

6 Ways to Sunday, How to Cope with Relationship BreakUps...



Tips and Advice, That Let You See the Light
at End the of the Tunnel...

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Adopting a Positive Point of View

Ending a relationship is highly likely to cause a crisis in your life. It is natural for you to feel sad, anxious and angry and to have low expectations for the future. However, it is perfectly possible for you to cope with a relationship break-up and come out of this crisis as a better and happier person. You just need to follow the simple ancient wisdom that time heals all wounds.

You need to look on the bright side of life and realize that you can and will recover. Use the following tips to analyze each seemingly adverse circumstance in your life after the relationship break-up and to find out all the positive opportunities it presents to you. Just remember that you have to have the willpower to turn everything in your favor.

You do not have a person next to you to support you and to love you. This is certainly true, but you should definitely ask yourself whether your ex partner was giving you all this. The answer to this question will most certainly be "no". Hence, there is nothing you should feel sorry about. Quite the opposite, you now have the perfect opportunity to find a person who will truly appreciate you for who you are and give you all the love, care and support that you need.

You feel a total lack of confidence in yourself. It is natural to feel that way after a relationship break-up, but you really have to ask yourself why this is happening and what valid reasons you have for this. If your partner was angry with you, they might have said awful things that have made you feel bad about yourself.

However, this does not mean that they are true. In fact, your partner most certainly does not think that way. That is why you have to see yourself for who you truly are in order to cope with your relationship-break up. You have a variety of great qualities plus you are free to express your wonderful personality.

You feel hopeless about the future given that all your plans with your partner have failed. Just think about it. Now you are free to make all these plans a reality with someone who will truly love you and cherish your relationship. More importantly, now you can do all the things that you have always wanted to do, but your ex opposed.

Now you can really cope with a relationship break-up because you can see what wonderful opportunities you have in front of you.

Are You Desperate to Get Your Ex Back?

Many people find it hard to accept the fact that everything is over. In turn, they do not accept the relationship break-up as the end. Naturally, they experience a strong desire to get their ex back. Are you in this kind of situation? The following tips can really help you get out of it in the best way possible without getting hurt.

Ask yourself why you want your ex back so badly. Is it because they are the right person for you? Is it because you love them? Is it because you are used to being in a relationship with this person and now you find it uncomfortable to change your life? Is it because you think being single will affect your reputation or self-confidence badly?

There is no point in getting back with your ex after a relationship break-up just for the sake of the convenience and for the sake of being with someone. Naturally, you are in a state and you cannot think clearly. This may make you give dishonest answers. That is why the best thing to do is to focus on improving your life and your self-esteem without your ex around. Give yourself a break, if you prefer to see it that way, and try to become a more confident and positive person.

Once you have relaxed and got rid of the negative torturing emotions, you can sit down and analyze the causes that led to the relationship break-up. Now that you can think more clearly, you can probably modify your answers to the set of questions given above. Ask yourself why you broke up with your ex. Did you find them annoying and sometimes impossible to deal with? Did your feelings for them become weaker?

If the answer to these questions is "yes", you should definitely forget about your ex and focus on your new life. In this way, you will be able to find the right partner for you eventually. If you still find your feelings strong after having started a life without your ex, you may consider reconciliation - but only if they are willing.

Just keep in mind that reconciliation after a relationship break-up is a very difficult and long process. After all, both of you have been deeply hurt. Another thing to consider is that your ex may not want to have anything to do with you. In this case, you should still try to explain to them how you feel, but without pushing your ex to get back together with you. If you really care for this person, you

would let them have their own life and be happy.

Boosting Your Self Confidence

Irrespective of the reasons for the split with your ex, you are certainly feeling less confident than before. This is perfectly natural, but you should work to fix the problem straight way. In this way you will cope with your relationship break-up better and more quickly. More importantly, it will be easier for you to improve your life and start a new more promising relationship.

Stop blaming yourself for the split. If you feel you have done something wrong or believe you lack the qualities to make a relationship work, you will find it extremely hard to recover from the break-up. Accept the fact that both you and your ex contributed to the split in some way. Learn from any mistakes that you have made and move on. The fact that you have broken up simply means that you and your ex are not for one another. This does not mean that you are a bad person or that you don't look good.

Make yourself feel good. When you feel good, you naturally feel a lot more confident. In this way, you will cope with the relationship break-up better and get your life back to normal. It is up to you to decide what you will do for yourself. You may want to go on a short vacation. You may want to do something simpler like getting a spa treatment or going out with a group of friends.

Remind yourself of all the great qualities you have. Regrettably, there are a lot of accusations from both sides during a relationship break-up. The important thing is not to take them personally. The fact that you are not in a relationship does not mean that you are not a "complete" person and that you are missing something. Just remind yourself what a wonderful person you are. Think about how caring and loving you can be with the right partner. This will definitely help you boost your self-confidence.

Rely on your loved ones to help you boost your self-confidence, but avoid seeking compliments and approval from people who want to be with you. Sometimes, you need reinforcement from the people you love to become more self confident and stronger. However, there will be people who will try to use your low self esteem to try to manipulate you and trick you into being with them. Avoid such people as they are most likely trying to take advantage of the situation.

Now you know what to do and what not to do in order to boost your self-confidence to cope with a relationship break-up.

Coping with a Break-Up if Your Ex Has Cheated

Breaking up is hard even if the two partners just decide that they do not belong together. However, a relationship break-up is much worse when the person you love so much has

cheated on you. In such cases, the pain and the frustration are even greater. That is why you need to take more drastic and timely measures to recover.

Make the split final even if your ex is trying to apologize and to get back together with you. If you have decided to split in the first place, there is no point in changing your mind now. You may think that you broke up with your partner in a state of high emotion and that this was a wrong decision. In this case, you can analyze your relationship. However, this does not mean that you should automatically forgive your ex if you find some reasons to get back together with them.

Give yourself time away from your ex partner to recover from the relationship break-up and from everything bad that has happened. Stop all communication with them. Feel free to do all the things that you like and to reorganize the priorities in your life. Set new goals and adopt a positive attitude.

Work on improving your self-confidence. Regrettably, a lot of people think that their partner has cheated on them because they are not good enough or because they have done something wrong. The most important thing you should remember is that no matter what you had done, it was your partner's personal choice to cheat on you. In turn, you should not blame yourself for the relationship break-up. Think about your great qualities and wonderful personality.

Work on coping with your anger. It is natural for you to

be angry with your ex partner for what they have done. Try to experience this emotion fully so that you can get over it. Then, you have to try and forget about what happened. Focusing on your present life and the opportunities it presents to you will certainly make the anger go away sooner or later. Just do not consider vengeance as an option. It will get you back to experiencing negative emotions. You may also get hurt again in the end.

Now you know how to cope with a relationship break-up if you have been cheated on. Keep in mind that you will need your inner strength to recover from everything that has happened more quickly.

Dealing with Practical Matters

There are a lot of things that you need to take care of after a relationship break-up. You have to cope with your emotions. However, you have to take care of some practical matters too. These usually involve exchanging belongings with your ex that you have left in each other's homes and cancelling some appointments that you have arranged together. If you have been living together, things can be a lot more complicated.

The most important thing after the relationship break-up is to resolve all practical matters amicably. This can be extremely difficult after a separation, but you have to do your best to keep your feelings aside for a while until all

such matters are resolved. It is a good idea to give yourself some time to go through the emotional stages of the split and to grieve for what has happened and for what you have lost first. Then, you can be more confident and relaxed to deal with the practical stuff.

You should definitely make your communication with your ex as formal as possible. Figure out what you have to do separately and together and make a schedule to perform these tasks. If you need advice and help from a financial consultant or from a lawyer, you should not hesitate to get it. In general, splitting assets is a complex process, so even if you have separated amicably, you may need professional help.

Do not hesitate to ask your ex for some time to fix practical problems before you separate finally. If you do not have a place to move into right after the relationship break-up, you may want to come up with some sort of temporary agreement. Similarly, if you have a mortgage that you will repay in four or six months, you may prefer not to take any action to split your financial assets until it is repaid. This can help you get a better fresh start later on.

Try to reach an agreement on all important points. This may be extremely difficult after a relationship break-up, but as said earlier, you have to do your best to set your emotions aside. Fighting over assets, with or without lawyers, will only bring you more pain and suffering. No matter how bitter the separation is, you should not try to turn your ex into a foe.

Now you know how to cope with the practical matters after a relationship break-up. Just remember that procrastination is not a solution, even though you should allow yourself to feel a bit stronger emotionally before you get to deal with these matters.

Dealing with the Urge to Contact Your Ex

Relationships often make you form habits. After a relationship break-up, you certainly find it hard to change these habits. One of them is seeking contact with your ex all the time. You are used to calling or texting them whenever you have good news or bad news and whenever you just feel like asking them how they are. At present, this urge is even greater since your ex is not around. Read on to find out how to fight it effectively.

