

er a break-up



friends, which could range from a fake hook up to an alleged drunken encounter that never took place. **Time apart:** If the couple have different careers and interests, then someone will play on this to get those in a relationship to spend an increasing number of time apart, which will subsequently make them susceptible to outside influences. If someone wants to break up a work colleague, then this is usually the way.

Magnify flaws: If a relationship is already flawed, then the break will be speeded up the process by widening the cracks. If one is neglected by their partner, the instigator will step in as a substitute.

Magic spells: Those who believe in the supernatural will use a break-up spell. A number of websites actually offer (free) magic spells to break up couples including those that employ witchcraft, black magic, white magic and even voodoo. Interestingly, a lot of the spells from different cultures use a black candle. Sometimes those who don't want to hurt anyone will attempt to cast a spell or turn to a touch of good old-fashioned witchcraft.

Become a confidant: Developing a close friendship with the object of your affection can be used a pretty powerful weapon. The newfound 'platonic' bond can be used to steer the person towards the weaknesses in the relationship.

Also, by spending quality time with a person a friendship will be used to find common ground, which then becomes a foundation to build a new relationship.

Use the booze: Countless relationships and even marriages have been broken up by using alcohol. Getting one of the parties intoxicated has been used to get that individual to do something regrettable like kissing someone else or making a confession.

Dig up the dirt: Most people have a skeleton of some sort in the closet. Investigating someone and finding out their secret can be used as a pretty powerful way to put one of the individuals off the other one. When there is a large sum of money involved, concerned relatives will often hire a detective to investigate a potential partner for a loved one they don't trust.

Seduction: Instead of using dirty tricks, honey traps and under-handed tactics, the more confident will attempt to use powers of seduction to steer the object of their affections away from a relationship and towards them. Fighting for someone is not only noble, but also something that shows courage, and can often result in not having any baggage later.

If they don't break up:

If the couple still remain together after using some or all of these tactics, they were probably meant to be together.

It's best to let them be and if you are in love with one of them, this is a sign that it may be time to move on.

Jodi Breakers is in cinemas now.

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IF YOU have just come out of a long-term relationship, then there are certain steps that will help you move on.

Don't look back: If you have broken up then it's probably for a good reason, so don't attempt to be friends or stay in contact with each other.

Be angry: It's okay to be angry so let the hate happen. But don't direct your anger towards your now ex-partner, let out whatever is inside to yourself or close friends.

Don't take revenge: It doesn't matter how badly you were hurt, nothing productive will come out of getting even.

Don't stalk your ex: This

should be self-explanatory. Resist the urge to bombard an ex with messages and calls. Instead of going down this dark path, start living your own life. If you are being stalked don't respond, it's like rewarding a negative action.

Accept the situation: Taking responsibility for your mistakes is healthy, but also understand you are a good person who did their best.

Talk to friends: Don't bottle up all the pain and surround yourself with compassionate and supportive friends.

Remove triggers: Get rid of all the things that will remind you of someone. This can include

songs that you both loved, gifts and photographs.

Make a list: Writing down all the reasons your ex was wrong for you will enable the healing process to begin quicker.

Stay healthy: Staying indoors brooding and eating an unhealthy diet will slow down the healing process. Go running, join a gym and eat well.

Release negative emotions: Understand there is no benefit in clinging on to regret, hatred, heartache and anger.

Move on: See this as a chance for a new beginning. Start dating again, take up a new interest and make time to socialise with friends.



Priya Mulji

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Going your separate ways

FOR most of us, breaking up can be sad and if you have been in love, it can be tremendously painful.

There are times when the break-up is a result of the chemistry fading away or the individuals simply falling out of love. In some instances, outside forces come into play like long distances, cultural barriers or former flames coming back into the picture. Sometimes a person just doesn't see the relationship going anywhere long term or at other times, one partner is looking for some 'fun' and the other wants to get serious.

Let me give you a few examples – a girl could have been dating a guy for three months and been completely falling for him, but he just didn't see it going anywhere. Is it her fault or his? Most likely neither; it just wasn't meant to be.

Another example: a guy has been married to a girl for six years. She cheats, and they break up.

Who is it harder for, the two who have been dating for three months or the couple who have been married six years?

There isn't a right or wrong answer. In both periods of time you develop feelings which just won't fade away with time and when one person breaks up with another, those wonderful feelings turn into sadness or anger or resentment.

Whatever the reason for the break-up, it can be hard and painful. Sometimes you can break up without saying it – men often take the coward's way out of a relationship saying they'll be in touch because they need time to think and then disappear. A woman wanting to break up could say, 'let's just be friends' and that can hurt as much as the other.

Break-ups on any level are hard. I don't think the depth of the feelings depend on the time a couple has been together. In the moment it might feel as if it is the end of the world but a great way to get over the person – and I appreciate it can be so hard – would be to focus on the positives in your life.

Get to know yourself once again, do things you enjoy and better yourself. And remember what singer Jessie J said, 'It's okay not to be okay'. If you're sad for a while it's fine, it is part of the healing process, but don't cry alone. Take a wonderful holiday with friends and family. Meditate and be content with who you are.

Everything happens for a reason and I'm not saying everything will be okay straight away, but with time and a lot of healing and self-belief, you'll live to love again.