

At some point in our lives, almost every one of us will have our heart broken.

在我们一生中的某个时刻，差不多每个人都经历过心碎。

My patient Kathy planned her wedding when she was in middle school. She would meet her future husband by age 27, get engaged a year later and get married a year after that. But when Kathy turned 27, she didn't find a husband. She found a lump in her breast. She went through many months of harsh chemotherapy and painful surgeries, and then just as she was ready to jump back into the dating world, she found a lump in her other breast and had to do it all over again. Kathy recovered, though, and she was eager to resume her search for a husband as soon as her eyebrows grew back in. When you're going on first dates in New York City, you need to be able to express a wide range of emotions.

我的病人凯蒂中学时 就开始为她的婚礼做计划。她想27岁时就遇见她的 未来丈夫，一年后订婚，最后在接下来的一年结婚。但是当凯蒂27岁时，她并没找到丈夫。她发现她的乳房有肿块。她必须捱过多个月的严酷化疗 以及痛不欲生的手术，当她准备好重新开始约会时，她又发现另一个乳房有肿块，而又要再重新进行治疗。凯蒂最终康复，她迫不及待地重返 寻找丈夫这个任务，在她的眉毛长回后就立即开始。你在纽约第一次约会，必须能表达多样化的感情。

(Laughter)

(笑声)

Soon afterwards, she met Rich and fell in love. The relationship was everything she hoped it would be. Six months later, after a lovely weekend in New England, Rich made reservations at their favorite romantic restaurant. Kathy knew he was going to propose, and she could barely contain her excitement.

不久之后，她遇见了瑞奇，两人堕入爱河。这段感情是她梦寐以求的。六个月后，在新英格兰度过了 甜美的周末后，瑞奇在他们最喜欢的 浪漫餐厅做了预订。凯蒂知道他将会向她求婚，她几乎无法压抑她的兴奋感。

But Rich did not propose to Kathy that night. He broke up with her. As deeply as he cared for Kathy -- and he did -- he simply wasn't in love.

但是那天晚上瑞奇 并没向凯蒂求婚。他跟凯蒂分手了。尽管瑞奇非常关心凯蒂 — 确实如此 — 但他就是没爱上凯蒂。

Kathy was shattered. Her heart was truly broken, and she now faced yet another recovery. But five months after the breakup, Kathy still couldn't stop thinking about Rich. Her heart was still very much broken. The question is: Why? Why was this incredibly strong and determined woman unable to marshal the same emotional resources that got her through four years of cancer treatments? Why do so many of us flounder when we're trying to recover from heartbreak? Why do the same coping mechanisms that get us through all kinds of life challenges fail us so miserably when our heart gets broken?

凯蒂心碎万分。她的心彻底碎了，现在她又要进行另一个治疗。但是分手之后过了五个月，凯蒂还是无法停止 想起瑞奇。她的心仍然破碎不堪。问题是：为什么？为什么这位异常坚强和 意志坚定的女人 无法重拾四年前帮助她 挺过癌症治疗的心理状态？为什么我们那么多人 在尝试愈合心碎时挣扎不堪？为什么帮助我们应付 许多人生挑战的作用机理 却在我们心碎时完全无效？

In over 20 years of private practice, I have seen people of every

age and background face every manner of heartbreak, and what I've learned is this: when your heart is broken, the same instincts you ordinarily rely on will time and again lead you down the wrong path. You simply cannot trust what your mind is telling you.

在超过20年的私人看诊经历中，我见过来自各个年龄 以及背景的人 面对每种类别的心碎，而我从中学习到的是：当你心碎时，你平常所依赖的那些直觉 将一次又一次地 误导你步上歧途。 你不能相信自己的直觉。

For example, we know from studies of heartbroken people that having a clear understanding of why the relationship ended is really important for our ability to move on. Yet time and again, when we are offered a simple and honest explanation like the one Rich offered Kathy, we reject it. Heartbreak creates such dramatic emotional pain, our mind tells us the cause must be equally dramatic. And that gut instinct is so powerful, it can make even the most reasonable and measured of us come up with mysteries and conspiracy theories where none exist. Kathy became convinced something must have happened during her romantic getaway with Rich that soured him on the relationship, and she became obsessed with figuring out what that was. And so she spent countless hours going through every minute of that weekend in her mind, searching her memory for clues that were not there. Kathy's mind tricked her into initiating this wild goose chase. But what compelled her to commit to it for so many months?

