



Don't Rush New Relationships

The start of a new relationship can be slippery territory for codependents, because it's so easy for us to fall back into old patterns. This is why it's wise not to rush relationships. Another way of thinking about this is to SLOW DOWN.

At the end of any relationship, whether it's business and personal, there needs to be a pause or space in between before we start another relationship. This is especially important if there has been turbulence or we feel low. Taking time allows for:

- Processing of what did or didn't go well
- Integrating the lessons learned
- Identifying what you don't wish to repeat
- Changing what needs to change
- Reaching a point of completion physically, emotionally, and mentally
- Ensuring you avoid carrying forward resentment, guilt, shame, anger, and blame.

Remember the void is essential

Leaving space in between also helps prevent issues compounding because we haven't taken the time needed to feel and heal fully. The void is essential for:

- Going deep into our own growth
- Creating the new person so we're not the same person who created the situation
- Strengthening the relationship with ourselves
- Being okay with not being in a relationship and meeting socialized norms
- Taking 100 percent responsibility for your 50 percent of what happened in the relationship, with NO BLAME (if we blame or complain we're avoiding the issue).

Although initially the void created by the end of the relationship or situation may feel difficult, getting support to work through the uncomfortableness of it can help navigate this process.

When you're ready for a new relationship

- Progress very slowly, allowing time to acclimated into your new personality and new personal reality, for example, being divorced
- Don't be too available
- As you progress into the relationship, allow space between connections to check back in with yourself (the new you created in the void)

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- Be honest about red flags and act accordingly.

Remember, we want to create a new normal for how we relate and who we are relating with.