he/she has caused you hurt, you need to bring it to his/her awareness and address it together. Keeping mum about it is like handing a free pass to let the hurting behavior continue. If the same thing happens even after you have made efforts to address it, you need to reevaluate the relationship. If he/she can't care for you properly, he/she might not be the right person for you.

## **#7. When the same situation/issue recurs even though you tried addressing it.**

Once might be a coincidence. Twice, you might want to give another chance. But 3 times is a clear sign something is wrong. I finally realized nothing was coming out from the relationship between G and I after our loop played out the third time. Each time, I did what I could to make it work out, but it always stopped at the same end. It was more than enough evidence that this was the end.

Do you find yourself in replay mode in your relationship? Do you keep landing in the same situation, the same scenario, the same outcome, time and again, no matter what you do? If so, perhaps you need to accept this is the furthest the relationship can get to. You can keep pressing on, but it's a matter of time before it sinks in that there's nothing further to go. This is the end of the road. There is a future for you and him/her, and this relationship isn't the route to that future.

## **#8. When he/she puts little to no effort in the relationship.**

Every relationship requires effort by the duo. The same applies for familial bonds, friendships, mentorships and most definitely love. Both of you have to commit to the relationship together. If you are constantly the one putting in more effort, sooner than later it'll drain you. You have to give more and more just to keep the relationship afloat. Unless this imbalance is addressed, it will only become bigger and bigger over time. Soon you sink your whole self into it, losing your self identity in the process.

When you see relationships where one is investing way more effort than the other, they are usually headed to doomsville. Some of my friends were in such situations. They invested themselves into their relationships and poured in their hearts and souls. Their partners, on the other hand, only put in a fraction of that. They barely cared – it seemed as if the relationship was just a nice add-on to their lives, rather than something they really valued. Soon, said partners began drifting away. My friends kept giving more and more, hoping they could salvage the situation. This only slowed down breaking off process but didn't prevent it.

Don't get me wrong – it is possible for a relationship to last even when one party is putting in more effort than the other. However, are you prepared to do that for the rest of your life? Is your ideal relationship partner someone who doesn't care to invest as much effort into the relationship as you? I personally think all of us deserves someone who treasures us fully, who wants to be with us as much as we want to be with us. To have it any other way is like having a car with a tyre busted – it'll keep moving in a slant until it eventually drives off the cliff.

## #9. When your fundamental values and beliefs are different.



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of the tree to hold this soil together, everything will just slip away against your best efforts.

For any friendship or relationship to work out, there has to be certain similarity in fundamental values. Similarity in these values are the big rocks which will hold the friendship in place. Even if other things are dissimilar, the big rocks will enable the friendship to weather through even the toughest storms ahead.

On the other hand, if your core values are fundamentally different, it doesn't matter even if everything else is same. The journey to keep the relationship together will only become an uphill battle. It's just like trying to hold the soil of the ground together in a heavy rain. Without the roots

I believe the most important thing in life is to first be true to ourselves. While conformance has its merits, it should never be done at the expense of our own growth or our values. Compromising on your personal values just to keep a friendship afloat will ultimately only make you miserable. What's worse, because your true self is repressed, you start to wrap your identity around the friendship. This was what happened to K, which was why we had to let go

of the relationship partly so he could grow into his own. You need to first be true to who you are before any meaningful relationship can be formed.

Sometimes, it's possible both of you start off with the same values system. Over time, there will be changes. Maybe he grew to be a different person. Maybe you did. Maybe both of you changed. The changes may result in change in your fundamental philosophies, to the point where they no longer fit. If you can no longer connect with the person in the same manner as before, it's time to reevaluate the relationship.

## **#10. When the relationship is holding you back, hence preventing both of you from growing as individuals.**

A relationship is ultimately a third entity formed due to two individuals. Every relationship evolves based on how both parties are growing. Sometimes both parties grow at the same pace. There are times where the relationship is one of stagnancy, where both parties don't grow. Then there are times when one outgrows the other, by a large margin.

