



# How to Stop Overthinking After a Breakup

Breakups can trigger a storm of emotions and relentless thoughts. You might find yourself replaying what happened, second-guessing your decisions, or fearing the future. Overthinking after a breakup is a common struggle that can steal your joy and peace. As a Christian, you may wonder how to handle this mental turmoil in a way that honors your faith while also caring for your mind and body. In this guide, we will explore **how to stop overthinking after a breakup** from both a biblical and psychological perspective. We'll look at why overthinking happens, what God's Word says about it, practical steps to break free from the cycle of rumination, and how modern therapy or medicine can be helpful (not contradictory to faith). Our goal is to help you find hope, healing, and a deeper relationship with Jesus even in the pain of heartbreak.

## Understanding Why We Overthink After a Breakup

A breakup isn't just an emotional event – it can be a **physical and neurological** experience as well. Modern research shows that the distress of a romantic breakup affects the brain in ways similar to physical pain. For example, in one study, people who viewed photos of their ex-partner showed activity in the same brain regions that light up during actual physical pain (the insula and anterior cingulate cortex) [Psychology Today – Neuroscience of Breakups](#). In other words, **heartbreak hurts in a very real way** – your brain registers social rejection like a wound, which may explain why you feel actual **heartache** or a pit in your stomach.

Moreover, when a relationship ends, the brain's reward system goes into withdrawal. Being in love floods our brain with “feel-good” chemicals like dopamine, serotonin, and oxytocin. Suddenly losing that bond can resemble the comedown from an addiction. *“Just as falling in love can be like becoming addicted to a drug, a breakup can mirror the brain processes of coming off of it,”* explains one psychology expert [GQ – Breakup Brain Chemistry](#). The sudden drop in those neurochemicals can lead to **withdrawal-like symptoms**: sleep disturbances, loss of appetite, fatigue, even immune system changes <sup>1</sup> <sup>2</sup>. A New York therapist notes that *“the grief and attachment distress of heartbreak mimic depression and anxiety, causing rumination and obsessive thinking”* in many people <sup>3</sup>. This is why you might feel **stuck in a loop of thoughts** about your ex or the relationship – your brain is craving emotional contact and trying to make sense of the loss.

Physiologically, **stress hormones** also flood your system during heartbreak. Your body releases cortisol and adrenaline (the “fight or flight” response) as if you were in danger, because it perceives the breakup as a major stressor [GQ – Breakup Brain Chemistry](#). High cortisol levels can make your heart race, disrupt your sleep, and intensify anxiety. This state of high alert can fuel racing, repetitive thoughts. It becomes hard to think clearly or find calm. In fact, emotional pain from a breakup can temporarily impair the **prefrontal cortex** – the part of your brain responsible for rational thinking and impulse control – which may lead to more obsessive focus on the loss <sup>4</sup> <sup>5</sup>.

It's important to realize that **overthinking (rumination)** is a normal response to both the emotional trauma and these biological changes. You are not “crazy” or “weak” for feeling this way. Psychiatrists define rumination as *“excessive, repetitive thoughts that interfere with other mental activity”* [APA Dictionary – Rumination](#). Right after a breakup, it's common to replay memories, wonder “What did I do wrong?”, or



imagine *"What if things had gone differently?"*. You might also be afraid of what comes next, leading to worries about the future. This mental habit of dwelling on negative events can become **self-perpetuating** – the more you overthink, the worse you feel, and the worse you feel, the more you keep overthinking <sup>6</sup>

<sup>7</sup> . If not addressed, such a cycle can contribute to deeper problems like depression or anxiety over time <sup>8</sup> <sup>9</sup> .

Understanding that there are real neurological and psychological reasons for your overthinking can actually be a relief. It validates that your pain is legitimate – even **God designed our brains to signal relational pain strongly**, because relationships are important. As Christians we know we were created for connection (Genesis 2:18), so the loss of a loved one truly wounds us. **Even biblical figures experienced deep emotional anguish** – King David, for example, poured out his anxieties in the Psalms, and Job lamented his suffering in detail. Recognizing the human side of heartbreak is the first step. Now, the question is: how can you manage these overwhelming thoughts in a healthy way, combining **faith** and **wisdom**?

