

Twitter Thread by V A L E N C I A



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Things that stop you from moving on:

A thread.

- You avoid working through your real feelings. You have no idea if you love them or despise them.
- You're seeking ways to stop loving them, not understanding that love must flow in and out — not towards them but towards you — in order to reach a peaceful conclusion.
- You don't have boundaries nor a code of conduct you're willing to respect when it comes to break-ups.
- You never wrote down what's the best approach for you when ending relationships: is checking their social media acceptable? The rules are for you to follow, not for them.
- You indulge in wishful thinking. You romanticize the bond you two had, you over-idealize them and only remember the good times. You're an optimistic person, you say.
- You stubbornly believe in the concept of "The one".
- You refuse to acknowledge how you two didn't fully align.
- You reinforce your fantasies for a connection with them by obsessively researching topics like: soul mates, twin flames, karmic relationships.
- You abuse spiritual tools like tarot. You overindulge in astrology birth charts.
- You forget that obsessing leads to emotional chaos.
- You're not used to loving someone from afar. Being full of love for one who is not present doesn't seem practical.
- You're not redirecting your attention toward you. You're physically apart, but emotionally you're not moving on. The love you had for them has nowhere else to go.

- You don't know how to lovingly and spiritually break ties. This often comes from thinking people are "ours" to keep.
- You think a breakup must have a perfect closure, you're waiting for that firm conclusion.
- You fail to see that closure is something you can offer to yourself.
- You don't accept that everyone grieves differently. You monitor how your ex is moving on.
- You don't have a support system. You gave all your love and attention to this person, you never balanced maintaining tight bonds with friends while being in a romantic relationship.
- You're bored when alone. You lost sight of your passion and purpose.
- You don't have platonic friendships with other people you love very much. You've always developed romantic relationships with people who made you feel excited.
- You neglect your health. It never crossed your mind that the first step following a break-up is to maintain healthy habits: eat well, exercise regularly and sleep enough.
- You think moving on is an "inside job" therefore you isolate yourself.
- You procrastinate on journaling and exploring your thoughts. There's no outlet for your feelings other than venting to friends.
- You try to maintain a friendship instead of taking a real break with no contact. You "check-in" and make sure to still highlight important occasions.
- You believe there's a shortcut or that you can spiritually bypass pain. This comes from not having a good relationship with unpleasant emotions.
- You reach out to this person every time something major happens in your life. You're not used to being happy without them, nor sad.

But most importantly,

- You hold on to the connection you two had and toss away all the wisdom and new knowledge about yourself that the break-up is offering to you.
- You associate break-ups with sadness and pain. You forget that endings provide the space for new beginnings.