When this happens, you have two options (i) change the dynamics of the relationship to fit this new development, or change yourself to maintain the same dynamics. As I shared above, it's most important to first be true to ourselves. Determine who you are and who you want to be, then decide if this relationship is one that is compatible with you. A relationship that hinders you from growing into your own isn't the best one for you. On top of that, if you are not able to grow into your own, chances are your partner is facing a similar blockage as well. A real relationship should be one that enables you in your personal life journey, so you can then enable your partner in his/her life journeys as well.

## **#11. When you stay on, expecting things to get better.**

This is similar to #1, except it pertains to the future. Just like how you don't live in the past, you don't live in the future. You can hope that the future will be better, but the fact is you live now. If the only thing that's making you hold on is the hope of a better future, the relationship isn't exactly built on solid grounds. The future you wish for is one of the many possibilities that can occur, a possibility that may never come to reality. It's dangerous to base the fate of the relationship on something that might not occur. A building built on a shaky foundation will crash to an unsightly end when the foundation gives way.

## #12. When either of you no longer feels the same way about each other.

Things change. People change. If the feelings are no longer there, it's time to move on. Some of you might linger on in a relationship even though the feelings are gone. Perhaps it has become part of your routine and you don't know what to do once you break away. Some of you continue on because the relationship still serves certain functional purposes, such as companionship.

Yet, a relationship without the mutual feelings is like a body without a heart. There's no soul or life in it. If you no longer have feelings for the other party, staying on is doing the other person an injustice. More importantly, it's doing *you* a huge injustice. It's best for him/her and you to part ways so you can move to better places.

If the other person doesn't have feelings for you anymore, holding on to him/her only drags out the misery. Realize that "*True love doesn't have a happy ending, because true love never ends. Letting go is one way of saying I love you.*" Just because you love the person doesn't mean you have to be with the person. True love exists outside of the physical fabric of a relationship. This is just a form of expression of love, but in no way is the single definition of love.

I'll end off this article with a final quote:

*There are things that we never want to let go of, people we never want to leave behind. But keep in mind that letting go isn't the end of the world, it's the beginning of a new life.– Author Unknown*

Thank you to all of you for all your support, encouragement and constructive comments on the series so far. It's been a nostalgic and heartwarming experience writing everything and I really hope this has been helpful to you, wherever you are in life right now. Read the concluding part of this moving on series – [10 Steps To Move On From A Relationship](#).

Posted Mar 16, 2010 | [Original Article Link](#)



# 10 Useful Ways To Move On From A Relationship

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This is last part of a new 5-part series on [Moving On From Relationships](#).

## Moving On Isn't Easy



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I'll be honest with you. **Moving on isn't easy.** If it wasn't [for the experience with G](#), I'd think moving on is just a matter of putting the past behind us. I mean, you want to move on? Just forget about the past! Get over it. Look onward to the future. Keep yourself busy with other things.

Uh-uh – Not so easy. While these do help in some way, I realized there is more than meets the eye. No matter how I tried to push away the past, the past hung there like a shroud, affecting the way I thought about myself, my decisions and actions. I didn't realize this [until I came to the realizations which helped me let go](#). Ultimately, there were past baggages

to clear and subconscious, erroneous beliefs to untangle before I could really move on. All these require an ability to think consciously and to maintain a level of objectivity, which is hard because such matters are usually linked to deep sorrows and injured pride.

Often, we think we have moved on but we haven't. This was the case for me for the past few years. For the longest time, while I thought I had moved on, subconsciously I had not. Thinking you have moved on and having really moved on *are two separate situations altogether*. In the former, you continue to live under the shadow of that person or relationship without realizing it. You think you have been liberated but truth is you are still living in a mental prison as you keep thinking about the person and past memories. This prevents you from receiving new things in your life.