## A Biblical Perspective on Overthinking and Heartache

Scripture might not use the term "overthinking," but it addresses the underlying issues of worry, anxiety, and troubled thoughts quite a bit. The Bible offers both compassion for those with heavy hearts and guidance on handling anxious thoughts. **God cares deeply about your broken heart.** *"He heals the brokenhearted and binds up their wounds"* (Psalm 147:3 NIV). Far from telling us to "just get over it," God invites us to bring our pain to Him. *"The Lord is near to the brokenhearted and saves the crushed in spirit"* (Psalm 34:18 ESV). Jesus himself said: *"Come to me, all who labor and are heavy laden, and I will give you rest... For I am gentle and lowly in heart, and you will find rest for your souls"* (Matthew 11:28-29 ESV). These passages reassure us that **feeling sorrow after a loss is not a sin** – it's human, and God's presence is nearest in those moments of grief.

However, the Bible also gently warns against letting anxious thoughts dominate us. Jesus spoke to the problem of overthinking in the Sermon on the Mount: *"Can any one of you by worrying add a single hour to your life?... Do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own"* (Matthew 6:27,34 NIV). Overthinking often means we're dwelling on either the past (which we cannot change) or the future (which we cannot control). Jesus urges us to trust God for our needs one day at a time. **Worry doesn't solve tomorrow's problems; it only drains today's peace.** Instead, He directs us to *"seek first the kingdom of God"* and trust our Father to provide (Matthew 6:33). In the context of a breakup, this means focusing on your relationship with God and the present steps of healing, rather than obsessing over "what ifs" or future fears.

One of the most direct biblical strategies for dealing with anxious thoughts is **prayer and petition**. Philippians 4:6-7 famously says: *"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."* This is not a trite answer – it's a practical exchange God invites us to make: *turn your worries into prayers*. Every time an anxious thought about your breakup arises (e.g. *"Will I ever find love again?"* or *"I'm so hurt by what happened"*), you can consciously hand it over to God in prayer. In doing so, you acknowledge that **God is in control** and you trust Him with your future. The promise is that His supernatural peace will guard your heart and mind, much like a sentry keeping those anxious intruders at bay.



Another relevant scripture is 2 Corinthians 10:5, which talks about *“taking every thought captive to make it obedient to Christ.”* What does that mean in practice? It means you don’t have to accept every thought that pops into your head as true or helpful. You can **capture** those overthinking spirals and align them with God’s truth. For example, you might be repeatedly thinking, *“This breakup means I’m unlovable.”* If you take that thought captive and shine the light of Christ’s truth on it, you realize it’s a lie – God says you **are loved** (Romans 8:38-39 assures nothing can separate you from His love) and you have worth in Him. Replacing the negative thought with God’s perspective (*“I am deeply loved by God and this breakup does not define my worth”*) is a way of making your mind **obedient to Christ**. This aligns closely with a technique in psychology of **cognitive restructuring**, where you challenge and reframe irrational negative beliefs. In fact, **renewing your mind** is a biblical concept that parallels what therapy often encourages. Romans 12:2 instructs: *“Do not conform to the pattern of this world, but be transformed by the renewing of your mind.”* Instead of conforming to the world’s pattern of despair or bitterness after a breakup, you allow God’s Word to transform your thinking – focusing on His promises, your identity in Christ, and the hope of His plans for you.

It’s also encouraging to remember that the Bible does not shy away from **honest emotional expression**. The Psalms are essentially a God-inspired record of people processing intense feelings – from despair and confusion to hope and praise. Psalm 13, for instance, begins with David crying *“How long, O Lord? Will you forget me forever? How long must I wrestle with my thoughts and day after day have sorrow in my heart?”* (Psalm 13:1-2). That sounds like someone who knows the pain of overthinking and sadness. Yet David brings these thoughts to God in prayer, and by the end of the psalm he can say, *“But I trust in your unfailing love.”* We learn that **bringing your anxious, racing thoughts to God is not faithlessness – it is exactly what God wants**. 1 Peter 5:7 echoes this: *“Cast all your anxiety on Him, because He cares for you.”* Imagine “throwing” your burdens onto Jesus, who is strong enough to carry them.

