

Handling Relationship Break Up

(Reaching for the Love Ahead of You)

Joseph 'Brojid' Dinwoke

Handling Relationship Break Up

© 2017, Joseph Ifeanyichukwu Dinwoke

Published in Nigeria by
BROJID WORLD
WWW.BROJID.COM

All rights reserved.

No portion of this book may be used without the written permission of the publisher,
with the exception of brief excerpts in magazine, articles, reviews, etc.

For further information or permission, write:

BROJID WORLD

Brojid@gmail.com

Tel: 08105504664

You can download our books through this link:

www.broid.com/books/

Break Up; Don't Break Down

At least one new relationship is started every day in the world. However, as new relationships get started; old ones crumble.

The termination of a relationship depends on who among the parties involved that decides that it's no longer worth its existence and have the courage to call it quits.

When a guy terminates a relationship, he can get into another one in less than an hour by walking up to another gal and convincing her to be his. However, that's not same with ladies, at least in Nigeria. The best she can do when she sees a man she likes is to send signals which she must be careful not to overdo, lest she appears desperate.

Aside the difficulty of getting into another relationship, the agony of being heartbroken by a guy she loves with all her heart can be traumatizing. Many ladies have failed exams, performed poorly at job interviews and weakened their performance at work because of relationship break up.

In this minibook, my goal is to share with you practical wisdom that can enable you handle your relationship break up.

NOTE: This was originally written to [BrojidSisters](#); but the principle in it applies to everybody – guys or ladies.

Sincerely,

Joseph Dinwoke

January, 2017

Your Guy Dumped You?

I write to you now with respect to what you told me: that your guy said it's over between you.

From the way you sounded, I can almost tell how dear he is to you and how much you don't like his calling your relationship quits despite your undivided love for him.

What I want to share with you on this matter will take some time. The first thing I want you to do is to face the reality that your relationship has crashed.

It has happened and that's it. There is very little you can do about it.

When a guy you love says it's over between you and him, know that he is not playing.

He must have sat down, given it a careful thought and decided that your relationship with him is not worth continuing.

It doesn't necessarily mean something is wrong with you or him; though something may be wrong with either or both of you.

It may also be that God has finally answered my prayers and your parents' that God should give you a *confam* husband and that your boo is not the rightful one. So, for reasons he does not even know, he woke up and decided that it's over.

In this case, praise God!

It's also possible he is so ignorant of what matters in a *confam* wife material that he chose to terminate your relationship.

Maybe his idea of true love is that you sleep with him and when you refused, because it's fornication to sleep with a man that is not your husband, he decided to call your relationship quits. In this case something is wrong with him! He needs to grow up.

In fact, God actually delivered you! He doesn't deserve you. He needs to go find people like himself.

But there are times when the reason for the break up is not clear to you.

He just sent you a text or called you at an eatery and said, "It's over between us", with one vague excuse which you know cannot be the actual reason.

The natural response is to find out his reason. So, you call your mutual friends with the question, 'What did Steve say I did to him?'

If you find the answer, congrats!

From your findings, check if you actually offended him. It's possible he has valid reasons for terminating the relationship that has flourished for years.

If you offended him, you have to go and apologize. Apologizing is not begging for his love; it's simply being reasonable. Please, swallow your pride and apologize. I personally have a problem with begging anybody for love! I can apologize, but for me to beg, disturb or coerce a woman to love me, *Tufiakwa!*

Love should be mutual and anytime it becomes one-sided, with you on the begging side, you are likely to remain perpetually at his mercy. He thinks he can give you any condition which you must abide by because almost as a rule of life, beggars are not choosers.

However, if after your sniffing around, you couldn't see his reason, move on with your life. For the love you shared, I understand that you will mourn your dead love, but don't remain in your mourning ashes forever.

You have a life ahead of you. You can't lose better life opportunities and love ahead of you simply because one guy decided that he doesn't love you again.

'Brojid, did you call him *one guy*?'

Sorry, I mean *your ex* who you were in love with. But he is now your ex!

No matter how much you love him and fantasized about a future with him, you have to wake up from your fantasies and face reality – he said it's no more between the two of you! It may be hard but you have to accept the truth and that early.

Even if it's a fault of yours, don't punish yourself forever. Forgive yourself and get armed with the lessons you can glean from your mistakes.