举个例子，我们知道有关 心碎的人的研究显示， 清楚了解关系终结的原因 对继续向前，不被感情所困 的能力非常重要。 但是，一次又一次地， 当别人告诉我们简单 以及真诚的解释时， 如同瑞奇告诉凯蒂的， 我们会全盘拒绝。 心碎制造出如此 戏剧化的感情伤痛， 以致我们的头脑告诉我们 其原因也肯定同样戏剧化。 而那直觉是如此强大， 它可导致我们当中 最理性和最慎重的人 想出完全不存在的神秘论和 阴谋论。 凯蒂坚信她和瑞奇 一起度过的浪漫假期时 肯定发生了什么 破坏他们俩感情的事儿， 导致她无法自拔地 猜想到底是什么事儿。 就那样，她花了无数时间 在脑海里重新回顾 那个周末的每一分钟， 尝试在她的记忆里寻找 不存在的线索。 凯蒂的思想哄骗她 开始这徒劳的搜索。 但是又是什么迫使她花 无数个月的时间这么做呢？

Heartbreak is far more insidious than we realize. There is a reason we keep going down one rabbit hole after another, even when we know it's going to make us feel worse. Brain studies have shown that the withdrawal of romantic love activates the same mechanisms in our brain that get activated when addicts are withdrawing from substances like cocaine or opioids. Kathy was going through withdrawal. And since she could not have the heroin of actually being with Rich, her unconscious mind chose the methadone of her memories with him. Her instincts told her she was trying to solve a mystery, but what she was actually doing was getting her fix. This is what makes heartbreak so difficult to heal. Addicts know they're addicted. They know when they're shooting up. But heartbroken people do not. But you do now. And if your heart is broken, you cannot ignore that. You have to recognize that, as compelling as the urge is, with every trip down memory lane, every text you send, every second you spend stalking your ex on social media, you are just feeding your addiction, deepening your emotional pain and complicating your recovery.

心碎比我们意识到的 更阴险狡诈。 让我们不断地重返一个 又一个的迷幻世界， 就算我们

知道这么做只会 让我们觉得更糟，是有原因的。 大脑研究显示， 失去浪漫的爱情 在我们大脑所引发的作用机理 跟上瘾者停止吸食如可卡因和 鸦片类毒品时是一样的。 凯蒂正经历着戒断期。 既然她的生活中不能没有了 像海洛因一样的瑞奇， 于是她的潜意识选择把他们在 在一起的回忆当做代替品。 她的直觉告诉她在 解开一个谜题， 但其实她正在做的是满足她的“毒瘾”。 这也就是心碎那么难痊愈的原因。 吸毒者知道他们上了瘾。 他们知道他们正在注射毒品。 但心碎的人则完全不知情。 不过现在你们知道了。 如果你的心碎了， 你不能坐视不理。 你必须承认， 无论冲动是多么强大， 每次重温记忆， 每发一条短信， 每秒你花在社交媒体上 跟踪你的旧爱， 你其实就在满足你的“毒瘾”， 加深你感情上的痛苦， 并使痊愈过程更复杂。

Getting over heartbreak is not a journey. It's a fight, and your reason is your strongest weapon. There is no breakup explanation that's going to feel satisfying. No rationale can take away the pain you feel. So don't search for one, don't wait for one, just accept the one you were offered or make up one yourself and then put the question to rest, because you need that closure to resist the addiction. And you need something else as well: you have to be willing to let go, to accept that it's over. Otherwise, your mind will feed on your hope and set you back. Hope can be incredibly destructive when your heart is broken.

要愈合心碎并非一个旅程， 而是个斗争，而你的理智 是你最强大的武器。 没有任何分手原因将 让你感到满足。 没有任何理论可以 带走你所感受的痛楚。 所以不要再找原因了， 不要再等另一个理论了， 就接受你已知原因， 或自己捏造一个吧， 然后不再继续追究了， 因为你需要的就是这个了结 来应付你的毒瘾。 你也需要其它东西： 你必须甘心放手， 接受一切已经终结了的事实。 不然的话， 你的潜意识 会继续给你奢望， 使你无法前进。 当你心碎时， 奢望可以 有灾难性的破坏力。

Heartbreak is a master manipulator. The ease with which it gets our mind to do the absolute opposite of what we need in order to recover is remarkable. One of the most common tendencies we have when our heart is broken is to idealize the person who broke it. We spend hours remembering their smile, how great they made us feel, that time we hiked up the mountain and made love under the stars. All that does is make our loss feel more painful. We know that. Yet we still allow our mind to cycle through one greatest hit after another, like we were being held hostage by our own passive-aggressive Spotify playlist.

