

8 WAYS TO
help a friend
THROUGH A BREAKUP

Ask what you can do to help, rather than assume you know what they need

Help them take care of chores and tasks

Be around to help them “reinvent themselves”

Take care of yourself throughout the process

Don't minimize their emotions with trivializing statements

Make sure not to cut straight to the “silver lining”

Avoid speaking poorly about their ex

If they could use professional support, help them find a therapist