

Seven Ways to Stop Breaking Our Own Hearts – Part 2



This article is specifically directed to women. However, the principles are applicable to all persons. I don't agree with everything here asserted. But, *"eat the fish and throw out the bones."*



Dina Strada is an L.A. based Event Planner, Author, and Certified Life Coach specializing in relationships and empowering women. She has most recently been featured as a Contributing Author in the powerful new book, "Simply Women: Stories from 30 Magnificent Women Who Have Risen Against the Odds".

I've lost count how many times my own heart has been broken. I could argue that the breaking of my heart was done to me by another person. I could easily make myself the victim of my stories of heartache and loss. But I've come to realize that in each situation, I had a choice. And *my* choices were the cause of many broken hearts. I am in no way suggesting that we won't sometimes have our heart broken by another person when we do everything right, even when we make the best choices for ourselves. Because that's part of life. Our hearts are fragile and vulnerable to the actions of others.

3. ***Don't put your happiness in the hands of another person.*** We all intellectually know this. Happiness is an inside job. Nobody and nothing outside of ourselves can make us happy. Yet we go into different situations in our lives and most of our relationships throwing the monumental task of making us happy onto another person.

Don't give anyone else this power over you. We're all responsible for our own happiness and that includes our choices to stay in relationships or situations that aren't bringing us what we truly want. If the relationship, job, or situation we are in is no longer serving us or in alignment with what we truly desire, we have the choice to let it go to create space for something better.

4. ***Don't make everything about you.*** This one is incredibly hard because we make *so much* about us. When people treat us poorly. When someone doesn't choose us. When our partner is unfaithful. When we don't get a job we want...we make it all about us.

It's never really about us. It's about them.

People's choices are simply that—their choices. Just as we choose what is best for us, other people choose what is best for them and sometimes their choices hurt us.

When someone I cared deeply about ended the relationship with me, the first place I went was, “Why wasn’t I enough?” This seemed like a logical thought at the time. If I was enough, he wouldn’t have walked away and then immediately dove into a relationship with somebody else.

But that’s not the whole truth. When people choose something else, it rarely has anything to do with us and more to do with them. They simply chose something different. Different doesn’t mean better. It just means *different*. It’s like when we’re perfectly content eating the same thing for breakfast every day until one day we see something else that captures our attention—and it looks a whole lot better than what we’ve been eating. We want to try it.

The same thing happens with people. Sometimes, people just need to try something different. Don’t make it about you.

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