Even if God specifically told you he is your husband, you can't force him to marry you! I advise you go to God in prayer and tell him the situation of things.

God never lacks a strategy for whatever he wants to execute! If Steve decided to not to marry you, God will look for another suitable man for the job.

Now, there are times that girls dump themselves and say a guy dumped them.

I want to ask, are you sure you didn't dump yourself?

Ponder on it as you go to bed. We will talk about that tomorrow.

Did you Dump Yourself?

Yesterday, in my post, *So Your Guy Dumped You?* I started sharing with you on this matter of your guy calling your relationship quits.

While I called you to face the reality of the fact that your relationship has crashed, I asked you a very pertinent question:

Are You Sure You didn't Dump Yourself?

Sorry if you found it embarrassing, but it's for your good.

The truth is that many girls who talk about being dumped actually started the fire that consumed their relationships. They, by their actions and inactions, dumped themselves. The man only effected the dumping verbally.

I understand that no girl wants to break her relationship unless for a very strong reasons. But many do due to ignorance.

Today, I will share with you how you may have contributed to your broken relationship without realizing it.

As a bae in relationship or courtship, you have your boundaries and limits.

You are at best a wife-to-be, not a wife or mother. Do your best not to take more space than the man allows you at this stage. Don't exert more control than he

wants you to. I can't tell you which control is too much; but usually guys who have such limits say them.

Listen to him, watch his reactions and know the lines he doesn't want you to cross. I have heard people say that men generally don't like to be controlled. I guess it's true for most men.

But it doesn't mean you don't have some level of control on him, especially when it is for his good. You can exert your control easily with influence; not nagging, complaining and ranting.

If you try to control a man beyond what he can take, he will run for fear of getting married to a woman that is a control freak. So, you may have crashed your relationship by being a control freak.

Another way many ladies dump themselves without realizing is by their persistent and intolerable lifestyle.

Different men have different things that they can take and things that are strong turn off for them. A good way to spot it is to check what they always complain about in your lifestyle.

Usually, a guy that loves you won't break your relationship because of one act of weakness on your part.

It's when you persist and he gets fed up, despite his efforts to get you back on track that he takes his leave.

I understand that he loves you for who you are but know that there is a better version of you he wants to see.

From my experience with relating with people, the more you get close, the more you see their imperfections. He may not have seen these imperfections on your first few encounters and he cannot also see it when you are singing in choir. But as you closely interact, your strength and weaknesses become glaring. Put in your best to adjust in whichever area of your life that needs to be worked on.

If you find that you are hot tampered, start working on it. Stop asking to be taken for who you are. *BrojidBae* has been complaining about a particular way I do things she doesn't like. I'm not asking her to take me for who I am, I'm learning through books and audio materials on how to change my lifestyle. I have to start reading a book *Verbal Judo* to learn how to correct her without firing bullets at her.

My sister, you may have dumped yourself by your refusal to change a lifestyle he finds annoying.

Were you a liability or an asset to him?

Being an asset does not necessarily mean you should earn money and share with him. If you can do that, fantastic! But in most case, if you are intellectually and skillfully very resourceful to a man, you are obviously an asset.

I am not aware of anyone that was born resourceful. People, with commitment and efforts, consumed materials and engaged in activities that made them resourceful.

You have to take deliberate effort to develop yourself into a resource person for him. By so doing, you won't only earn his respect, but become a treasure to him.

You may be resourceful to your younger brother, but haven't developed capacity to be a resource person to your guy. My sister, put in more efforts! I'd like you to settle down and take practical steps to develop your capacity to be intellectually resourceful to any man you encounter. Nobody sees value and rejects it.

So, you may have dumped yourself by taking and not being positively valuable to him.

If you actually caused your break up, you don't have to kill yourself; attempt reconciliation. If your reconciliation moves fails, please move on. There is a life ahead of you!

Now, whether you crashed your relationship or he dumped you, the bottom line is that your relationship is no more!

You have to move on; that's why I want to share with you tomorrow on walking away from your broken relationship.

Dump the Dumper to Move on

Today, I want to get to the crux of the matter on handling your break up: moving on from a failed relationship.

My sister, to move on, you have to dump the dumper!

