



## Getting Over a Painful Relationship

### Transcript

*(English subtitles)*

**Patrick:** When I'm unhappy in love, I ride my bike if it's summer. If it's winter, I take a long walk and I'll buy myself a soda, and this helps me. This helps me to get over my sorrow, but I also speak to people close to me, to my former foster family, to my foster family.

For sure if you kept it all inside you, you couldn't get over it. If you talk about it [you might realize] you shouldn't do what you did next time, with your next girlfriend... So you should listen to the advice people give you. I've sometimes made mistakes with my girlfriends.

So this is what I do.