In summary, the biblical perspective acknowledges that: - **It’s human and okay to feel hurt and confused** after a breakup. God is close to the brokenhearted and invites you to seek Him with your pain. - **Worry and obsessive thoughts are burdens you can surrender** to God. They will not help you, but God’s peace will. - **Your mind needs guarding and renewing**. Through prayer, Scripture, and the Holy Spirit’s help, you can take charge of runaway thoughts and align them with truth. - **Hope remains**. Even if a relationship ended, God’s love for you has not changed, and He still has good plans for your life (Jeremiah 29:11). There is fruitful life after heartbreak, as many believers can testify.

With this foundation in mind, let’s look at some **practical steps** to apply these principles and also leverage insights from psychology to break the cycle of overthinking.

## Practical Steps to Break the Cycle of Overthinking

Overcoming rumination after a breakup requires action and intentional shifts in how you think. It involves both **spiritual disciplines** and **wise lifestyle choices**. Here are several practical steps – a combination of biblical wisdom and psychological strategies – that you can start implementing to help stop overthinking:

1. **Pray and Release Your Worries to God:** Make prayer your first line of defense when overthinking strikes. As soon as you notice your thoughts spiraling about the breakup, pause and pray. You can pray out loud or in your heart, something like: *“Lord, I’m worrying about \_\_\_\_\_. I hand this over to You. Please give me Your peace.”* This act of **casting your cares on God** is therapeutic. It not only invites God’s intervention, but also interrupts the cycle of rumination by shifting your focus heavenward. Many people find it helpful to keep a **prayer journal** during breakups – write down your anxious



thoughts as prayer requests. Then, in the same journal, record answers or things you're thankful for. Philippians 4:6 encourages prayer *"with thanksgiving,"* because gratitude (even for small blessings like a kind friend or a comforting verse) can reorient your mind toward the positive. As you practice turning each worry into a prayer, you'll gradually train your brain to run to God instead of running in circles. *"When anxiety was great within me, your consolation brought me joy,"* says Psalm 94:19 (NIV). In prayer, you place your burdens into far more capable hands – God's – which frees your mind from thinking it has to solve everything.

