

How Men And Women Cope With A Breakup?



Emotional hurt



Women may feel more emotionally hurt right after a breakup than men because women tend to be more emotionally involved in the relationship. Moreover, men try to resort to ignorance and distract themselves from the pain of a breakup.

Overcoming grief



Men may take more time to realize and get over their breakup than women. It can be because women acknowledge their pain and let it out while men suppress it, prolonging the period of grief.

Anger or frustration



Superficially, men may be angrier than women about their breakup because the feeling of revenge and frustration is something the former unconsciously prefer to being sad.

Healing from the grief



Unfortunately, since most men may not get the support to acknowledge their emotions openly, they are believed to never completely heal from it but learn to live with the pain. On the other hand, women feel the initial grief, let it go, and get on with life.