You have a future ahead you with possibilities of having better relationships, so you can't get stuck on the one that's dead and waiting for you to bury it.

'Brojid, how do I dump someone that has already dumped me?'

I will tell you.

Relationship break up is not just about verbally saying that it's over between you. Talk is just the advanced phase of your break up. He must have thought of the break up for some time and therefore mentally broken up with you before coming up to say it.

In the same way, you have to mentally, physically and emotionally break up with him to be able to move on. That's why I say: you have to dump the dumper to move on.

You have to get your brain to accept the fact that you are no longer in relationship or courtship with the guy.

Dumping him mentally gets you to a state of mind where you can physically and then emotionally disconnect from him.

Physical break up entails stopping or at least reducing physical contact such as hanging out, long phone conversations and chats.

Physical break up helps you achieve emotional disconnection from him since contacts and seeing each other has a way of building strong bond between people.

Now, the reality of life is that people break up with their boos or baes, yet for months they still have feelings for the person.

I guess it's just normal for humans not to let go when they have shared love, troubles, time and *Suya* with someone. #smiles If not for anything, the good times you both shared wouldn't leave you in a hurry.

However, some people can let go in less than an hour or within a few days! It's about your mind and your ability to re-direct your affection.

How long it takes you to emotionally dump him largely depends on your ability to erase from your head the memories of your good, old days and shut anything, person or activities that bond you together.

I recommend that you get rid of every material especially photographs, romantic notes, text or gifts that remind you of him and cause nostalgic feeling to flood your bone marrow.

Delete all the pictures of him you have or if you fear losing them permanently, save them on *Google drive* and delete them from your device.

You have to cut off communication from him to at least achieve emotional freedom from him.

The lifeblood of any relationship is communication! I dare say, even if you don't like someone but regularly communicate with him or her, love will take over with time.

'But the guy said we can just be friends?'

Sure! You shouldn't be enemies. But you should be *friends that rarely talk, meet or even hangout*.

You need to put these measures to be able to disconnect properly from him emotionally and move on to a better future ahead of you.

You don't have to tell him. Just start withdrawing yourself and dodging long phone conversation with him. With time, he will get the point. But if he doesn't, tell him *pop and plain*.

You can still be great friends working together on projects and doing your work together. But that should come up when you have *killed* whatever emotional feelings you have for him.

Until then, I recommend that you limit or even stop whatever conversation or contact that may keep you so bonded you find it difficult to dump him so that you can move on.

While you try to emotionally disconnect from him, do your best to ensure you don't develop hatred for him.

If you realize that your life is in God's hand and He knows what is best for you, you won't be angry with a man that says it's over between you.

If I were you, I will pick the lessons from my error that led to the break up and move on. If it's no fault of mine, I understand that all things work together for my good because I love God.

In fact, I'd like you to know that you can find a better configuration of those features and attributes that makes you trip for him in another man.

'Brojid, you are saying this as if it's easy to kill the feelings I have for him.'

No no no. I'm not saying it's easy. How can I say that? *I be firewood?*

But I know that who you pour your affection on is a matter of choice which you have absolute control over! I have not been able to believe that there is anything like, *if you live me I will die*. Only God will leave me and I will die. God is the only loss I can't bear! You are responsible for who you pour your affection on!

Every now and then, I meet ladies and within a short time, we develop feelings for ourselves. As soon I realize this and also know that the feelings won't lead us anywhere, here is what I do:

Apart from breaking communication channel, I find a major reason why we are not meant to be together and focus on it. This weakens the drive to see, talk or chat with her.

The next thing I do is to give myself work (such as finishing a voluminous book or a project) that will require every fiber of my being such that I can't spare my time thinking about the lady let alone talking or hanging out with her.

With this, I emotionally free myself from her and we can now relate as *just friends* or colleagues **NOT** someone I'm emotionally bound to!

It has worked for me *all* the time!

You may give it a try to enable you effectively dump your dumper so that you can move on.

My point: You have a life ahead of you! You can't continue mourning your dead relationship. Move on!

To move on, you have to physically, mentally and emotionally disconnect from him and that happens when you reduce or stop interaction with him and erase all reminders of the love you once shared.

Next time on **BrojidSisters**, I will share another thought on reaching out for the Love Ahead.

Reach for the Love Ahead!