2. **Fill Your Mind with God's Truth:** Overthinking often involves **distorted or false thoughts** ("I'll never be happy again," "No one will ever love me," "Everything is ruined"). Combat these lies by saturating your mind with what **God says**. Make it a daily habit to read and meditate on Scripture, especially verses that speak to your situation. For example, when you feel abandoned or unlovable, remind yourself of Hebrews 13:5 where God says, *"I will never leave you nor forsake you."* When you worry about the future, recall that God promises to guide you: *"Trust in the Lord with all your heart... and He will make your paths straight"* (Proverbs 3:5-6). Create a list of "go-to" scriptures and affirmations that counter your most frequent negative thoughts. Some powerful ones include: **Romans 8:28** (God can work this for good), **Psalm 34:18** (God is near in your pain), **Isaiah 41:10** (God will strengthen and help you), and **Philippians 4:13** (you can do all things through Christ, including overcoming this season). Post these verses where you can see them – on your mirror, as a phone wallpaper, etc. Whenever your mind starts dwelling on the breakup, consciously switch to pondering one of these truths. It's a way of *"taking thoughts captive"* and replacing them. **Christian meditation** (quietly reflecting on a Bible verse or promise) can also calm an anxious mind, much like secular mindfulness but centered on God. For instance, you might sit quietly, breathe slowly, and repeat to yourself Psalm 46:10, *"Be still and know that I am God."* This not only slows your heart rate and activates a calming response in your nervous system, but it also reinforces your trust in God's sovereignty over the situation.
3. **Guard Your Heart and Set Healthy Boundaries:** Proverbs 4:23 instructs, *"Above all else, guard your heart, for everything you do flows from it."* In practice, guarding your heart after a breakup means **setting boundaries that help you heal** and avoid unnecessary mental triggers. Consider limiting or **avoiding contact with your ex** for a time ("No contact" rule), as constantly checking their social media or talking to them can reopen wounds and fuel overthinking. It might be wise to remove reminders in your environment – tuck away photos or gifts that trigger painful memories until you're stronger. If you find yourself endlessly analyzing your ex's online status or rereading old messages, recognize this isn't helping you move forward. Give yourself permission to mute or block social media if needed. This isn't about anger or bitterness; it's about giving your mind space to recover. Similarly, set boundaries in conversation. It's okay to tell friends, "I'd rather not talk about my ex or the details right now," if rehashing it is keeping you stuck. Instead, focus discussions on things that help you (faith, hobbies, plans). Guarding your heart also includes *being careful about the "input" you allow*. For example, listening to sad breakup songs on repeat or watching romantic dramas might amplify your longing or sadness. Consider filling that space with uplifting worship music or sermons that encourage you. Protecting your heart is an active way to prevent outside influences from feeding your overthinking. It creates a safer mental environment where you can start to heal.
4. **Stay Connected to Supportive Community: Don't battle the overthinking alone.** In times of heartbreak, one of the worst things to do is isolate yourself with your negative thoughts. The Bible encourages community support: *"Bear one another's burdens, and so fulfill the law of Christ"* (Galatians



6:2 ESV). Reach out to trusted friends or family members who can listen and encourage you. Sometimes just voicing your fears and feelings to a compassionate friend can deflate their power over your mind. Choose confidants who will empathize but also gently remind you of truth and hope (rather than those who might gossip or give unwise advice). You might be surprised how many people have gone through similar pain and can share what helped them. If you have a church community or a small group, consider asking for prayer or talking with a pastor. **Christian support groups or counseling ministries** (like DivorceCare or grief recovery groups some churches offer) can provide a safe space to process your experience with others who understand. Knowing you're not alone in your struggle helps break the sense of isolation that fuels rumination. On a practical level, spending time with others also gives your mind a break from focusing on your ex. Go out for coffee, attend that weekly Bible study, or simply take a walk with a friend. Social support has been shown to release oxytocin (the bonding hormone) which can counter feelings of loneliness <sup>10</sup> <sup>11</sup>. God often brings comfort through **people around us** – their prayers, their company, their wise perspective. As the Focus on the Family ministry notes, the Church should be a place where it's okay to be honest about our hurts and where we can find compassion and help [Focus on the Family – Brokenhearted](#). While not everyone in church may understand, seek out those believers who exemplify Christ's love and empathy.

5. **Engage in Healthy Activities and Self-Care:** Taking care of your **body and daily routine** can significantly improve your mental state after a breakup. It might sound cliché, but simple habits like getting enough sleep, eating regular nutritious meals, and exercising really do help stabilize your mood. Heartbreak can disrupt sleep and appetite (perhaps you've experienced insomnia or loss of appetite due to stress). High levels of stress hormone (cortisol) from overthinking can also wear you out <sup>12</sup> <sup>12</sup>. Try to establish a gentle routine: go to bed and wake up at consistent times, even if you have to force yourself to eat small healthy meals. Physical exercise is a proven way to reduce stress and improve mood. When you work out – even just a brisk walk or a 20-minute jog – your body releases **endorphins**, which are natural mood lifters. Exercise also helps burn off excess adrenaline and regulate dopamine and serotonin levels, aiding your brain's recovery <sup>13</sup> <sup>14</sup>. Many people find that going for a run or doing a home workout provides a mental “reset” when thoughts are racing. Consider activities you enjoy or maybe new ones: biking, swimming, taking a group fitness class, etc. Not only do these distract you from overthinking, they also build confidence and strength.