Realize that calling your ex will cause you more pain than you are already experiencing. Your former partner will not react to your call the same way as before and this will make you feel a lot worse. They will most certainly tell you that they do not want to talk to you and that you should stop calling them. Imagine this happening every time you feel like seeking contact with your ex.

Make contacting your ex a more challenging task. In this way, you will have time to think twice before you get to contact them. Basically, you will have more time to convince

yourself not to do it. There are different ways in which you can make contacting your ex more difficult. Deleting the number and other contact details from your phonebook is a good idea. Remove them from your list of IM and Facebook friends. Avoid going to the places where you are most likely to meet.

Replace the action of contacting you ex with another one that will automatically bring you satisfaction or at least make you feel less bad. This is a really effective psychological trick that you can use to cope with a relationship break-up. You can apply it very easily. Just say to yourself that every time you feel like contacting your ex in one way or another that you will contact your best friend. Be ready to share everything that you feel like telling your ex with your friend. They will give you the consolation and support you need.

Try to imagine your life without your ex and all the benefits you can get in it after the relationship break-up. You should do this every day. Slowly, the urge to contact them will become less and it will eventually go away. If you are thinking about yourself and about your own life all the time, you will be less likely to remind yourself of your former partner. Try to forget them so that you can cure your urge to contact them.

Five Common Traps to Avoid

Most people tell you what to do to overcome a relationship break-up. However, in a situation like this you certainly need a lot of advice on what not to do as well. When you are upset, lonely, angry and confused, you can easily do a lot of things that will make you feel even worse. Here are some of the main traps you should avoid at all costs.

Asking yourself "why" is perhaps the worst thing you can do after a relationship break-up. Going over the things you and your partner did and said and asking yourself what has led to the split is a waste of time and energy. Accept the facts by trying to modify your life to the new circumstances. It is important not to take a break from life, but to take action to improve things to a better state while leaving the old state behind.

Torturing your body for what has happened is certainly not the right way to heal. You often either do not eat or you overeat. You try to find consolation in sweets or alcohol. You stay on the couch all day long. All these things automatically affect your body negatively. In turn, your emotional state will worsen. Just try not to do these things, but to adopt a healthy lifestyle with a balanced diet and a lot of exercise. This will certainly help you recover from the relationship break-up more quickly and effectively.

Assuming that you can be happy only with your ex is definitely a huge mistake you should avoid after a relationship break-up. Just make a list of all the things that make you happy and that are not related to your ex. Look into your interests to find new things that can make

you happy.

Isolating yourself from friends and family is another major trap to avoid. Try to be around people as much as you can. Try to be in the company of your loved ones to get the support and help you need. Do not hesitate to share how you feel. This will take a lot of emotional burden off your shoulders.

Thinking the relationship break-up is the end of your life is certainly one of the worst things you can do. Quite the opposite, it is a new beginning that you have to embrace. You may not see clearly the road ahead now, but if you believe in yourself, get together and start making new plans for the future, you will get a fresh start.

Five Steps to Coping with a Break-Up

You have the inner strength and the willpower to cope with a relationship break-up. All you need is some guidance and advice on what to do to get your life back in your hands. Follow these steps to feel better and to start a new and better life.

* Grieve for your broken relationship and for the lost love, care, support and dreams. A relationship break-up is not the same thing as losing a loved one, but it is quite close. That is why you should let go of your emotions and experience all of these negative feelings that you have right now. The

longer you hold in negative emotions the worse you will feel. By allowing yourself to grieve, you will overcome all negative emotions much more quickly.

* Give your self-esteem a boost. It is normal to lose some of your self-confidence after a relationship break-up, especially if things have ended up with accusations. That is why you should remind yourself of your great qualities and wonderful personality. Say to yourself that you are a strong and independent person who has the ability and willpower to get everything in life.

* Change your attitude from negative to positive. This step for coping with a relationship break-up may take longer to execute, but your efforts will pay off in the end. One simple exercise that will help you with getting a positive attitude is to make a list of all the bad things that you are leaving behind and all the good things that you have now and can have in the future. This will allow you to make the shift more smoothly without feeling sorry for the past.

* Make a plan on how to improve your life. Start by setting new goals for yourself. Getting more relaxed and feeling happier are good general goals to have and so is becoming more successful. Do what it takes to accomplish these goals. Meet old friends and establish new friendships. Do fun things that correspond to your interests. Focus on improving your performance at work.

* Start dating again. This is the final step you need to make in order to recover fully from a relationship break-up.

You need to be self-confident and positive as well as over your last relationship to take this step. Just remember that dating is about meeting new people and socializing with them. You need to make many more steps before you actually find a new life partner.

Four Reasons for Not Loving Your Ex

You may not have felt great in the company of your ex lately. However, after the relationship break-up and after spending a few days without them, you feel that they are the love of your life and you will never ever feel happy with anyone else. Being alone can certainly play nasty tricks on you, so you have to avoid the trap of putting your ex on a pedestal and aiming to get back together. You simply need some good reasons not to love you ex.

Your ex does not love you anymore. This is a terrible thing to realize after a relationship break-up, but it is the truth. It is not that they do not recognize that you are a great person. It is just that your former partner's romantic feelings are gone. Since they do not love you anymore, you certainly would not want to be with them. What is the point in loving someone who does not love you back?

Your ex does not deserve you. Why would you love and want to get back together with someone who wants to get away from all the wonderful things you can give them? If your former partner does not want you, then they do not deserve you.

You can readily find someone who will truly adore you for who you are.

You and your ex cannot sustain a healthy relationship together. You tried and it did not work. You certainly put in a lot of effort in making things work and your former partner probably did as well. However, apparently, there are things that make you incompatible with each other in one way or another. That is why you would not want to go back to a relationship that will not give you the benefits you need and deserve.

You have to love yourself above all. This is an extremely important reason for not loving your ex after the relationship break-up. You are better off without your former partner and if you have at least some self-love you will realize that you have to stay away from them in order to be happy and make all your dreams come true.

Now you know why you should not love your ex and seek reconciliation after a relationship break-up. The important thing is to realize that you can be much happier without them and need to make a plan to move forward after the separation.

Four Things to Keep in Mind

It is natural for you to fall into the trap of sadness and

resentment after a relationship break-up. However, this should not be an ongoing process. More importantly, you should not torture yourself about the thing that happened. Use the following positive statements to get out of the vicious cycle of negative emotions and to feel better eventually. Reminding yourself of these can really help you move on.

You do not deserve to suffer. This is essential to keep in mind no matter whether you were the person who initiated the split or the one who got dumped. In general, both of you are to blame. When something goes wrong in a relationship, it is usually because the two people cannot find a way to cope with the difficulties together. There is nothing wrong or shameful about this. More importantly, there is nothing that you should torture yourself about.

You are a wonderful person. A relationship break-up does not automatically make you a lesser person. Being in a couple is a great thing, but being single does not mean that your qualities are not as good as before or that your personality lacks something. Similarly, you are not a bad person if you have initiated the split. You have done the right thing which will help you and your ex get a better and more fulfilling life.

You are better off without your ex. This is probably the hardest thing that you need to convince yourself about after a relationship break-up. However, it is a fact. You have to admit that things were not going well between you. Similarly, you have to remind yourself of all the things that you do not like about your ex. Accept the fact that

they do not want to be with you. All these factors make you better off without your ex, so this statement does not lack reason and logic.

You are strong and independent. Things are tough for everyone no matter whether you are in a relationship or not. However, if you are strong and independent, you will be able to cope with everything by yourself. This will make you feel and live better. More importantly, this will help you find your life partner who matches you and your personality. Besides, being independent means you have a lot of new opportunities to get everything you have ever dreamed of and more.

Repeat all of these four statements to yourself and you will cope with the relationship break-up and get your life back.

Getting an Internal Makeover

The time after a relationship break-up is a time of change. Everything around you changes and if you do not show enough flexibility you will be stuck in an unproductive, unhealthy and miserable situation. The best thing to do to avoid literally ruining your life is to have an internal makeover. Basically, you have to work on your emotions and perspective to become a better new you.

Boost your self-esteem first. Confidence is the main thing

you need after experiencing all the bitterness of a relationship break-up. Forget about what your ex thought and said. Focus on all the wonderful qualities you have. If you feel like you need to change your looks in order to get greater self-confidence, do so. Change your hair style and get some new clothes and accessories. This is applicable to guys as well as to girls.

Adopt a positive attitude. Your increased self-esteem will certainly help with this. In addition, try to imagine all the great things that can happen in your life after the relationship break-up. You have more time to do all things that interest you. You will be able to put a greater focus on your career. Most importantly, you have endless opportunities to meet new people, start new friendships and perhaps even a new relationship.

Work on your social skills. Being in a relationship makes you more withdrawn from other people. It is normal to spend more time with your partner instead of meeting and talking with other people. Now you need to improve your social skills so that you can cope with the relationship break-up and be on top of things in your current situation. The best way to make this improvement is to socialize with more and different people more often.