In my last post, *Dump the Dumper to Move on*, my emphasis was that you have to walk away from the corpse of your dead relationship if you want to move on. Today, I want to share with you how to reach out for the love ahead of you.

For you to reach out for the love ahead of you, you need to rid yourself of every bitterness, misconceptions and pains from the dead relationship.

Get rid of bitterness from your heart by removing any form of anger towards him because of how he embarrassed you with the break up and took your undivided love to him for granted.

Anger doesn't go with the snap of a finger. It takes the healing of the wound for it to go. In fact, it heals faster if you properly dump him, like I told you in my last post, and engage yourself in meaningful activities that give you fulfillment.

Remove bitterness in your heart by forgiving him for wasting your time and dumping you at the last minute when everybody is looking forward to your wedding.

Forgiveness is not easy when you are deeply hurt, but you need to forgive him to reach out for the love ahead of you.

If you find it difficult to forgive, I recommend that you listen to my podcasts: *Power of Forgiveness & Making Forgiveness Easier* to gain the help you need to truly forgive him. You will find them on www.brojid.com/podcast/

For you to find true love ahead of you, you need to clear from your head any misconception you may have developed as a result of your experience in the dead relationship.

Don't commit what is called *fallacy of hasty generalization* because of your experience with one guy. The fact that he dumped you because you refused to oblige him sex before marriage doesn't mean all men are dogs!

To reach for the love ahead of you, you have to free your mind of lies that men are dogs. Men are not dogs; some simply choose to be! *Shikina!*

If you don't free your mind from this, you will be scared of men and getting into another relationship. Even when you do, you will look at his innocent moves and words with suspicion.

Also, don't go into another relationship with pains, bitterness and anger from your dead relationship. If you must go on to another relationship, please go with lessons you have gleaned from the past one; not the pains and anger that it caused you.

You may have practiced what you know as the best relationship principles thought by the relationship pundits; yet your relationship crashed. It doesn't mean they don't work! It takes two to tango.

It takes the efforts of two people in a relationship to make it work. He may have failed to do his own bit and that's why it crashed.

Trust is still vital for the success of any relationship. You need to ensure your ex doesn't take away trust from you. If he does, you will see true love tomorrow, but constantly look at him as a suspect.

Lack of trust is one of the forces that shatter relationships! Walking into any relationship without trust is starting a relationship that died before starting.

Don't rush to get into another relationship. Take your time to appraise why yours crashed and be sure you don't repeat the same mistakes. Sincere and detailed appraisal of your crashed relationship helps you acquire the love ahead of you by helping you see what works or doesn't work in relationship.

I believe it is better to get into a relationship prepared with a good understanding of what you need to do than dabble into it and operate your relationship with trial and error.

I learnt that some girls quickly hook up with another girl to prove to the guys that broke up with them that they are not worthless. My sister, this is not necessary! You need not prove any point to anybody.

If you must prove a point, it should be to your failed relationship. Prove to it that you can have a fulfilling relationship by settling down to learn what makes for a great relationship before stepping into another one.

My point?

As you step out of the dead relationship, you should reach out for better love ahead of you. To reach out for the love ahead of you, you have to drop all the

bitterness, pains and misconceptions you may have carried from your failed relationship and pick all the lessons you learnt armed with hope for a better love.

Next time on **BrojidSisters**, I will share with you what to do when your dumper wants you back.

When the Dumper wants you Back!

Today, I want to round off this series on *Your Guy Dumped You?* by showing you what to do when the guy that dumped you comes back asking for your love again.

The truth of life is that sometimes people find how erroneous they were to have dumped a treasure like you (that's if you didn't dump yourself). Some are humble enough to come back as *prodigal lovers* seeking for any dose of love they can get from you.

When your dumper wants you back, you can accept or reject him.

You have a duty to determine that. However, I'd like to share with you some thoughts that will serve as a guide for making the right choice.

If the guy comes back to you late, he has no place in your heart. If you faced the reality of being dumped, dumped the dumper so that you can move on and reached out for the love ahead of you, you are most certainly not available! You are already taken!

No matter how long he cries claiming that he has realized his mistakes, he should know that you are now someone's bae! You should not waste time in telling him this. He should know it from day one.

However, if he comes back when you are still free and have the capacity to still love him again totally without distrust, you may accept him.