Additionally, **try relaxation techniques** to calm your nervous system. When you notice yourself panicking or mind racing, practice deep breathing exercises. For instance, inhale slowly for 4 seconds, hold for 4, exhale for 6-8 seconds – this kind of breathing activates the parasympathetic nervous system, which counteracts the fight-or-flight response and can “*slow down ruminative thoughts*” <sup>15</sup>. Some Christians find “*breath prayers*” helpful: breathe in thinking “*Lord, fill me with Your peace*”, breathe out “*I cast my cares on You*.” This marries prayer with physiological calming. Other self-care practices include: taking a warm bath, stretching or yoga (if you're comfortable with it, you can even pray while you stretch), or doing a relaxing hobby at the end of the day. **Mindfulness** in a Christian context – being still in God's presence – can break the overthinking loop. As Psalm 131:2 beautifully illustrates, “*But I have calmed and quieted my soul, like a weaned child with its mother*.” Finding moments to quiet your soul before God (through worship music, sitting in nature, or silent prayer) can gradually train your mind to be at rest.

Engaging in **productive activities and hobbies** is another way to redirect an overactive mind. Idle time often gives space for ruminating. So schedule things to look forward to: maybe now is the time to start that project you postponed, volunteer at church or in the community, or learn a new skill. Creative outlets like





art, writing, or music can be therapeutic outlets for your feelings. For example, journaling is highly recommended by therapists for those dealing with loss; write out exactly what you're thinking and feeling – it gets it out of your head and onto paper, which can bring relief and insight. Some people write letters to their ex (that they never send) just to express everything and then rip them up as a symbolic release. Others immerse themselves in serving others – focusing on helping someone in need can shift your perspective and restore a sense of purpose beyond your pain. Ephesians 2:10 says we are *“created in Christ Jesus to do good works”*; pouring your energy into good works, even when you feel low, can bring a surprising sense of joy and meaning that counteracts the hopelessness of heartbreak.

1. **Challenge Negative Thoughts and Reframe the Narrative:** Overthinking is often fueled by **cognitive distortions** – false beliefs or interpretations about yourself and your situation. Common ones after a breakup include *personalization* (“It was all my fault things ended”), *catastrophic thinking* (“I’ll be lonely forever”), or *idealizing* (“I lost my ‘perfect’ soulmate and nothing will match that”). It’s crucial to challenge these with truth and a more balanced perspective. This is where **biblical truth and healthy self-talk** intersect. Whenever a harsh or despairing thought takes hold, ask yourself: *“Is this really true? What would I say to a friend in my shoes?”* Likely, you’d offer that friend more grace and hope than you’re giving yourself. Preach to yourself the way you’d encourage someone else. If you think, *“I’ll never find anyone,”* counter it with, *“I don’t know the future, but I do know God has plans to prosper me (Jeremiah 29:11), and many people find love again after heartbreak. My story isn’t over.”* If you think, *“I messed up everything,”* remind yourself, *“I’m human and made mistakes, but I can learn and grow. God’s mercies are new every morning”* (Lamentations 3:22-23). Reframing might also involve seeing potential *purpose* in this pain: perhaps the breakup, though terribly hard, could lead you to discover more about yourself, deepen your faith, or prepare you for a healthier relationship in the future. Romans 5:3-4 encourages that *“suffering produces perseverance; perseverance, character; and character, hope.”* While you might not see it yet, trust that God can use even this breakup to refine you in positive ways. Adopting this outlook helps reduce the sense of meaningless loss that fuels rumination. It gives your mind a more hopeful narrative to dwell on: *“Yes, this chapter hurts, but God is still writing my story.”*
2. **Practice Forgiveness and Letting Go:** One specific area of overthinking after breakups is replaying past hurts or blaming either your ex or yourself. Unforgiveness can keep you mentally stuck. If you’re constantly thinking about how you were wronged or how you failed, it’s like picking at a wound so it never heals. The Bible’s call to forgive (Matthew 6:14, Ephesians 4:32) is not meant to downplay the wrong or pain, but to set *you* free from being bound to it. Take time to **forgive your ex** (if they hurt you) as an act of obedience to God – it may be a repeated process, praying *“Lord, I choose to forgive [Name]. Help me release the anger”*. Also, **forgive yourself** for any mistakes you made in the relationship. Remember that Jesus died for all sins and there is no condemnation for those in Him (Romans 8:1). If you confess anything you feel convicted about to God, He forgives you completely (1 John 1:9). So holding onto guilt or shame isn’t necessary; you can accept God’s grace. Forgiveness is powerful because it cuts the tether that keeps dragging your mind back to the painful event. It doesn’t mean you instantly forget, but it means those memories lose their power to provoke bitterness or obsessive regret. As you forgive and let go, when thoughts of the past arise, you can acknowledge them without dwelling: *“Yes, that happened, but I’ve released it. I’m moving forward.”* That closure will give your mind permission to move on to other things.
3. **Focus on the Present and Future (One Day at a Time):** Overthinking often means you’re either stuck in the past or anxiously projecting far into the future. Ground yourself in **today**. Jesus said not