Be optimistic about the future. You made plans with your ex and you had dreams about your life together. Now you see everything ruined. However, this does not mean that your future is ruined as well. You can have a wonderful life and even make many of the dreams you had with your ex come true without them. The important thing is not to feel fear and

anxiety about the future. Remind yourself how strong you are and what a great person you are. You certainly deserve only the best.

Now you know how to get an internal makeover to cope with a relationship break-up and move forward. Use all of these tips to get what you want from life and more.

Getting the Support You Need

It is normal for you to feel alone and upset after splitting up with your partner. In fact, psychologists say that you should grieve so that you can heal faster emotionally. This is just one of the things that you can do to cope with a relationship break-up. Another important thing to do is to get as much support as you need.

You may feel way too upset and perhaps even a bit ashamed about what has happened between you and your partner. However, this does not mean that you should avoid talking to other people and sharing with them. Quite the opposite, you should definitely accept the support they offer to you in such circumstances.

Your loved ones want to help you overcome the relationship break-up, so all you have to do is let them do it. Talk to them and share how you feel. They will give you the understanding and advice you need to feel better. They will

be there for you to help you cope with any difficulties. More importantly, your loved ones will help you start a new and better life, so you should definitely accept their support and help.

Consider joining a support group. You may think group support is for people with addictions or chronic illnesses, but this is certainly not the case. Anyone who has emotional problems and finds it difficult to cope with life can find support from people who are in the same circumstances.

There are plenty of support groups for people who are trying to overcome relationship break-ups. If you do not want to attend meetings in person, you may want to join an online support group. The important thing is to find people who will understand you and help you by sharing their experience with you.

Get professional support from a psychologist or psychiatrist, if you feel you cannot control your life and emotions. Getting such help in the form of counseling does not mean that you are mentally ill. Quite the opposite getting help to cope with your relationship break-up on time will protect you from running into more serious problems, such as clinical depression or anxiety disorder. Your physician may be able to recommend a psychologist or psychiatrist that specializes in cases like yours.

Use all of these methods for getting support to cope with a relationship break-up. Remember that there is nothing to be ashamed of. The timelier the support you get is the easier

it will be for you to overcome the problem and get a new start in life.

Helpful Dating Advice

You should go through all the stages of relationship break-up recovery, before you start dating. This is the first and the most important rule to keep when it comes to seeing other people after a split. You should have grieved and adopted a new life plan before starting to date.

Understanding the idea behind dating is equally important for fully recovering and to avoid being hurt and suffering again. In its essence, it is all about meeting different people and socializing with them. Going on a date with someone does not automatically mean that you will start a new relationship with this person. Expect to have a good time with the person, but nothing more. This will help you get the right mindset for dating after a relationship break-up.

Choose carefully the people you go out with. A lot of singles who have recently split up with their partner think that they should become part of a couple again no matter what. In turn, they start seeing a lot of different people. This is certainly a serious mistake to avoid. Go out with people that you think you may like. Learn more about the person a friend is trying to "set you up with". Consider a blind date only if you are absolutely confident and secure about

meeting a stranger.

Take things slowly. This refers to the point made in the beginning. The idea behind dating is not to find a life partner, but to socialize with people. That is why you should not make any big steps. If you feel that you like the person you go on a date with, you should arrange another fun time together. But in general, it is a good idea to keep some distance from a person you do not know well. This will protect you from being hurt again right after achieving relationship break-up recovery.

Be prepared to experience some disappointments. The people you date may not turn out to be right for you at all. In addition, you can expect some nasty surprises, such as your date not calling you again or avoiding you. You have to understand that this is all part of the process. Try not to take things personally, but to keep your self-esteem high. Do not blame yourself if anything goes wrong. After all, you would want to be with a person who likes you for who you truly are.

This is how to cope with a relationship break-up and start dating again to complete the full recovery cycle.

How Much Time Do You Need?

A lot of people want to know what the relationship break-up

recovery time is. The reality is that there is not a set time in which you can recover fully. This is mainly because all people are different. In addition, full recovery is hard to define as it is a strictly individual matter. However, you can get some idea of how much time you will need to get your life back on track. There are also different ways in which you can speed up the process.

Take your time to recover after a relationship break-up. This is probably the best advice anyone can give you. In general, there are three main steps for accomplishing full recovery so you have to complete them all. Grieving for your relationship is the first stage of the process. Then you have to work on improving your self-esteem and on getting a positive attitude. After this, you have to be able to devise a plan for moving forward and start implementing it.

In general, you should try to aim for getting to the next step of the process all the time. This is particularly true for grieving. The fact that you should let go of your emotions does not mean that you should sit on your couch all day long feeling sorry for yourself. Along with this, you should try to realize your need to boost your self-esteem so that you can get to the next stage.

It is not true that the longer the relationship was the more time you need to recover from the split. The time it takes to recover actually depends on how you feel and how ready you are to move on. That is why you should not hesitate to make your relationship break-up recovery period longer. Again, remember that you have to work towards improving your life and to avoid focusing on how bad you feel.

You should not look back so that you can recover more quickly. What you have to do is to accept the fact that everything is over and that there is no way back at least for the time being. Whenever you think about your ex and all the wonderful moments you have had together, you should remind yourself of the relationship break-up and its causes. This will keep you down to earth and help you recover more quickly.

Overall, it does not matter how long your relationship break-up recovery takes. The important thing is to recover fully and become a better person who is ready to get more out of life.

How to Avoid Health Dangers after a Break Up

It is perfectly natural for you to feel down and to find it difficult to cope with daily life after a relationship break-up. Most experts recommend grieving for what has happened so that you can get over it. However, you should be careful not to fall into some serious traps that can end up with you developing serious medical conditions. Use the following tips to preserve your physical and psychological wellbeing.

Depression can be avoided by adopting a variety of different measures. It is essential for you to be around your loved ones so that you can get the understanding and support you

need. Meet with your friends and have fun with them. Find a new hobby. Try making small steps towards building your new lifestyle.

Anxiety has to be avoided after a relationship break-up. It is natural for you to worry about the future given that you no longer have the support and love of your partner. The best way to avoid worrying about bad things happening to you is to set realistic goals for the future and make plans on how to achieve them. Think of all the things that you want to get in life and start working towards getting them.

Bingeing and bulimia (bingeing and purging) are other serious health issues that may be present after a relationship break-up. You may think these can occur due to physiological reasons, but this is not the case. Sadness, uncertainty, fear, confusion and low self-esteem are just some of the main psychological factors that can lead to bingeing and bulimia.

The best thing you can do to avoid these problems is to work on coping with your emotions after the relationship break-up. Do all the things described above to improve your psychological health. At the same time, avoid using food as a means for feeling better. Try to feel better by talking to a friend, going out or attending a class in yoga or dancing. Do your best to stick to your traditional diet and improve it, if it is not healthy.

Alcohol abuse is another danger to avoid at all costs. Much

like eating excessive amounts of food, drinking will not make you feel better in the long run. The simple rule to keep is never to drink when you are feeling down. Use other means to overcome negative emotions, such as the ones described in the previous paragraph.

Now you know what to do to avoid serious problems after a relationship break-up.

How to Become Independent Again

When you are in a relationship, your lifestyle and daily routine may change dramatically. The same will have to happen after a relationship break-up as well. The problem is that many people find it difficult to be independent again and to organize their new life and daily schedule so that they feel good. The following advice will help you overcome this problem.

Find alternatives to all of the things that you used to do together with your ex. This is a great way to start. By replacing one routine with another, you will not have to deal with emptiness and regret. It is not particularly difficult to come up with alternatives if you really try.

There are numerous fun things you can do. If you and your ex used to go to the movies together, you may consider going to the movies with friends or going to see a play or an opera

for a change. Similarly, if you used to have breakfast in bed, you can now find a bakery nearby and go grab something delicious from there.

Focus on other priorities in your life. There are certainly things that you want to accomplish and enjoy by yourself. Now these priorities can go back to their top position, since the relationship break-up is final. Set goals based on your priorities and do everything to achieve them. This will certainly make you overcome the separation more quickly and get a fresh start.

It is normal for one of your priorities after the relationship break-up to be finding a life partner. Just be careful with this one and do not go to extremes just to get back to where you started. Enjoy your life as an independent and confident person. Be open to all sorts of new opportunities. The important thing is not to "catch the first bus" out of desperation.

Adopt effective time management. This is one of the best anti-stress treatments and it can really help if you are still depressed about the relationship break-up. What you have to do is to organize every day of the week so that you know when to do what. This will help you stay on track with your tasks at work as well as with the new fun things that you will do as an independent person.

Now you know how to start your new life after the relationship break-up as a strong and independent person. Be optimistic and make plans for the future.