## 12 Signs To Tell If You Have Not Moved On

For you to move on, you have to first know whether you have moved on or not. Here are 12 signs to tell if you have not moved on:

1. When you **think of the person more often than not**.
2. When you **think** about him/her **even though you don't want to**.
3. When you keep **mentally reliving past memories with him/her**, usually the happy/sweet ones.
4. When **he/she comes to mind the first instant** when you are **down and out**.
5. When you still have questions and resignations about the past. You wonder **what could have been** or **why didn't it turn out a certain way**.
6. When you **assign blame for the way things turned out**, whether it's to him/her, yourself or the circumstance.
7. When thought/sight of him/her **trigger certain emotional reactions**, such as aversion, anxiety, frustration, resignation.
8. When you keep trying to improve yourself because **you feel you were not good enough (for him/her)**.
9. When you have **a desire to spite him/her**, as a way of making him/her regret for whatever happened.
10. When you **often bring up the person in your conversations**, even when there is no relation.
11. When you have **a desire or urge to contact him/her** even though you previously told yourself you didn't want to.
12. When you find yourself **living out the same looping patterns**. A very common example would be on-again, off-again relationships with that person. Or a lingering state of relationship that doesn't get anywhere. Even if you are with other people, if the relationships act out in the same pattern as the past, it reflects you have not moved on. There's a part of you entrenched in the past which is making the same situation reenact itself, just with a different person.

## Moving On Takes Time

**The moving on process will take time**, probably longer than you might think. I'm talking about being fully cleansed of all lingering hang-ups and scars from the incident, **not just moving on on a surface level**.

It took me 4 whole years before I was able to fully release myself from G's shadow and our pseudo relationship. There were many times when I came to

a new revelation and thought I had thus moved on, only to realize afterward there was more inner baggage to be cleared. This didn't mean I wasn't making progress before; it just meant the emotional wound was deeper than I thought.

In these 4 years, there was a truckload of baggage cleared. To be honest, it really shocked me to know the amount of baggage that was stored inside me all this while, despite actively living consciously. For one, **it affirmed the journey of conscious growth never ends** – it's an ongoing one. Two, to have so much baggage created from a relatively short period of time (we first parted ways 1.5 years of knowing each other) showed **a lot of mental baggage is pretty much self-created**. It's compounded by our projections of people, assumptions of situations, expectations of how relationships should be, etc.

If you are still holding on to what could have been, it's time to release yourself. No more mental torture or mental inhibitions. No more holding yourself back for something that cannot come to pass.

Depending on how deep the emotional impact was, it might take several phases before you can really move on. Think of it as a journey, rather than a binary Yes/No checkpoint. Whatever you do, you will definitely be making progress every step along the way. Be it bitter or sweet, each time you are clearing baggage, bit by bit. **Each step is an act of healing in itself.**

Here are my personal 10 steps to help you in this healing journey.

## **1. Clear your baggage. Acknowledge, accept and let go of your feelings.**

With every broken relationship comes baggage. The (a) longer and (b) more intense your relationship is, the more baggage you'd have accumulated. The length of time me and G were in close, active communication was about 2.5~3 years in total. Not very long compared to others, yet there was so much baggage to be cleared in my head! If your relationship was longer, I can imagine there must be a lot more for you to deal with.

Our baggage will be a mixture of sadness, regret, hope, wistfulness, melancholy, disappointment. If the relationship was intense, your baggage will probably include hate, grief, anger, fear, shame and other deeper emotions. It's natural to feel these. **Whatever the emotion is, acknowledge and accept them.** This means if you hate the person, feel that hatred. If you feel sad, soak in your sadness. If you feel the need to grieve, then please grieve. Cry if need be. Take time out for yourself to process these feelings.



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Don't bottle them in, because as we all know they will explode in the future when least expected. You might have heard of people who claim to have moved on by shutting off / avoiding their emotions altogether. They may feel like they have moved on, but what's really happening is the issue has just become so deeply buried that it doesn't cause any immediate reaction. It's like having a cut that is healed on the surface, but still has impurities underneath the scar. To complete the cleansing process, all the dirt has to be cleansed. To do so you need to **first acknowledge and accept your feelings**.

As you connect with these emotions, **slowly let them go**. Feel them, understand the source, then release them. Some suggestions would be to talk to a good friend, journaling or meditation. Sleeping helps to clear mental baggage too – but just be conscious that you don't turn to sleep as a source of escapism.

