Movies For Every Stage Of A Breakup And Wines To Go With Them

“Grab the remote, pour yourself a glass,
and settle in for a little Netflix n’ Heal.
By Amy Smart

Breakups are brutal. Especially when you’re the one left standing in the dust, wondering what the hell just happened. Your days of “Netflix n Chill” might be over but consider this idea before you rush out to adopt 23 cats (no judgement, they’re excellent company). How about you rinse off every stage of your grief with movies, wine, and a little emotional damage control. I’m not talking about an endless parade of rom coms where everyone magically finds their soul mate. Nobody needs that kind of emotional ambush right now.

Instead, I’ve put together seven movies to accompany the emotional roller coaster that is a breakup, complete with wine pairings to match the mood.

Feeling a little “rage-y”? Great! How about a slasher flick and a full-bodied merlot? Sad? I got you. Cry it out over a bottle of pinot while a sappy drama plays. My point is, every stage of grief is normal (and healthy), embrace it.

So grab the remote, your favourite snacks, and a bottle (forget the glass, again no judgements) and get started on your own “Netflix n Heal.”

Breakup Grief Stage #1: Shock

“What the hell just happened?”

Well, that escalated quickly.

One minute, you’re in a relationship. The next, you’re staring into space, wondering how your entire life just took a sharp left turn without so much as a warning signal.

Welcome to shock.

You’re numb, confused, and probably not ready to process much of anything. And that’s okay. Put on your comfiest clothes, grab your Snuggie, and give yourself a minute to catch your breath. You don’t have to figure everything out today.

Believe it or not, you’re on your way to healing.

Watch: *Labyrinth (1986)*
Sip: *Barefoot Pinot Grigio*

Right now, reality is overrated. So why not escape into a fantasy world filled with bizarre creatures, impossible mazes, and David Bowie in some exceptionally questionable pants.

Labyrinth is the perfect distraction when your brain needs a break from trying to make sense of the senseless.

Pair it with a light, crisp Pinot Grigio. Nothing too complicated. You've had enough surprises for one day.

Breakup Grief Stage #2: Denial

"Nope. This didn't happen. He/she wouldn't do that to me."

Oh, denial. That wonderful little place where red flags are merely decorative, and your ex is just going through a phase.

They'll come back. They'll realize what they've lost. This is all just one beg misunderstanding, right?

Congratulations! You've officially flower right into the river called DE-NIAL! Ha! See what I did there? And you know what? You can stay there. At least for the next 90 – 120 minutes while the movie plays.

The truth is this phase is important. It gives breathing room while your head and heart gather strength to face what is coming next. You don't need to process everything at once.

Watch: *(500) Days of Summer (2009)*
Sip: *Jackson-Triggs Rose*

Nothing says denial quite like convincing yourself you've found your soulmate while conveniently ignoring ever piece of evidence suggesting otherwise. Meet Tom. A hopeless romantic who has somehow managed to turn selective hearing into an Olympic Sport.

(500) Days of Summer is a painfully relatable reminder that sometimes we fall in love with the idea of someone rather than the person standing right in front of us. And when reality finally comes knocking, we're not always particularly interested in answering the door.

Pair it with a refreshing glass of rose. It's light, a little sweet, and just optimistic enough to complement those rose-coloured glasses you've been wearing.

Breakup Grief Stage #3: Anger

"Oh, hell no. They did NOT just do that to me."

Or as I like to call it the "screw you" stage. The sadness has temporarily taken a back seat, and now you're feeling all the rage.

And really, who could blame you?

Now, this stage could go two ways.

Option one: You could go full *Fatal attraction* (although I strongly advise against this approach. Your ex doesn't have a pet bunny, do they?).

Option two: You could channel all that glorious rage into something more productive. Like finally clearing out their crap, rearranging your furniture, or reclaiming the side of the bed they insisted was theirs.

I strongly recommend the latter. An overall healthier approach, and significantly fewer legal consequences.

Watch: *Friday the 13th – any of them.*
Sip: *19 Crimes Pinot Noir*

I'm not saying it's ok to delight in someone else's pain, but sometimes when you're angry at the world, a good old-fashioned slasher flick is exactly what you need.

Friday the 13th delivers suspense, chaos, and a whole lot of fictional people making exceptionally questionable decisions. And for the next 90 minutes, you get to yell at someone else's terrible choices instead of obsessing over your ex's.

Pair it with a glass of 19 Crimes Pinot Noir. It's rich, smooth, and appropriately named for a night dedicated to contemplating all the things you're absolutely not going to do.

Because revenge might sound satisfying, but keeping your dignity (and your clean criminal record) is considerably better.

Breakup Grief Stage #4: Sadness

"What if I'm never happy again?"

And here we are. By far, the hardest stage that nobody wants to visit, but almost everyone eventually finds themselves in. The anger has quieted. The distractions aren't working quite as well. And suddenly, the silence feels a whole lot louder than it used to.

This is where the loneliness creeps in. The self-doubt. The endless replaying of conversations, wondering what you missed. You might even feel like you may never be happy again.

And you know what? It sucks.