How to Co-Parent with your Ex

The fact that you have children definitely makes your relationship break-up much harder to cope with. It is important for you to get over your ex and to recover. However, it is equally important to make your children feel loved and supported by both of their parents. In order to achieve this, you have to establish a new type of relationship with your ex. Use the following tips to start off well.

Establish a business partner relationship with your ex. The idea here is to put all emotions aside and to focus on the common business you have - your kids. This may be hard at first, but you have to keep in mind that it is important for your children to be with both parents and to feel equally comfortable and loved in the two new family environments.

Try to reach an agreement with your ex on all important points regarding the raising of your children after the relationship break-up. These include rules that the kids have to abide by, their daily schedule, discipline and education, to name the most important ones. You may have found it hard to agree on such matters beforehand and it may be even more difficult now. However, you should try to do your best to come up with adequate solutions.

Do not let sadness, resentment and anger affect your

communication and new relationship with your ex. It is natural for you to get angry about a decision about your kids that they have taken without consulting you first. However, you have to try to resolve matters amiably. Try not to be stubborn. Try to make suggestions rather than stating your decisions. Encourage your ex to do the same.

Never resolve any matters in front of your children after the relationship break-up. You should certainly talk with your ex when your kids are around. However, when you have to resolve an issue of any type, you should do it privately so that you can protect your kids from listening to mommy and daddy fighting again. You would certainly not want that.

Finally, make your children feel as comfortable as possible in the new situation after the relationship break-up. Avoid using them as messengers between you and your ex partner. Put a sufficient amount of time and effort to explaining the new situation to them and what steps they will need to take to adjust. Establish drop off times and a routine and a schedule for packing before your kids go to their dad/mom.

How to Cope if Your Ex Broke it Off

You didn't want to end the relationship, but your partner ended it. What to do next? How to cope with the relationship break-up? Use the following tips to recover more quickly and get your life back.

Accept the fact that the relationship is over. Do not seek any contact with your ex. Try not to try to meet them "by accident". There is no point in trying to fix things between you and a person who does not want to be with you. It is true that you may have had great moments together, but the reality is different now. Don't focus on the past.

Allow yourself to grieve. This is part of accepting the loss after a relationship break-up. It is natural for you to be hurt and sad. It is normal to be anxious about the future that you were hoping to spend together with your partner. Experience these emotions fully. Allow yourself to feel sad and angry. This will help you overcome these emotions more quickly.

Do not blame yourself for the split. This is perhaps the most important thing that you should do if the relationship break-up was initiated by your partner. The fact that they decided to end it does not mean that there is anything wrong with you. Even if you were not the perfect partner, this does not mean that your partner did not have the chance to try to fix things between you before initiating the split.

Accept that you are a great person who just could not match another person. Do not lower your self esteem just because your partner left you. Do not think that you are incapable of being with someone else.

Avoid vengeance at all costs. You may be angry and hurt and you may want to hurt your ex too. However, you should consider the fact that they may be suffering too. In

addition, think about the consequences your vengeance will bring. Will it make you feel better to see your ex suffer or will it hurt you even more?

A relationship break-up is not the end of the world. After grieving for some time, make a plan for your present life as a single. Find time for yourself to get the relaxation you need. Find fun things to do. Go out with your friends. Meet new people.

Use all of these tips to recover after a relationship break-up. Remember that it is up to you to make things better.

How to Cope when Your Ex Finds a New Partner

There are a number of things that can make a relationship break-up even worse than it already is. If your ex finds a new partner right after the break up, this can certainly make you feel even more devastated than you would be otherwise. Read on to find out how to avoid this and how to get on with your life better than ever before.

Do not focus on your ex's new partner. Try not to ask friends and acquaintances about them. More importantly, do not ask yourself why your ex has got over you so quickly and whether their new partner is better than you. It is natural to feel an urge to think such things, but the truth is that you will

end up being more hurt, sadder and angrier than before.

Focus on yourself. The fact that your ex has a new partner does not mean that there was or is something wrong with you. You are still a wonderful person with lots of excellent qualities. You will be able to see this clearly if you do not compare yourself with your ex's new partner.

Improve your life as much as you can. There are so many wonderful things in life. What is the point of missing them in order to worry about your relationship break-up, your ex and their new partner? You certainly know the answer to this question. Do all the things that you have wanted to do and that correspond to your interests and life goals. Try to make yourself feel happy, relaxed and optimistic about the future.

Do not try to get back at your ex and at their new partner. This will not help you cope with the relationship break-up in any way. Quite the opposite, you will most likely feel worse than before. Getting in a new relationship just to show your ex that you are better than them will not bring you any positives. You may end up even more disappointed in the end. Similarly, trying to show your ex that you are better than their new partner can put you in a really embarrassing situation.

Now you know how to cope with a relationship break up in case your ex starts a new relationship with someone else straight away. The important thing is not to pay attention to their life and to avoid getting back at them. Remember

that it is all about you and the wonderful future you can have.

How to Cope with Depression

After splitting with your partner, you may feel sad and experience hopelessness and worthlessness. If these feelings persist for over two weeks and start preventing you from performing your daily tasks, then you are most likely suffering from the depression caused by the relationship break-up. Thankfully, there are ways in which you can cope with the situation.

Talk to your doctor first. This may seem like a desperate step, since most people consider a relationship break-up to be something that is not as serious as a medical condition. However, if you have signs of depression, getting medical help in time can protect you from getting medications and therapy for a long time in the future. Your doctor will run some tests to make a diagnosis. They will also recommend a specialist that you can see.

Consider getting the depression treatment recommended to you. If you have seen a specialist early on, you should be able to overcome the problem with some counseling or psychotherapy. In general, it is best to avoid taking medication unless this is absolutely necessary.

Rely heavily on self-help to cope with the depression resulting from the relationship break-up. No matter how much counseling or therapy you get, you have to find inner strength to cope with the problem. One of the best ways to cope with depression is to enjoy the company of other people.

You should meet with your loved ones more often. You should spend more time with your friends and go out with them. You should meet new people. You may consider joining a support group if you feel that you need to share your experience and emotions with people who are or have been in a similar situation. Finding a hobby is a great way to cope with depression and with a relationship break-up in general. Doing voluntary work that involves helping other is a great way to stop feeling worthless and to get your self esteem back.

Make weekly and daily plans to follow. Getting organized can really help you gain control over your life again. If you have a routine to follow, it will be easier for you to avoid focusing on your feelings and negative emotions. Find things that motivate you and keep you going. Set new goals for yourself, such as getting promoted at work.

Having a healthy lifestyle is essential for coping with depression after a relationship break-up. A balanced diet full of fruit and vegetables will certainly make you feel a lot better. Exercise can make you feel better and give you more energy as well.

How to Cope with Emptiness

One of the most common problems after a split is relationship break-up emptiness. You feel like you no longer have someone to talk to and to share with. You will feel that you are completely alone in the world. You feel that you will never be happy again. This is a natural state of mind, which usually occurs short after everything is over. However, you can deal with it using your inner strength and the following advice.

Grieve, if you have not grieved for your relationship already. This will allow you to take your emotions out. In turn, you will feel a lot better. Just remember that you cannot grieve forever. You have to be willing and ready to take the following steps as well.

Do not stay alone. It is true that having other people around you may not cure the relationship break-up emptiness you feel, but being in the company of other people can prevent you from feeling so lonely. It is best to surround yourself with people who really love you and care for you. If you feel you need additional help, you should not hesitate to turn to a support group. Sharing will certainly help you overcome the emptiness you feel.

Do not try to get back with your ex. You may feel that getting back with your ex partner will fill in the emptiness you feel. This may happen, but the reality is that you will end

up having the same problems as before the split - if your ex is ready for reconciliation at all. You will feel much better by getting a hold of your life and trying to improve it.

Do not jump into a rebound relationship to fill in the relationship break-up emptiness. This is another important mistake to avoid. The fact that you need to be with someone should not make you get together with someone for whom you have no real feelings. This may make you feel worse. It will be difficult for you to be happy with a person who you do not love.

Make a plan to move forward by focusing on other things in life that are important to you, apart from being with someone. You may want to take up a hobby, learn a new language or improve some of your existing skills. You may want to devote more time to relaxation and to meeting new people. You may want to work for advancing in your career.

Use all of these tips for coping with relationship break-up emptiness.

How to Get Over Your Ex

You know that everything is final. You have accepted the relationship break-up. However, you still think that your ex is perfect and you put them on a pedestal. The reality

is that even though you may accept the separation, feeling this way about your ex can actually prevent you from getting a fresh start. That is why you have to take action to fix this problem.

The first thing to do is to convince yourself that your ex is actually not perfect. The strange thing is that we tend to see a lot of the imperfections someone has when we are together with them. After the relationship break-up, we tend to remember only the great things about them. You have to get out of this cycle. Simply try to remember all the things about your ex that used to make you annoyed, upset and angry. This will certainly get their real image back into your mind.