to worry about tomorrow (Matthew 6:34) – so what is God asking of you *today*? Perhaps it's to get out of bed and take a walk in the sunlight, or to go to work and do it as unto Him, or to meet a friend for a chat. Invest in the responsibilities and relationships you still have right now. Set small daily goals that give you a sense of accomplishment, even if it's as simple as cleaning up your room or cooking a healthy meal. This helps build momentum and confidence. At the same time, allow yourself to have **future hope**. A breakup can make the future look very bleak, but your life could have joyful chapters ahead that you can't imagine yet. Start dreaming again in modest ways: make plans to do things you've always wanted to (travel, hobbies, career steps) and trust God with the bigger picture of relationships. *"Commit your way to the Lord; trust in Him, and He will act"* (Psalm 37:5 ESV). Some people find it helpful to create a new routine or tradition post-breakup, signaling a fresh start. For example, take up a new class or join a ministry at church – something that gets you excited for the future and occupies your mind with growth rather than loss. Focusing on personal growth goals (spiritually, physically, career-wise) can channel the energy that was going into rumination into something constructive. You might ask God to reveal new purpose in this season. Often, it's in our hardships that God directs us into our calling or into deeper maturity (James 1:2-4). Trust that **God's plans for you are good** and give yourself permission to look forward with faith.

## The Role of Counseling and When to Seek Professional Help

While spiritual practices and self-help strategies go a long way, sometimes overthinking after a breakup can intensify into more serious mental health issues like clinical anxiety or depression. **Seeking professional help is not a sign of weak faith or failure** – it's a wise step that God can use for your healing. In the same way you'd see a doctor for a broken bone, you can see a mental health professional for a season of emotional brokenness. In fact, many Christian leaders and therapists encourage believers to utilize the gift of modern medicine and counseling when needed. Dr. Brian Briscoe, a Christian psychiatrist, noted that he sees medication as an *"agent of mercy"* from God for those who are severely depressed or anxious [The Weary Christian – Antidepressants Interview](#). He shares a wise illustration: a man prays for rescue from a flood but turns away a truck, a boat, and a helicopter that come to save him, not realizing God sent those very means. Likewise, tools like therapy or antidepressant medication may be part of God's answer to your prayers for relief – they help get you to a place where you can function and heal. **There should be no shame for a Christian to say, "I need help beyond prayer and willpower right now."**

How do you know if you might benefit from professional help? Here are some signs: - **Your overthinking is constant and uncontrollable** – you can't focus on work or daily tasks, and your mind feels "stuck" on the breakup most of the day. - **You experience persistent insomnia, panic attacks, or depressive symptoms** (such as hopelessness, loss of interest in things, changes in appetite or weight, excessive fatigue, or recurrent thoughts of self-harm). The GQ report mentioned that intense heartbreak can even lead to intrusive or suicidal thoughts in some cases <sup>16</sup>. If you are at that level of despair, please seek help immediately – call a crisis line or reach out to a healthcare professional. - **It's been many months and you feel little to no improvement** in your mood, or it's getting worse. - **Others around you express concern** that you are not coping well or have withdrawn dramatically from normal life.