心碎是个灵巧的操纵者。 对我们的头脑来说， 采取跟愈合心碎 完全相反的步骤 是相当容易的。 我们心碎时最常有的倾向之一 是崇拜跟我们分手的人。 我们花无数时间回想起他们的微笑、 他们如何让我们感到愉快、 或者我们一起爬山时 在星光下亲吻的时候。 这些都会让我们为 损失感到更痛苦。 我们知道这一点。 但我们仍不断地在脑袋里 重复那些难忘的经历， 如同我们被自己被动攻击型的 音乐播放表所劫持。

(Laughter)

(笑声)

Heartbreak will make those thoughts pop into your mind. And so to avoid idealizing, you have to balance them out by remembering their frown, not just their smile, how bad they made you feel, the fact that after the lovemaking, you got lost coming down the mountain, argued like crazy and didn't speak for two days. What I tell my patients is to compile an exhaustive list of all the ways the person was wrong for you, all the bad qualities, all the pet peeves, and

then keep it on your phone.

心碎会让那些想法突然浮现在脑海中。 所以为了避免理想化他们的形象， 你必须平衡你的记忆片段， 想起他们的愁眉苦脸， 而不只是他们的笑容， 是他们让你感到糟糕， 以及事实是， 亲吻完后， 你们爬下山时迷路了， 然后因此而大吵一架， 两天没跟对方说话。 我建议我的病人 写出一个详尽的列表， 说明那个人所做过 对不起你的事， 所有的缺点， 所有的怪毛病， 然后存入你的手机内。

(Laughter)

(笑声)

And once you have your list, you have to use it. When I hear even a hint of idealizing or the faintest whiff of nostalgia in a session, I go, "Phone, please."

一旦你有这个列表， 就一定要使用它。 当我在疗程进行时听到病人 依然崇拜他们的旧爱， 或略微缅怀过去， 我就说， “请拿出手机。”

(Laughter)

(笑声)

Your mind will try to tell you they were perfect. But they were not, and neither was the relationship. And if you want to get over them, you have to remind yourself of that, frequently.

你的头脑尝试告诉你 他们是完美的。 然而他们并非如此， 那段感情也并非如此。 如果你要忘却他们， 你就必须提醒你自己那个事实， 并时刻照做。

None of us is immune to heartbreak. My patient Miguel was a 56-year-old senior executive in a software company. Five years after his wife died, he finally felt ready to start dating again. He soon met Sharon, and a whirlwind romance ensued. They introduced each other to their adult children after one month, and they moved in together after two. When middle-aged people date, they don't mess around. It's like "Love, Actually" meets "The Fast and the Furious."

所有人都会心碎。 我的病人米格尔是个56岁 的软件公司高级行政人员。 他的妻子去世五年后， 他终于准备好开始一段新恋情。 他很快遇上了莎伦， 风驰电掣般的爱情随后发生。 一个月后， 他们向各自的 成年孩子介绍对方， 并在两个月后开始同居。 中年人谈恋爱， 认真不随便。 情况就如电影《真爱至上》 遇上了《速度与激情》一样。

(Laughter)

(笑声)

Miguel was happier than he had been in years. But the night before their first anniversary, Sharon left him. She had decided to move to the West Coast to be closer to her children, and she didn't want a long-distance relationship. Miguel was totally blindsided and utterly devastated. He barely functioned at work for many, many months, and he almost lost his job as a result. Another consequence of heartbreak is that feeling alone and in pain can significantly impair our intellectual functioning, especially when performing complex tasks involving logic and reasoning. It temporarily lowers our IQ.

米格尔好几年 都没那么幸福过了。 但是他们第一个周年纪念日 的前一个晚上， 莎伦离开了他。 莎伦决定搬去美国西海岸 跟她的孩子住得近一点儿， 而她不想要谈异地恋爱。 米格尔对这个消息防不胜防， 并且感到极其悲痛。 连续好几个月， 他几乎 无法正常上班， 他也因此而差一点儿丢了工作。 心碎的另一个后遗症是， 寂寞感和心痛 可以大大地削弱我们的智力功能， 尤其是当我们进行牵涉逻辑 和推论思考的复杂任务， 心痛会暂时性地降低我们的智商。

But it wasn't just the intensity of Miguel's grief that confused his employers; it was the duration. Miguel was confused by this as well and really quite embarrassed by it. "What's wrong with me?" he asked me in our session. "What adult spends almost a year getting over a one-year relationship?" Actually, many do.