Accept the fact that your ex is not right for you. It is true that they may have wonderful qualities apart from the not so good ones. However, this does not mean that you are right for one another. Just remind yourself of all the irreconcilable differences that you have. Maybe you like different things and you have different goals in life. These are major reasons for not being with someone; why you should focus on looking for a new life partner who will share your values, beliefs, dreams and goals.

You are not "incomplete" without your ex. This is another fact you need to accept in order to recover after a relationship break-up and get over your ex partner. You now know that your ex is not perfect and that you are not right for one another. However, you still feel that despite all this, you complete each other and that there is no way in which you can find someone better for the purpose. Even

worse, you may feel that you do not deserve someone better.

The best way to overcome all these negative thoughts after the relationship break-up is to boost your self confidence. Think of it this way, you are a complete person as you are. You have a great personality and amazing qualities. Your task is to find someone who will appreciate all that you offer and love you for who you truly are. There is no point in going back to someone who makes you feel bad.

How to Help Your Children Cope

A relationship break-up can be devastating for adults. You can only imagine how your children may feel when their parents split. That is why you should do your best to help yourself and your kids overcome the hard times and get back to your normal life together.

Tell your children the truth about the separation. Explain why it has happened using simple words. Be prepared to answer a lot of questions. You should also explain to your children that you and your ex partner both love them very much. You should not hesitate to tell your kids that the new situation will actually contribute to keeping healthy and strong bonds within your family. It is important to make your children understand that the relationship break-up does not put an end to your family.

Try to communicate with your ex as amicably as possibly. You should work together to find the best solutions for your children's life. No matter how upset and perhaps angry you are with your ex, you should do your best not to say anything bad about them in front of the kids. This may be quite hard to achieve, especially given the fact that you will feel better only after letting go of your emotions. That is why you may seek more support and help from your loved ones and consider joining a relationship break-up support group.

Make your children as comfortable as possible with the changes in their life after the relationship break-up. Explain how their lifestyle will differ. Make changes in their daily routine, if any, less drastic. You should definitely try to spend more time with your kids after the separation. It is also a good idea for you to organize different activities that you can do together.

Help your children express their feelings and listen to what they have to say. You should encourage them to share with you. You should not hesitate to ask them how they feel. Similarly, no matter how hurt you may feel, you should listen to what they have to say. You can expect your children to be upset, confused and perhaps even angry. Let them express these feelings and try to help them move towards positive ones.

Last but not least, you should devote more time and effort to monitoring your children's behavior after the relationship break-up. Younger children as well as teenagers may have problems at school and engage into dangerous behavior given the emotional stress they are

going through. That is why you should do your best to prevent, recognize and deal with such problems.

How to Improve Future Relationships

One of the ways to cope with a relationship break-up is to analyze what has gone wrong with your previous relationship and to make a solid plan how to avoid repeat the same mistakes in the future. This can really help you feel better. However, you may want to use a similar, but much more effective way for overcoming the separation. You have to focus on analyzing and improving yourself.

It is important for you to perform this analysis after you have grieved for the relationship break-up. This should be part of the second phase of the recovery process; the self improvement. It is equally important for you to try to be objective when analyzing what you may have done wrong and what you should improve. After all, blaming your ex for everything will not give you the desired results.

Ask yourself how tolerant you were during the relationship. Did you agree with your partner every time or did you refuse to put up with any of their imperfections? In order to have a strong bond with someone, you need to keep your identity and to reserve your right to have a personal point of view. At the same time, you should allow your partner to do the same. If you do not like certain things about the person, you may suggest changing them, but only if your partner

agrees that it would be beneficial as well. You should also be prepared to change some things.

Ask yourself what priority you gave to your relationship before the break-up. Were you spending a lot of time with your partner? Did you take them for granted? Did you focus predominantly on other areas of your life such as your career? It is difficult to balance between the different things in your life and this can readily lead to a relationship break-up. In the future, you may want to try to put a greater priority on a romantic relationship if you want to make it work.

Ask yourself whether you have fear of commitment. You may not know this but one of the most common reasons for a relationship break-up is commitment phobia. If you find it difficult to commit, you may want to spend some time focusing on other things that are important to you. You may prefer to devote a greater period to dating, so that you can be fully ready to commit to the right person, once you find them.

Now you know how to improve future relationships after a relationship break-up.

How to Make Cold Turkey Separation Work

There are two ways in which you can break up with your ex.

One of the options is to do it is cold turkey; that is not seeing or calling your partner anymore. The other option is to keep in touch with your ex to check on each other and to stay friends, whatever this may mean. Do you think the first relationship break-up works? Can you actually split with a partner in this way? How can you use this method effectively? Find the answers now.

There is no doubt that the cold turkey method is much more effective. You are on your own and your ex gets to understand that they are on their own as well. You put an end to a relationship and now both of you can move on to improve your lives and to find the right life partners.

The problem is that the cold turkey relationship break-up is really hard, if not impossible to achieve. This is because you cannot stop having feelings for your ex all of a sudden. At the same time, both of you will be hurt. You may find it hard to adjust to the new life of a single. The logical question here is how to make the cold turkey method work.

You have to be absolutely certain that you do not want to be with this person anymore. Think about all the negative things that led to the relationship break-up. Consider all the benefits that you and your ex will get from being out of this relationship.

Try not to have any contact with your ex at least during the recovery period. You should not see this as avoiding the places and people that you visited when you were

together with your ex. Contact your single friends and go out with them. Try to expand your social circle, your interests and the places you visit. This will allow you to get a fresh start without turning back.

Do not give in to any attempts your ex makes to contact you and to see you. At one point you may feel sympathy for your ex, especially if they are going through a great emotional pain. In this case, you have to remind yourself of the benefits your ex will get from the relationship break-up eventually. The important thing is not to keep on meeting and explaining why the separation is good for both of you, as this can make things even worse.

Use all of these tips to cope with a relationship break-up cold turkey.

How to Treat Common Friends

There are all sorts of aspects related to relationship break-up that eventually turn out to be a cause for concern. One of them is how to treat common friends that you have shared as a couple. You would want to get as much understanding and support from friends as possible, but you are certainly worried about the fact that they may be on the side of your ex. Here is some advice on how to handle matters so that you can deal with the separation better.

Accept the fact that your common friends like both of you and that they will most likely prefer to be neutral in this situation. If you need to share with someone and get support, you may prefer to friends who are only yours. However, this does not mean that you should avoid talking to these people. Quite the opposite, you may want to keep in touch with them and go out with them for a chat or to have fun.

If you feel hostility and blame from common friends after the relationship break-up, you should definitely avoid talking to them. Regrettably, many people fail to understand that no matter who is at fault for the separation - if there is a side to blame at all - both ex partners feel upset and hurt. You should not let such people affect your emotional state in any way. Just avoid them and stop communicating with them at all if you have to. After all, they may be emotionally affected by the relationship break-up too.

You should be careful if these people offer support for you as well. If they are ready to provide emotional support without digging into the past and into the causes for the split, then you can readily accept their help. However, if they try to get details or try to turn you against your ex, you should definitely not listen to them. Friendships are often as complex as relationships, so you would not want to get into some scheme that will eventually lead to you or your ex getting more hurt.

The best way to treat common friends after a relationship break-up is to be friendly without wanting them to take

sides. If you feel that you do not know who of these people to trust, you should turn to your relatives and friends who are not friends with your ex. At the same time, you should try to keep in touch with those common friends who are not taking sides and trying to get something for themselves out of the split.

Important Dos and Don'ts

There are no set rules that you have to keep in order to overcome a relationship break-up. However, if you stick to some expert recommendations you will feel a lot better and your emotional wounds will heal much more quickly. Try to stick to these recommendations as best as you can to get the best possible end results.

Don't punish yourself for going through a relationship break-up. Irrespective of whether you or your partner initiated the split, you should allow yourself to feel grief, then move on; not torture yourself. There is no way you need to pay for "something wrong" that you have done. Separations are something natural, so the most normal thing to do in this moment is to try to feel better and not worse.

Do everything you can to feel even a little bit happier. No matter how much friends and family try to help, you have to find your own inner strength to get out of bed and go do something that you really like. A lot of people find it very therapeutic to do things that they had really enjoyed

doing before, but that they did not do during the relationship. For instance, you may go out to a club with your friends.

Don't try to fix things between you and your ex. A relationship break-up is the final step two people can take. If something could be fixed, you would have done it beforehand. Just do not torture yourself about the past, but look forward. Leave your ex alone so that you can feel better too.

Do meet with friends and family as much as you can. Isolation can make you feel a lot worse after a relationship break-up. The people who love you and care for you can help you in a lot of different ways. They can keep you company and give you support. They can give you helpful advice on how to go on with your life. They can also organize all sorts of fun things for you to enjoy.

