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THE LAW ON THE BREAKUP OF LONG-TERM HUMAN RELATIONSHIPS

Abstract. It has been revealed that after a year-year and a half, any human relationship that has lasted for a year or more will become memories. Recommendations are given on how to help a person suffering from the breakup of a long-term relationship. Knowing how the need for completed interpersonal relationships disappears allows you to endure bereavements and painful breakups much more calmly.

Keywords: *suffering, forgetting, psychological time, divorce, interpersonal relationships, personality psychology, communication psychology*

Part I. Initial definitions

Long contact

Short-term social contact can last from a split second (two people met eyes and parted ways) to a couple of months, no more.

Medium-term social contact lasts from two months to a year.

Long-term social contact lasts for two or more years.

Social contact

People are social creatures, therefore each person living in a society has a certain limited amount of social contacts. These contacts may be frequent or rare, but in any case, such social contact exists - and it does not matter whether it is voluntary contact or forced, whether this contact benefits the individual in question or not - the main thing is that the person spends a certain part of his time on maintaining this contact, as well as spiritual and physical strength. It also does not matter in what form social contact is carried out - it can occur in the form of personal meetings, telephone calls, correspondence by paper letters or via the Internet, through statements in the media, in several ways at the same time, and so on.

Breaking long-term social contact

Everything is simple here - there was a long-term social contact with another person, and then there was no contact, in any form. Examples of this kind of breakup: death, moving or leaving somewhere far away, dismissal from work, closure of a common business, divorce, collapse of a love relationship, and so on.

Memories

The person in question remembers past social contact, remembers past relationships, the emotions experienced because of them, it is quite possible that there are

some material traces of completed long-term relationships, but there is no longer active, regularly repeated contact.

Part II. The formulation of the law on the severance of long-term human relationships and an explanation of the essence of the year

Law on breaking up long-term human relationships

The transition of many years of social contact after a breakup into the realm of memories occurs gradually over the course of one year.

Why does long-term social contact after a breakup fully become a memory exactly after a year? Why exactly after a year does the soul stop hurting and the emptiness caused by the breakup of relationships is filled?

A person lives «here» and «now» - it may turn out that he will no longer have a “tomorrow”. To survive in the world, every person needs the help of other people (there are rare people who survived completely alone on uninhabited islands, but these are exceptions; especially since after survival, the desire to reproduce also appears, and it is impossible for a person to reproduce alone), therefore, every person needs social contacts to successfully relive today and to lay the foundation for their tomorrow’s existence, therefore people invest mental strength and material resources in social contacts, trying to make them as useful and predictable as possible, and therefore as longer as possible, For the sake of this, regularly somehow infringing on oneself.

But why exactly a year? Why does long-term, long-term social contact become a memory not after a month, after six months or after three years?

Because within a year there is a complete change of seasons: either it is a change of the «cold – hot» season, or of the «dry – rainy» season. With each new day a person lives without broken social contact, this individual gains life experience in existing without someone with whom he interacted previously, getting used to life without him. A year forces a person to rebuild his life to exist without someone who is no longer in the life of this person, and will never be.

Remark. The concept of «year» in this study should be understood not as a calendar year, but as a seasonal psychological year. The change of seasons of the year is not absolutely precision: for example, it may be early or late spring or another period of the year; individual characteristics of a breakup (the reason for the breakup, readiness for it, individual personality traits, and so on) can leave their mark on the time necessary for rebuild a person’s life, therefore, the concept of «year» should be understood as a length of time approximately equal to 12-14 months, and in in some individual cases - up to 15-18 months.

With short-term and medium-term social contacts, the process of transition to the realm of memories occurs in exactly the same way as with long-term social contacts, only

much faster: for example, joint work or recreation spent within a month will become a memory next a month or two.

Part III. The biological essence of the breakdown of human relationships

Being in contact with someone implies the creation of new conditioned reflexes, and the end of this contact makes these reflexes unnecessary, so they are gradually erased. The longer a person was in contact with someone else, the stronger the conditioned reflexes aimed at interaction became; and the more time it takes for the conditioned reflexes in question to be erased.

As is known, complete erasure of conditioned reflexes does not occur, and the remnants of these reflexes continue to live in a person in the form of memories, but decades can gradually erase them, although not completely.

Corollary. About the duration of the disappearance of suffering after the breakup of long-term human relationships

In a year, the intensity of suffering due to a break in social contact will decrease from a maximum to almost zero.

«Time heals all wounds» (Meander).

To reduce the intensity of torment, it is advisable, if possible, to give the suffering person as many positive emotions as possible from other areas not related to the breakup in order to compensate for the pain of loss and to give the opportunity to survive the first most difficult stage that came after the breakup of many years of social contact.

Conclusions:

1. It has been determined that in a year or a year and a half, any human relationships that have lasted for a year or more will become memories.
2. It is shown how to reduce the level of human suffering from the breakup of a long-term relationship.
3. Knowing how the need for completed interpersonal relationships disappears allows you to endure difficult breakups, such as death or divorce, much more calmly.

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