

THE SCIENCE OF BREAKING UP

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Breakups are common situations in human life. They may make us heart-sick or heart-broken. Many people talk or write about this painful feeling. Even scientists were attracted to this subject. They have studied brain's reactions to breakup, and what happens to our bodies when we separate with the beloved one. They have tried to find out how it affects the personal identity and detect a scientific way to recover from a breakup.



In a good, trouble-free relationship, our bodies create hormones that make us feel happy and this contributes to our health. Our sleeping routine becomes regular so we tend to smile more often and we can even think more clearly. Scientists have found out that these feelings are just like an addiction. When a relationship ends, all these hormones and other substances that the body secretes during a relationship also go away, making us feel stressed, emotionally hurt and find it more difficult to sleep, eat or think.

When we are in a relationship, we often spend our time together. We have a daily routine, common friends and hobbies. When these activities are over, we feel heart-sick which changes our personal identity. Grace Larson who is an expert in human relationships at Northwestern University explains as follows:

"When a relationship ends, we think 'who am I, now that I am not that person's girlfriend or boyfriend?'"

Larson has tried to find out how to deal with the feeling of losing identity. She then discovered that when we share our pain again and again, we feel better and develop a new sense of identity. While we are mentioning our past, we tend to act as if we were different people during the relationship and we are no longer that person.



To sum up, breaking up is as natural as being in a relationship. Feeling pain is not a shame; it just means we are human beings who

have feelings and we do care about people around us. This process just requires keeping calm and moving on by thinking we are not the only one who goes through it and sharing it with people we care for.

References:

<http://spotlightenglish.com/listen/the-science-of-breaking-up>