Don't look back. Do try to make small steps forward. Going over what happened will certainly make you feel worse. Just accept the fact that things like this happen in life. You should not get stuck in the present either, even if you feel melancholy and you like this mind state. Try to move forward by making small steps. Get a new daily routine, enjoy new activities and meet new people.

Now you can recover effectively from a relationship break-up without falling into common traps.

Is Running Away a Solution?

You can cope with a relationship break-up in many different ways. One of them is to just leave your job, town or even the country for a while. Will this help? Could this be the right solution for healing a broken heart? Read on to find the answers and help you to recover after a separation.

The reality is that running away is a temporary solution after a relationship break-up. You will certainly feel better for a while given that you will change your environment completely. You will not be around things that remind you of your ex and your life with them. Given all this, you will really have the chance to forget your former partner and feel better more quickly.

On the other hand, you will have to get back to your life eventually. You cannot hide forever. Eventually, you will have to go to work and meet the same people. You will have to re-enter your circle of friends. You will have to go back to your family. As a result, you may find it more difficult to cope with the relationship break-up, given that everything will remind you of your past life and your relationship.

What is the best thing to do then? If going away on vacation will make you feel more relaxed, you should not hesitate to do it. The important thing is to use this time to think things through and to come up with a plan to move forward.

Use your time away from home not only as a time for grieving for your relationship, but as a time to heal as well. It is important for you to get back to your life determined to move on and to get what you really want in life.

Often, people going away after a relationship break-up get into rebound relationships while they are away. Such a relationship may literally fill in the emotional gap left by your ex, but it will most likely not heal your broken heart. That is why you should avoid this option. As highlighted earlier, this should be a time for you only. You have to decide how to take control of your life and what to do from now on.

Now you know how to recover from a relationship break-up by going away to rethink your life instead of running away from your problems. Use this advice to get over your ex and to get back on your feet.

Learn from Your Mistakes

Some people say that in order to cope with a relationship break-up is it better to look forward and never look back at a past relationship. However, this is really hard, if not impossible. Instead of just trying to forget about what has happened, you should analyze your relationship and learn from your mistakes. This is a really effective way in which to overcome the negative emotions and do better next time around.

The first question you need to ask yourself in order to cope with your relationship break-up is what led to the split. Just try to be impartial when answering this question and avoid putting the blame on either yourself or your partner. You have to understand that we are all different and no matter how much two people love each other they may not want the same things in life. The idea here is to find out how flexible you both were when you were together. Perhaps you may want to be more flexible in your next relationship or take a firmer stand.

Ask yourself whether you and your partner truly accepted each other with your good and bad sides. This can help you cope with your relationship break-up more easily, as you realize how compatible you two were. If you think that you have not been tolerant enough with your partner, you may consider becoming more tolerant to people in general. In this way, you will have higher chances of starting a more fruitful new relationship. If you believe you were way too tolerant, you may want to set higher standards with any new partner and to people in your social circle as a whole. There is nothing wrong with looking to be in the company of people who respect you and appreciate you for who you are.

Analyze how much control you have over the negative emotions you experience in general and when you are in a relationship. This can really help you overcome the relationship break-up and recover fully to start a new life. The reality is that negative thoughts and feelings affect your actions negatively. In turn, people around you are affected negatively as well. As a result, they can treat

you badly too as a reaction to your behavior, even if they do not want to act this way. You have to do your best to avoid entering this vicious circle. Rely on sharing and ask for support when you need it.

Use all of these tips to analyze your mistakes and learn from them in order to cope with your relationship break-up.

Make Sure You Stay Healthy

Putting an end to a relationship is certainly one of the hardest things in life to do. However, you can cope with a relationship break-up by taking good care of yourself. Keeping your physical and psychological health intact is essential for overcoming the split and starting a new, better life.

Adopt effective stress management techniques. Time management is an effective method for reducing the stress in your life. Devising a weekly and daily schedule will help you stay on track and go on with your normal life. Still, it is a good idea to make your daily schedule less hectic and to provide sufficient time for relaxation.

You should set up a daily routine for yourself that you need to follow strictly as well. Going to bed and getting up at certain times every day will certainly help you get a better sleep. Having three meals a day at scheduled times will

allow you to get enough nutrients to go through the day.

Devote a few hours to relaxation every day to cope with the stress after a relationship break-up. It is best for the relaxation to be active. Basically, instead of sitting on the couch and watching TV, you should join an interest club, find a hobby or take classes in something that you like. You may want to practice meditation and yoga. Both of these are great mind-body techniques for relaxation.

You should exercise actively in order to stay fit and to feel less stressed out. Exercise stimulates the normal functioning of all organs and systems in the body, so it will give you more energy and improve your mood to help you overcome with your relationship break-up. You can choose to do any type of exercise. Just make sure you work out for an hour at least two times a week.

Adopt a healthy balanced diet. It will have a similar effect on your mind and body much like exercise. It has been proven that foods and the nutrients they contain affect our moods as well as our overall well being. In general, the well-known health foods, such as whole-grains, vegetables, fruits, nuts and seeds, lean poultry and fish should be abundantly present in your diet. Avoid foods containing refined sugar and greasy foods, especially fried ones. Forget about junk food snacks as well. Try to reduce the amount of caffeine you take.

Now you know how to adopt a healthy lifestyle to cope with a relationship break-up. Use all of these tips to feel

better and get a new start in life.

Making Plans to Move Forward

It is hard to accept the fact that your partner is no longer part of your life. However, this does not mean that you should live only with the happy memories from the past. The best way to cope with a relationship break-up is to make a plan to move forward. Use the following steps to prepare the right plan for you and to move forward to a better and more fulfilling life.

Find new interests and hobbies. Meet new people. You should do these things as part of the preliminary stage of the plan. You cannot move forward unless you stop focusing on your relationship break-up and on your past with your ex partner. Basically, this is a transition period during which you need to get a feel of how great life can be without your ex.

Set new priorities for yourself. This is the first stage of the plan for moving forward. You have to figure out what you want from your life, without your ex in the picture. Do you want to advance in your career? Do you want to change your job; the place you live in, your social circle? Do you want to find a new life partner? You may want all these things, but you have to set priorities to cope with a relationship break-up more effectively. List the things you want in a priority list with the most important ones being at the top.

Set your future goals based on the priorities that you have set for yourself. Having something to aim for in the future will certainly help you cope with a relationship break-up more quickly and effectively. There are two important things that you should remember when setting goals. They should be precise. Define exactly what you want to get. Set a time frame for accomplishing your goals. For instance, you may set a goal to get promoted in six months time.

Devise step by step plans for accomplishing each one of your goals. Decide what you need to do to accomplish these life goals. Put the different actions (steps) together in one coherent plan. Set a time frame for the completion of each one of these steps. If necessary, set smaller goals that you need to accomplish along the way towards your big goals.

Now you know how to set a plan to move forward after a relationship break-up. The instructions may seem a little strict, but having self-discipline is essential for success.

Mistakes to Avoid after Breaking Up

Ending a relationship with someone you love or have loved a lot is a very stressful experience. However, this does not mean that you should not find ways to cope with a relationship break-up. There are many different ways in which you can do this. One of them is to avoid making

mistakes that can hurt you even more and make you feel worse than you already feel.

Blaming yourself for the break-up is perhaps the main mistake to avoid if you want to recover quickly. In general, the two partners are equally at fault for the end of the relationship. In most cases, there is no one to blame, since both partners feel that things are not going well between them and there is no way in which the relationship can be saved. For all these reasons, you should not feel guilt about what has happened. Just accept that even though the current situation may be difficult, it is better for both of you.

Letting your emotions control your life is another major mistake to avoid in order to cope with a relationship break-up. It is normal for you to grieve and to feel sad. If you allow yourself to experience your emotions fully they should go away sooner. However, this should not stop you from going on with your daily life. Make your schedule less hectic, but keep going. This will help you avoid focusing on negative emotions. The same is applicable to anxiety. If you feel anxious about the future, just take action to prevent bad things from happening.

Avoiding other people is another serious mistake that you should not make. A lot of people feel ashamed after going through a relationship break-up due to religious or social reasons. In turn, they prefer not to talk to anyone, even to their family and friends. You have to do exactly the opposite. You have to share your pain with the people who love you, so that you can get the understanding and support

that you need. Similarly, try to regain your self-confidence and try making new friends. This can be a great way to heal your emotional wounds.

Now you know how to avoid the main mistakes that will prevent you from coping with a relationship break-up. Use all of the above tips to get back on your feet and experience the joys of life again. Remember that you can have total control of your life and that is up to you to make yourself feel better.

Opening Up to Other People

You were deeply hurt and maybe you still feel that way after a relationship break-up. It is natural for you to feel that you may never love and be loved again. It is normal to be afraid to open up to new people. Follow these tips to overcome this fear and to give your love life a fresh new start.