A trained **Christian counselor or therapist** can provide a safe space to talk through your thoughts and teach you coping skills tailored to you. They might use therapies like Cognitive-Behavioral Therapy (CBT), which has a strong track record of helping people break out of negative thought cycles. CBT can equip you with techniques to challenge and change thought patterns – very much in line with the biblical "renewing of the mind." In fact, mental health professionals often give homework that mirrors what Scripture exhorts:

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e.g. keeping a thought journal to identify lies vs. truth, practicing gratitude, scheduling pleasant activities, etc. Integrating your faith into therapy is powerful: you can pray with your counselor, discuss spiritual struggles, and ensure any technique aligns with biblical values. Organizations like the **American Association of Christian Counselors (AACC)** can help you find a licensed therapist who shares your faith perspective.

If you prefer a secular therapist, that's okay too – just let them know your faith is an important part of your life so they understand your values. **Medication** is another tool: if a doctor (psychiatrist or primary care physician) assesses that your brain's chemistry is significantly imbalanced (for instance, you've fallen into major depression or an anxiety disorder), they might prescribe an antidepressant or anti-anxiety medication for a season. These medications can help lift the fog of constant anxiety or sadness enough for you to more effectively apply the spiritual and cognitive strategies we discussed. According to standard clinical guidelines, a combination of therapy and medication is often the most effective route for serious depression or anxiety [APA – Depression Treatment Guideline](#). Using medicine is **not “numbing yourself to avoid God”**; rather, it can correct a physical aspect of the issue (brain chemistry) so that you are better able to pray, read Scripture, and engage with life again. It's similar to taking insulin for diabetes – it addresses a physical need. Of course, medication is a personal choice and not everyone needs it, but it's good to know it's an available help if recommended. As Dr. Briscoe said, we are embodied beings – our mind and body are connected – so treating a physical aspect of mental struggle can be part of God's holistic healing.

Don't overlook other **professional support** too. If the breakup involved significant trauma (such as abuse or betrayal), trauma-focused counseling could be very beneficial. If you prefer group settings, many churches and community centers host divorce recovery workshops or grief share groups. Pastoral counseling from a wise, trained pastor can also provide both spiritual and practical guidance. **Ultimately, seeking help is an act of wisdom and humility** – virtues that the Bible upholds (Proverbs 11:14 says, “*in an abundance of counselors there is safety*”). God often works through people, including mental health professionals, to bring about His healing in our lives.

## Finding Hope and Joy Again

Right now, you might feel like joy is a distant memory. Overthinking about your breakup can make each day a struggle. But cling to this truth: **there is hope, and this season is not permanent**. Both research and real-life testimonies affirm that people *do* recover from heartbreak. One study of young adults found that most participants felt significantly better after about 10 weeks post-breakup [Psychology Today – Neuroscience of Breakups](#). In the moment, weeks or months can feel like eternity, but it helps to know that the intensity of pain will diminish with time and healthy coping. And from a Christian standpoint, we have confidence that God is actively at work in our healing process during that time.

**Allow yourself to grieve, but also believe that joy will come in time.** Psalm 30:5 reminds us, “*Weeping may last through the night, but joy comes with the morning.*” There will be a “morning” after this long night – even if you can't see it yet. God specializes in redemption and new beginnings. Sometimes, the end of one relationship opens the door to growth that prepares you for future blessings you would have missed otherwise. Take comfort in knowing that Jesus walks with you through the valley (Psalm 23). He understands suffering and heartbreak – Jesus wept at the tomb of Lazarus (John 11:35), He was betrayed and abandoned by those He loved, and He took on all our sorrows at the cross (Isaiah 53:3-4). Because He **empathizes with our pain** (Hebrews 4:15), you can be completely honest with Him in prayer about how you feel. As you lean on Him day by day, you will find your heart slowly healing and your outlook growing brighter.

