

Sometimes you must breakup with love to truly love. Throw away all preconceived notions of what you think love is. Purge yourself of all the trials and tribulations of any previous relationships. In other words, how do you know how to love someone else if you don't personally know how to love yourself?

Right now, you are trying to convince yourself that you do love yourself while looking for meme quotes or some sort of words of affirmation that you constantly tell yourself. Truly loving yourself involves knowing yourself so well that you do not settle for just anything, lowering your self-worth. So, breaking up involves purging your life of anything that truly makes you unhappy.

Often, we carry the baggage of others for so long we become numb to the pain and strain on our backs. You cannot carry your cross and the cross of someone else. It is unhealthy, it is strenuous, and it's just down right insensitive to be the one encouraging such behavior. Those that truly care about you and your well-being will not add weights to your load, they will instead help alleviate some of the load. The hardest part of any breakup is letting go because it's almost like a death, you must go through the mourning phase which completely sucks. In some cases, you want closure for certain situations, apologies may be owed, attachments may need to be broken, etc. In any case, it is a difficult process; however, it does not have to be stressful. It is as simple as picking and choosing your arguments, realizing that not everything warrants a response and not

everything needs to be addressed immediately. At this point in the process, simply let it go. It is easier said than done; however, the weight will be lifted off your shoulders.

When I realized, I had to breakup with love, I was within the first few years of my marriage. Things had really changed, or so I told myself, because things never really changed, they simply remained the same.