

# Nicole Huthwaite

Explore. Resolve. Transform.

## HELPING YOU THROUGH YOUR BREAK UP

A relationship *break up* can be one of the most stressful and emotional experiences in life. It has been described as feeling like you are on a never-ending roller coaster.

Whatever the reason for the break up, whether it is wanted or not and even if the relationship is no longer making either party happy, separation can be extremely painful, it's a big loss, not only of the relationship but of the hopes, dreams and happy times you once shared as a couple.

It can turn your once secure world upside down and catapult you into a new uncertain way of living affecting your home, family, finances, friends, self-esteem, even who you are, the seemingly unanswerable questions for the future fill us with dread and fear.

Your relationship may have also been painful and as glad as you are to be out of it, you may still need to heal from the trauma as well as the breakup.

Most experts agree that *people going through* a break-up typically experience feelings of:

- Overwhelming sadness or grief
- Anger
- Guilt
- Fear for the future
- Worry
- Blame
- Loneliness and isolation
- Doubt
- Denial
- Depression
- Disappointment
- Grief

Without a doubt, it can be painful to begin the healing process, however it is important to remind yourself that you can and will get through this.

There are many things I can offer you from a listening ear to guiding you through the healing process of the relationship as well as the breakup and most importantly moving you forward in your new life.

### About Nicole

I have been a therapist in private practice for over seven years with 6000+ hours of client experience specialising in depression, anxiety, stress, panic attacks, anger, fear, relationship issues, low self-esteem, suicidal thoughts, OCD and trauma and abuse. I am a member of the National Council of Psychotherapists, the General Hypnotherapy Register and the

Complementary and Natural Healthcare Council and have been awarded their industry-based qualifications and adhere to their code of ethics.

I also hold the qualification of PICT Diploma QC Practitioner in order to work in the field of abuse and trauma.



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