

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

“Grab the remote and a bottle (forget the glass, no judgements here), and get started on your own “Netflix n Heal.”

By Amy Smart

Breakups can be brutal, especially if you're the one being left in the dust. Your days of “Netflix n Chill” may be over but consider this idea before you rush out to adopt 23 cats. How about you rinse off every stage of your grief with a few good movies and wines. Don't worry, this list isn't full of romantic movies where everyone falls in love. Instead, it's full of films that I think will help you work through every stage of grief. I also included wines that will make your breakup taste a little less bitter.

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), so embrace it. Grab the remote and a bottle (forget the glass, no judgements here), and get started on your own “Netflix n Heal.”

Breakup Grief Stage #1: Shock

“What just happened?”

Thrust into this stage, you've begun your journey and (believe it or not) are on your way to healing. You feel numb. Put on some comfy clothes. Grab your Snuggly. Give yourself a minute to catch your breath.

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

Get lost in this classic fantasy film and forget your troubles. Music (thank you David Bowie) and loads of visual interest are great distractions.

Breakup Grief Stage #2: Denial

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

You just go right ahead and ignore every red flag and indication that things weren't going right. You can pretend that things are simply fine. Your partner is just having a bad day. They'll be back. You have flowed right into the river called DE-NIAL! Ha! See what I did there?! And you can stay there. At least for the next 90-120 minutes while the movie plays.

The truth is this phase is important. It allows our head and heart to gather strength to face what is coming next.

Watch: *The Pursuit of Happiness* (2006) Sip: *Jackson-Triggs Rose*

When you're at the bottom, the only way to go is up. This movie shows that even though your life might feel like a raging dumpster fire right now, it's destined to get better.

Breakup Grief Stage #3: Anger

"He/She will pay for hurting me! How dare they!"

Or as I like to call it the "screw you" stage. The stage where you feel all the rage. Now, this stage could go two ways: 1) You could go all *Fatal attraction* (p.s. I am NOT recommending you watch this right now, could give you some bad ideas. Your ex doesn't have a pet bunny, do they?). Or 2) You could channel your rage into something more productive, like finally clearing out their crap. I strongly suggest the latter.

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 our subconscious helps us work through things we aren't able to consciously. So, why not work out your rage with a good slasher flick.

Breakup Grief Stage #4: Sadness/Depression

Here you are. By far, the hardest stage. The self-doubt and loneliness start to set in. You might even feel like you may never be happy again. 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. Feel the abandonment. Feel the fear. CRY IT OUT. But let me tell you loud and clear – YOU WILL BE OKAY.

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

This movie depicts the stories of three women, all struggling with their own demons. When we are sad and depressed, sometimes the best thing we can do for ourselves is to let it all out: scream, yell, cry until the well is dry. And then realize you are not alone in the way you feel.

Breakup Grief Stage #5: Acceptance

"It's actually over. I will be okay."

Acceptance is the first sign of light at the end of the tunnel. This is where you stop wasting your energy on the person that broke you. You finally start to feel a bit of relief, that weight is finally lifting. You start thinking that maybe it won't be you and your 23 cats for the rest of your days after all. Time to sit back and be reminded about what's important in life.

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

Once you start to accept your situation, you also start to realize what is important in life. Not only is this movie heartwarming but it leads you to what is important.

Breakup Grief Stage #6: Disengagement

"I am letting you go."

The main difference between the acceptance and the disengagement stages is that you are actively moving the focus from your ex and putting it into yourself. You can see the relationship clearly for what it was, the good and the bad. You've let go of the anger and hurt. You've realized you don't need your ex anymore. Think of it as packing all your baggage into a storage unit and willingly tossing the keys over to those *Storage Wars* guys, and not looking back.

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

This movie is all about letting go. Making the difficult choices. And moving forward.

Breakup Grief Stage #7: Hope/Moving On

Congratulations! You've made it! You haven't forgotten your ex, but you've realized that through the loss and the pain you were able to find something great – YOURSELF! Sing, dance, celebrate! Pop a cork and go get 'em, tiger!

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

Who doesn't love a classic musical?! 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.