

BN

VIỆT LIFESTYLE & BUSINESS MAGAZINE

CÔ HỌA SĨ

CƠN BÃO
CUỐI MÙA

RIDIN'
DIRTY...
ON A "XE MÁY"

MEN,
It's OK to Cry

BAO TRANCHI
TAILORING HER OWN
STYLE





BREAK-UP THERAPY FOR

Men

FIRST, THERE'S THE SHOCK. Then, there's the denial. And then there's *The Sopranos*? I recently directed a documentary called Break-up Therapy, where I interviewed four men of different ethnicities about traumatic break-ups in their lives. Seeking break up survival advice, *BN* asked me to jot down a few tidbits to share. In this film, I asked these men, who were selected from a pool of broken hearted men in Los Angeles, how they got over getting dumped. Although the answers varied, one thing became clear—guys get over girls in not-so-“manly” ways. Here are four vignettes from the trenches.



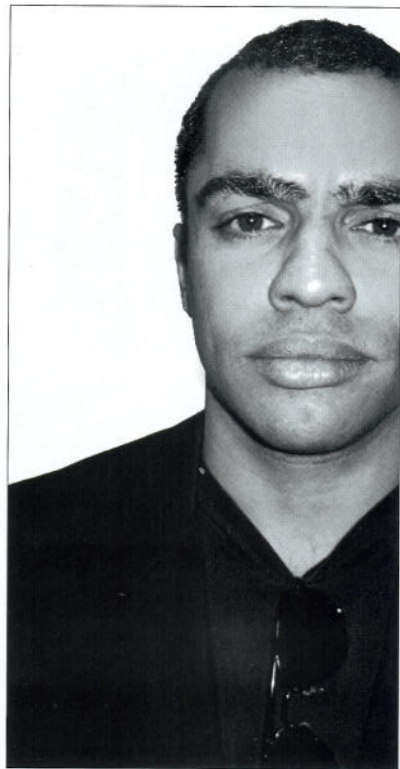
THE ONE DAY METHOD: ROSS

A busy business executive, Ross opts for the one-day crash course to get over a girl. Ross comments, “I try to pound it out in a day. I go through all the emotions and all of the steps and get it all out in that one day.” After the initial shock of getting dumped, Ross shows his sensitive side by first calling his best friend and crying out his pain on the phone. Once he completes this call, Ross usually begins a glorious listening session of cheesy music. According to Ross, “One song that helps is the Spanish version of ‘This I Promise You’ by *NSYNC.” This listening session typically takes a few hours, and is followed by an extensive marathon of *The Sopranos* for the rest of the day. Ross explains, “Hour after hour of watching mob drama usually makes me feel pretty good.” Eventually, nightfall hits and the crash course is complete. Ross goes to bed feeling refreshed, relieved, and ready to take on the world the next day.



DUDE LOOKS LIKE A LADY: RODRIGO

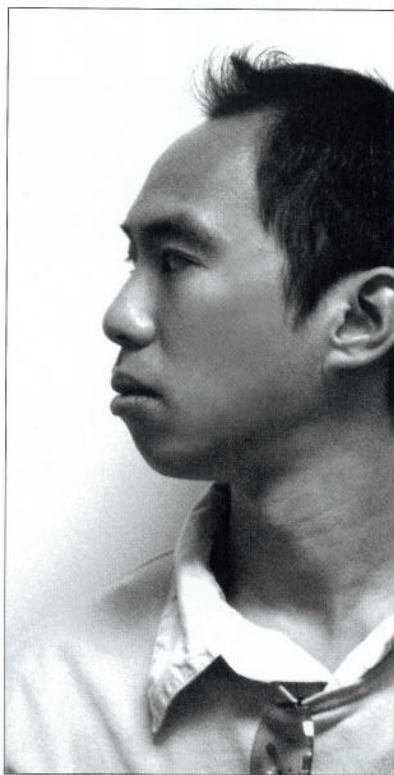
For radio producer Rodrigo, he has handled every break-up differently. Rodrigo has done everything from chilling’ with the guys to crying alone like a little boy. However, on one occasion, Rodrigo could only find closure by seeing his ex-girlfriend’s new flame—no other woman. Rodrigo confesses, “The only thing I really wanted afterwards was to just see her. I was curious, and I finally got my chance.” One night, Rodrigo’s buddy discovers that his ex-girlfriend’s new flame worked as a bouncer at a lesbian club. Unable to resist the temptation, Rodrigo and his buddy go on a covert drive-by mission to the club. During the drive-by, Rodrigo recalls, “We drive by slowly and I see a bouncer, but I don’t recognize her. And my friend goes, ‘Hey, that’s her.’ And I said ‘Which one?’ And he said, ‘The one with the blue mohawk.’ And I just started laughing. What else can you do?” After seeing the blue mohawk-sporting lesbian lover, Rodrigo was able to move on with his life.



**MAMA KNOWS BEST,
OR IS IT THE BOTTLE?:**

BRIX

Although this grad student may appear tough and rugged, Brix is a gentle mama's boy at heart. After a painful break-up, Brix generally talks it out with his mom. Brix explains, "We talk about everything, relationships included. She's always given me good advice, so I always go back to her for it. She's never really steered me wrong." For Brix, talking with his mom usually accounts for the bulk of his recovery process. However, Brix also gets over a woman with a good old-fashioned night of drinking. As Brix describes, "Vodka tonic is the break-up drink!"



TV THERAPY:

RYAN

Forced to deal with the end of a long relationship during a work assignment far from home, financial consultant Ryan handled his pain by immersing himself in sheer self-torture. Hauled up in a hotel room without any friends on the road, Ryan sat through hours of bad television alone. In particular, he became addicted to a reality show called *Temptation Island* where, "in a weird, twisted way, I found myself relating to these characters that were dealing with their significant others meeting someone else." For Ryan, this pattern of self-torture also carried itself into the office. Ryan remembers, "I would sit at my desk and type these ridiculously long e-mails in hopes of winning her back or whatever. Or, I would go to the bathroom and just sit on the toilet for 30 minutes because I just couldn't deal with anything." Ryan admits that his coping methods weren't the healthiest choices he could have made, but it did help him release the pain he was going through.

Whether it's *NSYNC, mom, blue mohawks, or bad television, a man will cope with a bad break-up in whatever way he feels will best get the pain out of system. But get it all out of your system. **BN**

ABOUT THE WRITER David Ngo is a writer and filmmaker. For more information on Break-up Therapy, please visit www.doubleohthree.com/breakup.