但是使米格尔的雇主纳闷的并非只是他的悲痛程度；而是悲痛持续的时间。米格尔也被无法释怀这件事困扰着，并且为此而感到相当尴尬。“我到底怎么了？治疗期间他问我这个问题。“哪有成年人花将近一年时间忘记一段一年长的感情呢？”其实，很多成年人都这样。

Heartbreak shares all the hallmarks of traditional loss and grief: insomnia, intrusive thoughts, immune system dysfunction. Forty percent of people experience clinically measurable depression. Heartbreak is a complex psychological injury. It impacts us in a multitude of ways. For example, Sharon was both very social and very active. She had dinners at the house every week. She and Miguel went on camping trips with other couples. Although Miguel was not religious, he accompanied Sharon to church every Sunday, where he was welcomed into the congregation. Miguel didn't just lose his girlfriend; he lost his entire social life, the supportive community of Sharon's church. He lost his identity as a couple. Now, Miguel recognized the breakup had left this huge void in his life, but what he failed to recognize is that it left far more than just one. And that is crucial, not just because it explains why heartbreak could be so devastating, but because it tells us how to heal. To fix your broken heart, you have to identify these voids in your life and fill them, and I mean all of them. The voids in your identity: you have to reestablish who you are and what your life is about. The voids in your social life, the missing activities, even the empty spaces on the wall where pictures used to hang. But none of that will do any good unless you prevent the mistakes that can set you back, the unnecessary searches for explanations, idealizing your ex instead of focusing on how they were wrong for you, indulging thoughts and behaviors that still give them a starring role in this next chapter of your life when they shouldn't be an extra.

心碎的特征跟传统的痛失亲友以及悲痛是一样的：失眠、侵入性思想、免疫系统缺陷。

百分之四十的人会经历临床可观察的抑郁症。心碎是个复杂的心理创伤。它在许多方面影响着我们。举个例子，莎伦很爱好交际，也会经常出去参加社交活动。她每个星期都在家里开设晚宴。她和米格尔跟其他情侣一起去露营。虽然米格尔不信奉任何宗教，他每个星期日还是会陪伴莎伦去上教堂，教堂会众也热情地接待他。米格尔不单单失去了他的女朋友；他失去了他整个社交生活，莎伦的教堂这个支持他的团体，还失去了身为情侣的身份。米格尔意识到分手在他的生活中留下了一个很大的空缺，但是他没有意识到的是分手留下的空缺不只是一个。那是至关重要的，因为那不只解释了为什么心碎的伤害可以如此之大，也告诉我们可以如何愈合。要从心碎中走出来，你一定要辨识你生活中这些空缺并填补它们，我说的是所有空缺。你身份上的空缺：你一定要重新建立你的身份和你的生活目标。你的社交生活上的空缺，不再做的活动，就连墙壁上那个曾经挂着相片的空位。但让这一切见效的前提是，你必须不再犯下让你停滞不前的过错，不再不必要地去寻找解释，不再崇拜你的前情侣，而是要集中于他们怎么对不起你，在这个新的生活篇章中不再把他们捧为明星并沉迷于这种思想和行为，事实是他们连路人甲都不配做。

Getting over heartbreak is hard, but if you refuse to be misled by your mind and you take steps to heal, you can significantly minimize

your suffering. And it won't just be you who benefit from that. You'll be more present with your friends, more engaged with your family, not to mention the billions of dollars of compromised productivity in the workplace that could be avoided.

让破碎的心愈合是非常痛苦的事，但是如果你拒绝让你的头脑 误导你，并主动采取愈合的行动，你可以最大限度地降低痛苦。你将不会是唯一一个获利的人。你将会花更多时间在你朋友身边，花更多时间跟你的家人在一起，更别谈上亿万美元可避免的 工作生产力上的损失。

So if you know someone who is heartbroken, have compassion, because social support has been found to be important for their recovery. And have patience, because it's going to take them longer to move on than you think it should. And if you're hurting, know this: it's difficult, it is a battle within your own mind, and you have to be diligent to win. But you do have weapons. You can fight. And you will heal.

如果你知道有谁心碎了，要心怀同情，因为社会的支持被证实 对他们的复原非常重要。要有耐心，因为他们放下感情所需的时间 会比你想象中的更长。还有如果是你的心在痛，要知道：要赢得这个在你脑海中的搏斗很难，你必须努力才可以赢得这场斗争。但是你不是手无寸铁的。你可以战胜它。你将会痊愈。

Thank you.

谢谢。

(Applause)

(掌声)