## 2. Recognize he/she is not the one for you.

A large portion why you can't move on is probably because you keep seeing him/her as "the one" for you. You just can't see yourself with anyone else but him/her. Such fixations are dangerous. This leads you to linger on and on, hoping for a "some day" which will never come. Not only that, it leads to a lot of mental projections – both on you and of him/her.

One thing I've realized is that if the party does not have the 110% intention to be together, then he/she is not the one for you. I always believe if real intention is there, any obstacles, no matter how insurmountable, can be overcome. If the intention isn't there, then anything else can come forth as a "reason" for not being together.

If you keep thinking that you guys will be together once the circumstance changes, or once the timing changes, or once you are a better person, then perhaps this isn't the right person. These prerequisites are signals this relationship isn't meant to be. Because ultimately, it's not about the right place or right timing. It's about whether he/she is the right person. If he/she is the right person, you guys would have been together *regardless of how wrong the place or timing is*. That's why it's called the right person.

### **3. Share with your close friends.**

You don't have to go through this alone. Your friends are there for a reason, to help you, support you, and pull you through this period.

Looking back, I can't imagine how I could have dealt with this saga without my close friends with me. [K, for sure](#). Other close friends include my secondary school pals, my junior college friend, my god brother whom I knew back when I was 15 and my best friend from university. These people were there to listen to me and support me when I was down. Their overwhelming patience made me very grateful for who they are and our friendships. This experience has undoubtedly strengthened our friendships.

### **4. Reduce contact with him/her.**

In the healing process of a wound, the initial healing period will be the most delicate. During this time, you wouldn't want anything to come near and agitate the wound. Especially not the very things the wound is susceptible to. Because of that, you might need to reduce contact with this person away at the beginning, if it helps you to heal / move on faster.

There are three possible situations where you'd have to do so.

1. If you feel you can't move on with constant reminder of his/her presence.
2. If he/she keeps pestering you even though you just want to be friends.
3. If he/she acts in a way that prevents you from moving on. For example, words or actions that were more romantic or platonic, making it hard for you to decipher on the status of the relationship.

I had to reduce contact with G because his actions toward me made it hard for me to move on. A part of me kept seeing him as an ideal guy, while on the other hand he was treating me in this special way that was ambiguous. Reducing contact made it much easy for me to gain clarity on the situation, that what we had was a friendship and there was nothing more than that.

### **5. Seek closure with him/her.**

At the end of an unrequited or broken relationship, there are going to be a lot of unspoken words, questions, and emotions pent up. Questions like: *Why did he/she do this to me? What was he/she really feeling at that time? Did he/she ever liked me? Why couldn't things be worked out?* You may try to rationalize them away, but they will remain there, yearning to be answered.

Airing these thoughts to the person helps you gain closure. Write down everything you want to say; things you had qualms with; questions you have always wanted to ask. Arrange for a heartfelt talk with him/her and get the air cleared with these questions. Ask for his/her side of the story. Listen. Talk it out. Seek for an answer, in his/her own words.

At the end, you will find it's really not so much the answer itself that matters, but the fact that there was an answer. It's like the piece to the whole puzzle. It gives you certainty on where he/she stands.

Some of you may ask – What if he/she avoids the issue or doesn't answer the question(s)? If that's the case, the avoidance itself is the answer. You can interpret the behavior in whatever way you want – irresponsible, player, evasive, unsure, conflicted – but the fact is, he/she chose to avoid. If he/she can't even give you a proper answer you need, perhaps he/she is just not worth it.

## 6. Forgive him/her.

*“To forgive is the highest, most beautiful form of love. In return, you will receive untold peace and happiness.”*

