

# Separation Counselling

for individuals and couples





# Separation Counselling

Endings can be very painful. Separation requires adjustment and can leave us feeling afraid and alone. Even those relieved to end a relationship can underestimate the sense of loss.

It is also common to experience opposing emotions, from relief to sadness or happiness to anger. This is a natural part of the process. However, sometimes we get stuck in hurtful thoughts and feelings and don't know how to move forward.

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*asking for help is courageous and empowering*

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Anger and hurt are normal but left unchecked, can influence our happiness. If you are ...

- ▶ feeling sad, exhausted or depressed
- ▶ finding it hard to let go of anger, blame or resentment
- ▶ feeling stressed or have anxiety about your future

Our practitioners can help. They have additional, specialist training in relationship issues and will help you find the best way forward. Email or call ...

member of Relationships Scotland

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