There is no clever punchline for this part. Heartbreak hurts. And sometimes the only thing you can do is let your self feel it. As much as this stage hurts, you must deal with the pain. Accept it as part of your journey. An important part of healing is allowing yourself to feel all the feelings. Cry. Be angry. Spend the afternoon in your pajamas couch rotting. You don't have to put on a brave face or pretend you're fine when you're not.

But let me tell you something, loud and clear, **YOU WILL BE OKAY.**

Maybe not today. Maybe not tomorrow. But eventually.

Watch: *The Hours (2002)*
Sip: *Bodacious Smooth Red*

The Hours follows three women, each navigating her own struggles with identity, unhappiness, and the complicated business of being human.
It's not an easy watch, and it's certainly not the movie you put on when you're looking for a cheerful distraction. But sometimes, when you're hurting, there's something comforting about seeing complicated emotions reflected on the screen. A reminder that you're not the only person who's ever felt lost.

When we are sad, sometimes the best thing we can do for ourselves is to let it all out: scream, yell, cry until the well is dry.

Pair it with a glass of Bodacious Smooth Red. It's soft, approachable, and uncomplicated. Because tonight isn't about making grand plans or figuring out your future. It's about giving yourself permission to feel whatever you're feeling.

And remembering that this chapter, however painful, isn't the end of your story.

Breakup Grief Stage #5: Acceptance

"It's really over. And I think I'm going to be okay."

Well, would you look at that? A little light at the end of the tunnel.

You've cried. You've raged. You've questioned every decision you've ever made. And somewhere along the way, something started to shift. You still have your moments, of course. But you're no longer spending every waking minute wondering what went wrong or how to put everything back together.

You're starting to realize that maybe your future doesn't look quite the way you imagined. And maybe that's not such a terrible thing.This is where you stop wasting your energy on the person that broke you. You finally start to feel a bit of relief, the weight is finally lifting. You start making plans and enjoying your own company. And hey, maybe it won't be you and your 23 cats for the rest of your days after all. Unless that's what you want. In which case, carry on.

Watch: *Up (2009)*
Sip: *Roscato Bianco Dolce*

Don't let the colourful animation fool you. *Up* has a way of reaching straight into your chest and squeezing your heart when you least expect it. At its core, it's a story about love, loss, and learning that life can still hold beautiful adventures even when things don't go according to plan.

Carl spends so much time holding on to the life he thought he was supposed to have that he almost misses the one unfolding right in front of him. Sound familiar?

Pair it wit ha glass of Roscato Bianco Dolce. Light, sweet, and a little celebratory. Because you've made it through some pretty dark days, and you're finally beginning to see the possibilities ahead.

Turns out, the end of one adventure doesn't mean the end of all adventures.

Breakup Grief Stage #6: Disengagement

"I am letting you go. For real this time."

Well, look at you go. Making progress!

You've accepted that the relationship is over. You've stopped replaying every argument, dissecting every text message, and wondering whether that cryptic TikTok story was secretly about you.

(Spoiler alert: It probably wasn't.)

But here's where things get interesting. You're no longer just accepting the end of the relationship. You're actively choosing to move forward without it. You can finally look back and see things for what they were. The good, the bad, and the red flags you conveniently ignored because you were in love. You've stopped putting your ex on a pedestal and started remembering that you were a whole person before they came along. And you still are.

Think of it as packing all your baggage into a storage unit and willingly tossing the keys over to the guys from *Storage Wars* and not looking back. Let them deal with that shit. You've got better things to do.

Watch: *La La Land (2016)* **Sip**: *Apothic Red*

La La Land is a beautiful reminder that not every love story is meant to last forever. Sometimes two people can genuinely love each other and still end up on completely different paths. And sometimes, letting go isn't about anger, resentment, or deciding that the entire relationship was a waste of time. It's about recognizing that something can have mattered deeply without needing to be a part of your future.

Pair it with a glass of Apothic Red. Rich, smooth, and a little more sophisticated than the questionable decisions that brought you here.

Because moving on doesn't mean pretending the past never happened. It means deciding that it no longer gets to dictate what happens next.

Breakup Grief Stage #7: Hope/Moving On

"Well, would you look at me!. I'm actually going to be okay."

Congratulations! YOU MADE IT! You've cried enough tears to fill a swimming pool. And contemplated a few questionable decisions. And somehow, here you are. Still standing.

Somewhere between the heartbreak and the healing, you started finding yourself again. Gloriously, unapologetically you.

And maybe you've discovered a few things about yourself along the way. Like how much you actually enjoy sleeping diagonally across the bed. Or that you never really liked their taste in music anyway.

The future is looking a whole lot brighter, and for the first time in a while, you're genuinely excited to see what happens next.

Watch: *The Sound of Music (1965)*
Sip: *Martini & Rossi Sparkling Wine*

Is there anything more delightfully optimistic than Julie Andrews spinning around on a mountaintop, singing her heart out like she hasn't a care in the world?

I think not.

The Sound of Music is a celebration of courage, new beginnings, and finding happiness in places you never expected. And after everything you've been through, a little singing, dancing and unfiltered joy feels entirely appropriate.

Pair it with a glass of Martini & Rossi Sparkling Wine. Because this moment deserves a few bubbles. Pop a cork and go get 'em, tiger!

When you're happy and hopeful, the hills truly ARE alive with *The Sound of Music*! Yep, I went there, and I don't regret a thing.