Be confident in who you are and keep in mind that you are a wonderful person who deserves to be loved and will be loved. It is important for you to adopt this kind of positive mindset. You have to understand that despite the failure of your last relationship, you are still a great person with a set of amazing qualities. You have to accept the fact that things between you and your ex did not work because you were not for one another and because both of you made some mistakes that you will not repeat in the future.

Be emotionally ready to open up to other people after the relationship break-up. If you feel it is too early to go on dates, you should not follow blindly the advice of your friends and family. If you feel that you must have a partner at all costs, you may want to spend more time as a single in order to avoid ending up together with a partner that you do not love and that does not love you.

Take things slowly and be prepared to feel a bit uncomfortable about dating. No matter how much time has passed after the relationship break-up, you can expect to be a little bit intimidated by other people and dating. You can expect to be nervous about what you will say and do. In turn, you may not make the perfect impression. You have to be prepared for making small mistakes. The important thing is not to focus on these, but to accept that these things are part of the healing process.

Do not be prejudiced about other people, even though you have been through a relationship break-up. Your ex was not perfect and ended up hurting you. This does not mean that a person you are dating will be the same and/or do the same things. In general, you should not rely on cliches about people. Every person is different and should be seen as such. Try not to make comparisons. Try to find the best in people. If this happens you will always find someone whom you like and who likes you too.

Should You Communicate with Your Ex?

You are sitting alone at home and you see something on TV that your ex will find fun. You wish you could share this with them. Should you call them? In moments like these, you need to rely on impartial advice on how to cope with a relationship break-up. Read on to find out how to communicate with your ex and why you should do this in order to recover more quickly after the split.

Try to avoid talking to your ex. Do not call or seek a chance to meet them. If you have to communicate for some reason, you should try to make it as formal as possible. Not following these simple rules can only hurt you even more and make it more difficult for you to cope with the relationship break-up.

You are certainly thinking that this not contacting and talking to your ex is impossible to achieve because you feel strong urges to do it. However, the reality is that you can be much stronger than you think. It is all about the viewpoint you adopt and how well you control your emotions.

You are in a situation in which you want to call your ex or they call you and suggest a meeting. Ask yourself why you need to talk to your partner. You have already broken up and it is clear that both of you cannot be happy in this relationship. At the moment you are feeling down and so is your ex. Can this really fix things between you? The answer is "no". If you could not fix things while you were together, then would you be able to fix things now?

Right after a relationship break-up, you are full of negative emotions which can easily come to the surface if you talk to your ex. This will make you feel even worse. That is why you should turn to your friends and relatives, rather than your ex. Join a group of single friends.

Many people decide to call their ex when they feel they have a chance to get together and fix things to start a new and better relationship. Regrettably, this is highly unlikely to happen given the bitterness after the split. That is why you should let both of you recover and analyze your relationship.

Give yourself some time to think about the things you need and want. Just do not sit at home waiting to get back together with your ex partner. Start a new life and with time, you will find out whether your ex may have a place in it.

Should You Consider Getting Back with Your Ex?

You have just split up with your partner. It is normal for you to be confused and to look for the best way to cope with the relationship break-up. It is also normal for you to feel down about your future without your partner. Does this mean you should try to get back together with them? Is this a viable option? Use the following advice to answer such questions and cope with such issues.

The first thing you need to do is to accept the split as final. It does not matter what has happened. It does not matter who initiated the relationship break-up. You are no longer with your ex partner. You are single and free to do whatever you want with your life.

It may be hard for you to accept these facts and especially to modify your life to the new situation. That is why you should establish some important rules. Not contacting your ex should be the first and most important rule that you should keep. You have to get used to the fact that your partner is no longer around you and that they are not the closest person to you. If you need advice and support, you should resort to your friends and relatives.

In general, it is a good idea for you to establish a daily routine that corresponds to your life as a single. Make more time for enjoying your favorite hobby and for going out with friends. Consider dating as an option, at a later state of the recovery process after the relationship break-up.

Basically, the idea is to give yourself a break from your ex trying to think as little about them as possible. In this way, you will be able to recover from the negative emotions that you experience. In turn, you will have to the opportunity to go over the things that happened and draw impartial conclusions. This will allow you to decide whether you may consider getting back with your ex as an option.

Analyze your relationship with your ex objectively. This

is the best thing you can do to find out what went wrong and whether it may be fixed. Just do not think about the things you could have done differently. Try to find out whether they are the right person for you. Figure out whether you are able and willing to make some changes in the future.

Finally, if you consider getting back with your ex after the relationship break-up make sure they are ready and willing to change too.

Should You Stay Friends with Your Ex?

A relationship break-up is usually a very complex and confusing situation. The change is often abrupt and hard to go through even if you have seen it coming for some time. There are a lot of paths you can take in such a situation. Is staying friends with your ex one of them? Is this a good idea? Will this make you feel better? Read on to find out the answers.

The reality is that you and your ex cannot turn from partners to friends overnight. Even if a relationship break-up was amicable and you decided to "stay friends", this does not mean that things will be the same as before only without the intimacy. This is because you will certainly experience negative emotions after the split.

In addition, you will have to accept the fact that your ex partner will not be part of your life in the same way as before. You will not meet that often. You will not share and go out together that much. Sooner or later, you will have to accept the fact that your ex will be with someone else. If you stay friends you have to be supportive and understanding, but you will most likely not feel that way.

Just ask yourself what reasons you have to stay friends with your ex after the relationship break-up. Now you know what you can expect to get from doing this. In general, you can expect to stay apart, even if you treat each other amicably. This is acceptable if you are ready to move on. However, this is the worst step you can take if you still have any hopes of getting back together with your ex partner.

The best thing you can do after the relationship break-up is to grieve and to stay as far away from your ex partner as possible. Terminate your contact with them and focus on moving forward and making your life better for yourself. Do the things that you want and meet new people. Devote more time to relaxation and having fun.

Analyze your relationship impartially after you overcome the relationship break-up and start feeling comfortable in your new situation. Only then can you decide whether you want to have your ex in your life as a friend. If you find out you still have strong feelings for them and that you are willing and able to get back together, you should not try to get them back by pretending to be their friend. Be as open as possible.

Should You Take Advice from Friends?

It is probably easier to give than to take relationship break-up advice. That is why you should be particularly careful about what your friends say and advise you to do. Such situations are complex for you as well as for them. You have to find the best way to make the most out of your relationships with your friends without getting even more hurt and upset in the end.

Try to share your deepest secrets only with really close friends who really love you and care for you. If you are not ready to take their relationship break-up advice, just ask them to listen to you and to be sympathetic for the time being. You should not hesitate to open up your heart and experience all emotions that you have inside you. Crying is not shameful even for men. Similarly, getting your anger out in a manner that is safe for you and for others is not a sign of a mental illness.

Accept the fact that the relationship break-up advice that you get from your friends may not be exactly what you want to hear. In such cases, try to remember that they want only the best for you and that getting the best in the future may require going through some pain in the present. The most important thing is not to get angry and upset with your friends for giving you such advice. This may make you break other relationships and feel even worse.

Do not blindly follow the advice your friends give you. This point is similar to the previous one, even though the action is exactly the opposite. You should not refuse to accept every tip give to you. Similarly, you should not do everything that others tell you to do. After all, despite their best intentions your friends may give you the wrong relationship break-up advice and make things worse. In addition, you know the situation and your ex better than everyone else, so you should definitely not base your emotions and future actions on generalized statements that denigrate the sexes.

The best thing you can do is to appreciate the help, support and advice your friends give you, but to rely on your personal judgment and self-knowledge to cope with the relationship break-up and get your life back to normal. Remember that it is all about you and your life. The more control you have over your emotions and actions the better.

Starting Your New Life as a Single

Changing your relationship status to single is not an easy task, even though a separation can be finalized in mere seconds. You have to face reality after a relationship break-up no matter whether you like it or not. Use the following advice to go on with your life and be even happier than before.

Accept that you are single now and that there is nothing wrong with this. It is natural for you to feel alone and desperate after a relationship break-up. After all, your future plans with your ex have been ruined. However, this does not mean that being single is like being plagued.

There is nothing shameful about being on your own. Quite the opposite, this shows that you are a strong and independent person. Similarly, the fact that you are a single does not mean that you should think less of yourself. Things did not end up well with your ex, but you are still a person who deserves to love and be loved. Now you have a great opportunity to find someone who will appreciate you and love you for who you truly are.

Think of all the benefits of being single. You may not see these after a relationship break-up, so you certainly need a reminder. Being single means you do not have to put up with what your partner says and does. It means you do not have to worry about balancing your relationship. It means you are free to do everything that you have always wanted to do, but your ex has stopped you.

Join a group of single friends. You would not want to be around happy couples after a relationship break-up. You would want to be with people who are in exactly the same situation as yours and feel comfortable about it.

Do what singles do. Find a hobby that you really enjoy doing. Go out and have fun without worrying that you have to be careful about your partner's feelings. Expand your cultural

horizons. Expand your social circle by meeting new people. You should do all the fun things that you want to do. There is no one to set any limits for you.

