

COLLECTION

The Essentials of Applied Psychology

No Contact Without Losing Yourself

No contact after a breakup: boundaries, the urge to reach out, and rebuilding



Gildas Garrec

CBT Psychopractitioner

psychologieetserenite.com

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Gildas Garrec

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Éditions Psychologie et Sérénité

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A Guide to Emotional Withdrawal and Healing

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First edition : September 2025

Crisis resources

If you are going through a crisis and suicidal ideation comes to you, please do not face it alone.

- 988 — 988 Suicide & Crisis Lifeline. Call or text, 24/7, free and confidential (US and Canada).
- 741741 — Crisis Text Line. Text HOME to 741741 to reach a trained crisis counselor.
- 116 123 — Samaritans, free, 24/7 (UK and Ireland).
- 911 — in case of immediate danger (US and Canada).

These numbers apply to the United States, Canada, the United Kingdom and Ireland. Wherever you are, findahelpline.com lists helplines country by country.

Domestic abuse

- 741741 — Crisis Text Line. Text HOME to 741741 to reach a trained crisis counselor.
- 911 — in case of immediate danger (US and Canada).

Wherever you are, findahelpline.com lists domestic abuse helplines country by country.

To all those who stare at a screen waiting for a message that may never come. To those who have known this deafening silence, this absence that takes up all the space, this void that weighs more heavily than any word.

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Introduction — The Silence That Screams

There are silences that bring peace. The silence of a forest at dawn, when mist still clings to the low branches of oak trees. The silence of a library, where the rustling of pages composes a quiet symphony. The silence that settles naturally between two people who know each other so well that they no longer need words to understand one another.

And then there is the other silence. The one that tears you apart. The one that settles between you and someone you loved, someone you may still love, transforming every minute into a painful eternity. This silence is unlike any other. It is alive, pulsating, all-encompassing. It greets you upon waking, follows you through your days, lies down beside you at night. It has weight, texture, almost a scent. This is the silent treatment.

If you are holding this book in your hands, it is probably because you know this silence. Perhaps you chose it, in a surge of dignity or survival. Perhaps it was imposed on you, brutally, without explanation, like a door slammed in your face. In both cases, you know what I mean when I say that this silence screams.

Why This Book

For over fifteen years of supporting people in relational distress, I have been struck by one observation: the silent treatment is one of the most universal and most misunderstood emotional experiences of our time. Every week, in my office, I see brilliant, articulate men and women who are fully functional in every area of their lives, yet reduced to shadows by the sudden absence of someone they loved.

They all describe the same thing, with different words but identical pain: the phone obsession, the compulsive checking of notifications, the jolt at every vibration, the disappointment renewed a hundred times a day. They tell me about their shame — shame at suffering so much, shame at not being able to "move on," shame at feeling pathetic in a world that values instant resilience and cool detachment.

This book was born from their suffering and from my refusal to trivialize it. Because no, it is not "ridiculous" to suffer from another human being's silence. Because no, "keeping yourself busy" or "downloading a dating app" is not enough to heal. Because neuroscience has proven, with unyielding rigor, that social