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Consider this anonymous real-life example of hope: *“Sarah” had been in a serious relationship for 3 years when it unexpectedly fell apart. In the aftermath, she fell into a pattern of overthinking – every night she would lie awake for hours, replaying conversations and wondering if she was unlovable. Her anxiety was around 8 out of 10 most days, and she often broke down in tears. Sarah decided to reach out to a Christian counselor and also asked a few close women at church to pray with her. Through counseling, she learned to challenge her negative thoughts and started journaling daily, listing one thing each day she was thankful for. She also committed to a morning routine of reading a Bible devotional and taking a walk while listening to worship music. At first, these were just small habits, but after two months she realized she was ruminating much less. Her nightly overthinking sessions shortened from hours to just 10-15 minutes, and her anxiety dropped to about 3 out of 10. She even began volunteering at a local charity, which reminded her that God could still use her to bless others. A year later, Sarah reflected that although the breakup was one of the hardest trials of her life, it ultimately deepened her faith and resilience. She found joy again – not from another relationship (that came later unexpectedly), but from experiencing God’s comfort and discovering strength she didn’t know she had.”*

Your story will have its own unique details, but *Sarah’s* journey shows that with time, intentional effort, and God’s grace, **healing happens**. The racing thoughts can subside, and you can emerge stronger and more rooted in joy than before. Many believers later describe a painful breakup as a catalyst that brought them closer to God and to their true identity. You may even find yourself able to help someone else through a similar heartbreak in the future, turning your past overthinking into hard-won wisdom to share.

**In conclusion**, overcoming overthinking after a breakup is a process – one that engages your whole being: body, mind, and spirit. Be patient with yourself. Some days will be harder and the anxious thoughts will come back; that’s okay. Just keep reapplying these principles. Keep casting your cares on God every time they arise. Keep replacing lies with biblical truth. Keep caring for your health and leaning on support. Little by little, the cycle of rumination will lose its grip, and you’ll notice more mental freedom and peace. Celebrate each small victory (like a night of good sleep, or a moment you were able to laugh again).

Remember that **joy is a fruit of the Spirit** (Galatians 5:22) – as you stay connected to Jesus, He will replenish your joy. John 15:5,11 Jesus says, *“I am the vine; you are the branches... If you remain in me... you will bear much fruit... I have told you this so that my joy may be in you and that your joy may be complete.”* Your life can be fulfilling and joyful again, because Christ’s joy is not based on your relationship status or any external circumstance, but on His presence within you. Trust that **God is writing a redemption story** through this season. As Psalm 126:5 promises, *“Those who sow with tears will reap with songs of joy.”* The tears you’re sowing now, and the hard work you’re doing to seek God and manage your mind, are like seeds that will eventually blossom into a testimony of God’s faithfulness and your growth.

Hang on to hope – **this heartbreak will not define you**. You are a beloved child of God, your future is secure in His hands, and **with His help, you can overcome the overthinking** that currently overwhelms you. One day, you’ll look back and see how far you’ve come. In the meantime, take it one step, one prayer, one day at a time. The Lord Jesus, the Great Physician of hearts and minds alike, is walking with you into healing and a new chapter of life.

*“May the God of hope fill you with all joy and peace as you trust in Him”* (Romans 15:13). Amen.



## References

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7. **The Holy Bible**, New International Version (NIV) / English Standard Version (ESV) – Various verses as cited in text (Psalm 147:3; Psalm 34:18; Matthew 6:27-34; Philippians 4:6-7; 2 Corinthians 10:5; Romans 12:2; 1 Peter 5:7; Hebrews 13:5; Proverbs 3:5-6; Romans 8:28; Isaiah 41:10; Philippians 4:13; Galatians 6:2; Ephesians 4:32; Romans 5:3-4; John 15:11; etc.). Accessible via [Bible Gateway](#). These scriptures provide the spiritual foundation for the advice given, emphasizing God's comfort, trusting God over worry, renewing the mind, and finding hope and identity in Christ.

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