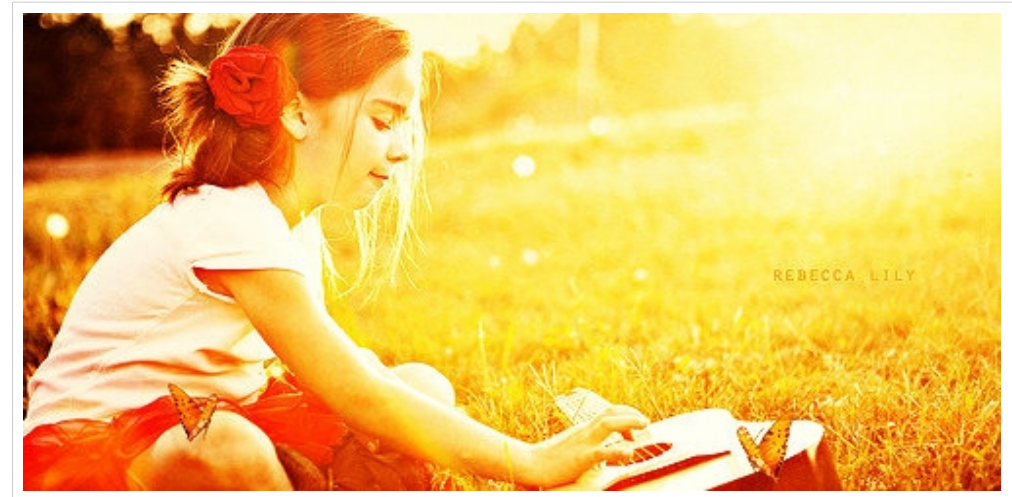
I once read a book on forgiveness which shared this powerful idea. It said that whenever we refuse to forgive someone, the person we are not forgiving is really ourselves. It makes sense doesn't it? When you feel angry/bitter towards someone, it's not the other person who is carrying the anger and bitterness. It's you. For what it's worth, the other person is probably not aware of how you are feeling towards him/her. You are the only person carrying the baggage around. On a deeper level, I believe you are angry/bitter at yourself for allowing yourself to be hurt by this person. [This was what happened to me.](#)

Carrying all these heavyweight emotions can be very tiring. It's like while dragging a whole pile of carcasses wherever you go. I'm sure you feel tired emotionally and mentally from the episode. You can't get anywhere far if you keep dragging them along.

To forgive him/her, first forgive yourself. Think about how you are denying yourself of so much happiness by holding on to your grievances. Think about how you are preventing yourself from experiencing your real love because you are still hanging on to these baggage. Whenever you hold on to something, you prevent yourself from receiving new things in life. Forgive yourself for putting yourself through this trauma. Forgive yourself for everything that has happened. As you forgive yourself, forgiveness of the other person will occur naturally.

## 7. Doing the things you love.

Steps 1-6 are tied to your inner world and specifically dealing with the root of the issue. While spending time in your internal world is important, don't linger too long in this stage. Get into some activities. What are the things that perk you up? Things that excite you, enthuse you, make you feel rejuvenated? Exercising? Jogging? Swimming? Cycling? Rollerblading? Traveling? Going out with friends? Movies? Watching a drama? Reading a book? Engage yourself in them.



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## 8. Meet new people.

It's easy to get trapped in your head thinking about the thing for too long.

Meeting new people, friends or romantic potentials alike, reminds how there is a whole world out there. There are many great people to know out there. Don't get cooped up in your life. I always find it an amazing adventure to know someone new and be exposed to a whole different life. It helps me understand life from a whole different angle.

## 9. Know there is nothing wrong with you nor him/her.

It's easy to conclude you are not good enough when something doesn't work out. I thought I wasn't good enough for a long while, both consciously and subconsciously as you could see throughout the series. However, this is an erroneous belief. If the relationship could only happen if you are XXX person

with XXX traits, then it meant you are not the right person for this relationship. Everyone looks for different people. There is no preset criteria on what are the “right” or ‘wrong” traits to embody, just different expectations. If you don’t embody the traits the person is looking for, that just means you guys aren’t the right match. That’s all. There is nothing wrong with you or him/her. You guys just aren’t right for each other.

## 10. Recognize there is someone out there for you.

It might be hard to believe as you try to move on from a broken past, but it’s true. Heck, I’m 25, single all these years, met my share of incompatible guys, and I still believe there’s someone out there for me!

There’s no reason why you shouldn’t think so! I don’t care how many relationships you’ve been in the past, how many wrong men/women you’ve been with, or whether you’ve never been in any real relationships. (I haven’t). **There is someone out there for you.** You’re definitely not the only single out there in the world. Look around you! Look at your friends. Look at the people on the streets. Do you think you’re the only person who is single in this world? Of course not! There are 7 billion people in the world. For every couple you see out there, there are multiples of other singles. For every single you see, there are even more singles.

