Article published on March 30th 2012 | Art

Relationships are like mirrors, once broken they can never be joined. For those of whom are trying to mend a broken relationship. Help is available handy and it can be fixed. The above saying just does not hold true for those who want their relationships to last longer. Letâ€™s try and make an attempt to fix things up through this article. Now these relationships hold good not just for a married couple but also for every possible relationships on earth. It could be a bond with your sibling or friends or anyone for that matter. There is hope so you donâ€™t have to lose faith in yourself.

So what actually happens when a relationship cracks or breaks down? First of all, it robs you of your joy and peace of mind. The other thing is that you lose your focus on various other important things in life. In case of married couple, it can be extremely painful when children are involved in this process. This pain is the key factor that increases the gap between any two people for that matter. One good suggestion for such people is try their best not to involve in any sort of arguments or conversations that end up ruining the relationship forever. The more you hurt people with your words, the more damage will occur. Painful and hurting words once spoken from the heart cannot be erased that easily.

It will continue to haunt the other person and have a lasting effect in peopleâ€™s minds. I know it is extremely difficult not to speak your heart out but still it can be an extremely good practice. You will realize the benefits once you are with them together. It will be a good feeling when you donâ€™t spit out venomous feelings without giving much thought. The second thing is that sending text messages or calling the person needs to be avoided. It might seem like a tough decision but you will realize its advantages later on in life. To be honest such practices only drive two people even further. Do you want to know why it is important to stay away during such times? It is because, you will require a lot of time to remove the bitter feelings that kindle hatred against the other person. Now once the feelings fade away, you can consider talking to the other person.

One good suggestion is that you should try to heal your own mind and heart first before thinking about your counterpart. Take time to sort out things in your life. Think of all the bad things you might have thought about the other person. Erase such feelings and replace it with positive thoughts. This is easier said than done. So how do you go to that state of mind? Thatâ€™s where the endorphins play a major role. They are hormones that usually get released when you engage yourself in any sort of physical activity. Actually you might be finding it hard to exercise during such crucial times but thatâ€™s possibly the best thing that you need to be doing.

Once you mind reaches a calm state after a couple of weeks, it is then time to gradually go deep inside your mind and question yourself as to what really are your expectations? It is also a good idea to write down all your feelings down on a piece of paper. Now you are finally ready to have a healthy conversation. The time has come to call up your loved one. By this time she will be prepared for the situation as well. Make a call with the help of service providers such as your Centurylink phone service and try breaking the ice. Initially it might seem like a herculean task but with time and experience you will master the art for sure.

Article Source:
http://www.articleside.com/art-articles/learn-to-mend-a-broken-heart-by-balancing-the-relationship.htm - Article Side

Robin Mackenzie - About Author:
Robin Mackenzie is a freelance author who believes in maintaining sound relationships and likes to research on reasons why relationships break. During her freetime, she uses her a Centurylink phone service to counsel people on developing fruitful relationships.

Article Keywords:
Centurylink phone service, Centurylink telephone, Relationships

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!