If you are the person that triggered the break up by your lifestyle and having noticed a change in your ways decided that he wants you back, you can unite and have a great relationship.

However, if he dumped you because you had a challenge and instead of standing by you to have it fixed, he took a flight, I doubt if you should accept him. My reason is that someone who will run away from you because of your challenges is most certainly not loyal and may not have loyalty.

I believe in not being in love than being in love with a fair weather person. Many people think fair weather lovers exist only among ladies. Some men are like that as well.

If he is coming back because you now have a better life and he wants to partake of it, don't accept him for a lover. You can be great friends; but not lovers. You need someone you can trust to be in love with.

Please get this clear: refusal to accept him doesn't imply unforgiveness; unless you have not forgiven him like I advised you. Please forgive him!

So, when he brings the line of unforgiveness, let him know that you have forgiven him, but you don't think a relationship can work between the two of you again.

If you slap me on one cheek and I forgive and you repeat it, I will still forgive you. However, I will do my best to avoid another slap by staying away where your hands cannot get on my cheeks. It's simple wisdom.

My point?

When your dumper wants you back, you can accept him or reject him. The choice is yours to make depending on your situation. Do your best not to be emotional about it, logically reason out your decision. You can only have a good *reasoning out* when you have untangled yourself from the relationship emotionally. Otherwise, it will becloud your judgment. If he comes back when you are not emotionally ready, you can tell him to hold on and give you some time to carefully think things through and be sure your emotions would not prompt you to make a biased decision.

If you have difficulty deciding what to do, you may pray about it and seek sound counsel. If you may contact Brojid World, may help you.



We Recommend...

We recommend that you get a copy of this book, Choose Your Husband, for yourself or your sister. It's a digital book and comes with over 3 hrs of 20-part audio teachings. You can get your copy of the book and audio here: brojid.com/cyh



Meet **BROJID WORLD**



Brojid World is a human capacity development organization with the guiding mission of providing training, mentoring, coaching and inspiration and empowerment to people that will enable maximise their phase of life and equip them for a great future through blog posts, podcasts, books and trainings.

Our core business is creating, packaging and publishing contents that will for our audience.

We develop and publish contents and hold trainings across platforms in the areas of *education, career, money, family, relationships, youth empowerment and lifestyle.*

To learn more about us, kindly visit, www.brojid.com/about/

*Ensure you don't miss any **articles, interviews, features, podcasts** and **free books** from the stable of **Brojid World** by following us on social twitter, facebook, google + and LinkedIn **@BrojidWorld**.*

*You can get Brojid World's **daily** WhatsApp **inspirational** broadcast, **BrojidStepUp** by sending 'BSU' to **0810 550 4664***

Meet **Joseph Dinwoke**



Joseph 'Brojid' Dinwoke, a University of Nigeria trained Biochemist, is a former **Radio Producer/OAP** @RadioNigeria, **Inspirational & Lifestyle Blogger** @BrojidWorld and **Media Strategist** @FrateeMedia.

He lives to develop contents that will *inspire you for peak performance in your life and work* and *craft profitable media solutions for you and your organizations*.

He will gladly welcome an invitation to come and speak at you events, seminars, workshops, give you one-one coaching and develop a media strategy for you, your organization, brands and events.

To learn more about him, kindly visit, www.brojid.com/josephdinwoke/

*To get fresh **insight**, **inspirational** thoughts and **podcasts** by Joseph following him on social Twitter, Facebook, Google + and LinkedIn*
@JosephDinwoke

Support Brojid World

At **Brojid World**, we believe that there is no limit to what anybody can become when provided with the right insight and inspiration through coaching, mentoring. That why our mission is **serving you contents that will empower you to attain peak performance in your life and work.**

We publish and share inspirational and insightful articles, interviews, features, podcasts and books on www.broid.com and social media for **FREE**.

A support from you can help us reach more people with contents that will empower them to become their best and keep our services running.

You can support by exposing the contents we share to others by way of **publicity** or making **financial donation**. Your donation helps pay for our web presence, editors graphic artist and content developers.

If you are inclined to give financial support, you may donate to us through:

Banker: **Access Bank Plc**
Account Name: **Brojid World**
Account Number: **0726242067**
Account Type: **Current Account**