There is someone out there for you. I’m as convicted of this for myself as much as I am for you. Just because you are single now doesn’t mean you will remain forever single. It just means you have not found the right person. Meanwhile, focus on living your best life in your definitions. Most importantly, remember that your life doesn’t and shouldn’t hinge on having a special partner or not. [We are complete by ourselves and relationships should not be there to complete us.](#)

## How To Know When You Have Moved On

Quite simply, if none of [the 12 signs above](#) apply to you, that means you have moved on. Once you do, a life of new beginnings and opportunities await you on the other side. Almost automatically, new things will start flowing into your life.

## Final Thoughts

Today as I look back, *it has truly been a long, long healing process*. Today, I'm finally at peace with myself. I no longer beat myself up or think myself as not good enough when it comes to love and relationships. I don't have the same trepidation, confusion, bittersweet emotions, hatred or frustration when I think/talk about G. I'm thankful for having crossed paths with G and gaining this experience. I believe all of us enter into each others' lives for a reason. This experience has helped me become a better person. I'm happy for him and what he has done/achieved for himself, and I hope he is as happy in his life as I am now.

As I mentioned in the start of this series, I have written this with the intention to help others move on from whatever they may be holding back on. We can have pain and sadness from an experience, but there's always a way out. It's up to us on whether we want to swirl around in the past or move to a better place. We always have a choice. It's easy to choose the former. It takes courage to take the latter step. But I assure you it's worth it.

When I was writing this series, I was singly focused on connecting with like-souls out there and helping them move on from whatever they are entrenched in. As I write this, I can say this series achieved more than I have aimed to. After posting it, I've received many heartfelt messages from individuals on how the series has helped them. Many are grateful to know that they aren't the only ones out there who have experienced / are experiencing such a situation. Some realized they need to move on from a relationship which isn't working. Some gained strength in moving on from past wounds. There's a separate group, singles, who told me that the series helped them gain insights on why they are not together with someone. I didn't have the last objective in mind when I first wrote this series, but I'm certainly glad the sharing benefited them too.

I realized that heartfelt sharing of my personal experiences is key to connecting with you guys, so I'll continue to do that in the future. However, there is going to be tricky, especially as sharing of my personal experiences will sometimes include sharing about other people in my life. So far, K and G are the only individuals I've written about in detail on my blog. Based on what I know of K and G, they wouldn't mind me writing about the stories, if it helps people move to a better place. (Something which I've later confirmed with K too).

However, as I continue writing as a blogger, sharing more stories, there will be a time when other people come into the picture. The question then rises – Am I intruding on others' private spaces by writing about them, even if it may be for the purest intent? There are also other implications, as I realized there are more people reading my blog than I realize – people who know me and may know the people I'm writing about.

To be honest, I don't have the answer to this question yet. After 1 year of writing at my blog, I've realized sharing my stories is definitely the best way to relate to all of you, so I doubt I'll stop doing it. Authors, other bloggers, and musicians also write from their personal stories. What I can do is to write with the purest intent to help others, ensure it accurately represents the truth as I understand, and doesn't cause malicious harm to anyone. Again I don't

have the final answer to it. It'll be a work-in-progress situation; one which I evaluate as I go along the way. Meanwhile I will continue to do my best for you guys and for me.

To all of you guys – whether you have been a silent reader, commenter, or have connected with me before, I thank you for supporting me, silently or not, all this while in my journey. This is only the start of everything. I can only imagine what's ahead will be full of unexpected surprises, challenges and excitement. I'm scared, a little apprehensive, somewhat calm, but at the same time very eager and excited to see them unfold. I can't wait to experience it with all of you.

*Posted Mar 22, 2010 | [Original Article Link](#)*

## **Related Articles:**

- [How To Deal With Disappointment](#) (4-part series)
- [It's Perfectly Okay To Be Single](#)
- [Why I Parted Ways With My Best Friend of 10 Years](#)



# Afterword

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