

Embracing Boundaries in Post-Breakup Friendships: Honoring Emotional Space and Closure

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Relationship Breakups and Healing Tips

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Breakups can be tough, there's no denying it. Whether you initiated the split or were on the receiving end of a broken heart, healing is a journey that takes time and effort. One aspect of moving on that often gets overlooked is the role of boundaries in post-breakup friendships. In order to truly heal and move forward, it is essential to embrace these boundaries, honoring emotional space and closure. ??