Start dating after recovering fully from the relationship break-up. Enjoying your life as a single is really important. An important aspect of this life is dating. Dates can be a lot of fun if you are confident and open up to other people.

The Emotional Stages of a Break Up

According to psychologists, there are five emotional stages of relationship break-up. You will most likely go through all of them, even if it is not in the order that psychologists describe. You have to find out what these stages are and how to go through each one of them. In this way, your recovery will be quicker and much less painful.

Denial is the first emotional relationship break-up stage. You refuse to believe everything is over. The best way to cope with this stage is try not to act on your emotions. Do your best to avoid seeking contact with your ex. At the same time you should try to share how you feel with a loved one so that you can take at least some of the burden away.

Shock is the next phase of the process. All of a sudden you are in a completely different situation. You may feel strong

pain and all sorts of negative emotions. You may even feel incapable of doing anything. You do not know what to do and where to go. At this point, you may want to give in to your emotions so that you experience them fully. This will make you feel better eventually.

Confusion is what will occur next after the relationship break-up. You start asking yourself what went wrong, but you cannot find the answer. You keep going over the relationship and the separation over and over again. The best thing to do here is to come up with some valid answers without putting the blame on your or your ex. Just try to learn from your mistakes.

Bargaining is the next phase of the emotional relationship break-up. You are constantly coming up with different things you are ready and willing to do just to get back together with your ex partner. At the same time you realize that you cannot devise an effective method in which you can make the other person do what you want. At this point, it is better to channel your motivation to change towards improving your future life and towards self improvement.

Letting go of the old relationship is the final stage of the process. You realize that the relationship break-up is real and that even if you stay in touch with your ex things will never be the same again. Now you are truly liberated and you can work towards getting a fresh start. You should not hesitate to make plans for moving forward and for a better future.

The Rebound Relationship

There are different ways in which you can cope with a relationship break-up. One of the ways is to get into a rebound relationship. A lot of people resort to this option without thinking whether it can actually help them and how. You should definitely learn more about this option and the different personal and social aspects related to it, so that you can decide whether it is right for you or not.

People usually enter a rebound relationship right after or soon after the break-up. The term rebound is used to explain the fact that the person wants to get back into a state in which they feel comfortable by replacing their partner with someone else. Usually, the new partner is someone who has strong feelings for the person and shows understanding of their grief.

A benefit you can expect to get is that you will recover from the relationship break-up more quickly. However, exactly the opposite may happen. You may start feeling even greater regret for losing your previous partner. Basically, your new partner may remind you of all the wonderful moments that you have had with your ex and this may make the pain worse.

Another problem with this option for recovery is that you may end up making a long-term commitment to someone whom you do not truly love. This can be a serious problem in the

future. You may end up with a relationship that you do not want to be in and end up splitting up again. This is something that you should protect yourself from.

The alternative scenario is equally undesirable. Once you recover from the relationship break-up which will happen sooner or later, you may feel like breaking up with your new partner so that you can go on with your life. Imagine how hurt and miserable this person will be. There is no way in which you can come out of the situation with a clear conscience. You will have to go through another split and you may even get harassed by your rebound partner.

Overall, it can be safely said that rebound relationships do not offer the recovery solution you are looking for. There are a lot of much better options for coping with a relationship break-up. You can readily rely on getting help, support and advice from your friends and relatives. You can also try to use this change in your life to make some improvements.

The Relationship Break-Up Buddy

You have probably heard of the expression birds of feather flock together. You can do this in case of a relationship break-up to recover and get to feel better. Simply put, you can find a relationship break-up buddy; a person who is in the same situation as you are. The idea here is that you will understand each other and give one another the support

you need. Learn more about this option and how to use it effectively to feel better and get your life back to normal.

You have to understand what a relationship break-up buddy can do for you and what they cannot. As highlighted earlier, you can get support and understanding. Still, you cannot expect to have been through exactly the same thing as the other person. That is why you should not automatically assume that they will understand each and every emotion that you experience. Similarly, you can get some advice from this person, but you should always make the final choice by yourself.

In general, you should not expect your friend to be there for you 24/7. Basically, this should be a person who is ready to offer help and support every time you need them. Similarly, you should be prepared to do the same for them too.

It is important for you and your relationship break-up buddy to be on the same wavelength. If you prefer to sit at home and talk about your feelings and the other person prefers to focus on going out, having fun and drinking the night away, you may not be the right people to support and understand each other. You do not have to do what your friend does to feel better if you believe this is not the right "cure" for you.

Some people tend to go way over the top to feel better and resort to alcohol or give in to their hatred. You should definitely avoid following their example, even if they tell

you this is the best way to get better. The idea here is to protect yourself from a relationship break-up buddy that does not do you any good. You may feel that you will never do something stupid, but when you are hurt and confused, you should be extra careful about your actions.

In conclusion, find a relationship break-up buddy that can understand you, support you and help you. But do not expect them to hold your hand all the time. Be careful not to get into more trouble just for the sake of keeping a relationship with your new friend.

Three Ways to Get Back to Normal

It is hard to cope with a relationship break-up. That is why it is best to let yourself grieve for a while. If you are feeling down, just let go of your emotions and experience them fully. After this, you will feel a lot better. The next step is to actually take action and make positive changes in your life. Use all of the following three methods to get back on track and start enjoying life again.

Find a hobby that you enjoy doing. When you are occupied with something that is interesting to you and elicits positive emotions, you will certainly feel a lot more satisfied and a lot better. In this way, you will cope with your relationship break-up more quickly and more effectively.

You can choose any type of hobby, depending on your personal interests. You can join an unprofessional sports team, you can take art, craft or dance classes or you can do gardening or yoga. You can even do some voluntary work in your community. In general, it is a good idea for you to choose a hobby that allows you to socialize with other people.

Find single friends to socialize with and party with. You may think being single is really terrible thing after you have been in a relationship for so long. However, the life of singles is a lot of fun and you should definitely let your friends show you this.

Meet your single friends and go to different events with them. You will feel a lot more confident and this will help you cope with your relationship break-up better. More importantly, you will see that there are endless opportunities for starting a new and better relationship.

Visit your loved ones more often. When you are together with someone, you prefer to spend most of your time with them. However, there are other people who love you and care for you. Most of them have a strong bond with you. This bond is much stronger than the bond with your ex and they will never leave you.

Spending more time with your loved ones means you will get the support and help you need to recover after the relationship break-up. In addition, you will see how much

these people love you and boost your self-confidence. You will find out that there are more valuable things in your life than a relationship that was not working.

Do all of these things to cope with a relationship break-up easily and quickly.

Tips for Girls Only

Women are more emotional than men. That is why you should not worry about being over emotional after a relationship break-up. It is perfectly natural for you to feel down, to be upset and to cry. In fact, grieving for your loss is the first and foremost thing to do. Get to accept what has happened, so that you can move on. Then you need to go through the other stages of recovery after a separation.

Share how you feel with your best friend or friends. Girls are always sympathetic when it comes to a relationship break-up. They will understand you and support you. More importantly, they will give you the best advice that you can hope for. You should not stay at home feeling down and sorry for yourself.

Get a beauty makeover to boost your self-confidence. Nothing can cheer up a girl better than a new hairstyle, great nails and make up. A day at the beauty salon should make you feel more relaxed as well as more beautiful. By

getting a new and better look, you will gain the self-esteem you need to forget about your ex and focus on yourself and the bright future that expects you.

Get an internal makeover after the relationship break-up as well. After all, self-confidence should come from within. Think of all the amazing qualities you have. Adopt a positive attitude and be more optimistic about the future. Repeat to yourself that everything wonderful in life lies ahead.

Go out with your friends and have fun. You should feel and look great enough to start your new life as a single. This life does not involve staying at home and watching TV. It is all about enjoying the things in life that were "forbidden" to you while you were together with your partner. More importantly, you will get to polish your social skills so that you are ready for the next stage of the relationship break-up recovery process.

Start dating again once you feel ready to do so. By now you should have confidence and polished social skills, so you should not feel intimidated by dating. Just remember that dating is all about getting to know people. Do not resort to it in a state of desperation as you will most certainly end up deeply hurt.

Use all of these tips to recover from a relationship break-up more easily and quickly. You can get hold of your life and make it better. You just have to believe in yourself.

Top Reasons to be Optimistic about the Future

Grieving is an essential aspect of coping with a relationship break-up. However, even though you should give yourself time to grieve, you should also try to regain your inner strength and positive attitude. Your end goal should be to get optimistic about the future and making plans to move forward and achieve your goals. You may feel extremely pessimistic right now, but you should not give in to this emotion. Read on to find out what reasons for optimism you have.

You are now a strong and independent person. You may not feel like this right now, but the fact that you are coping with the relationship break-up means you will come out of this ordeal stronger than before. Now you can make decisions independently and take full control of your life. Isn't this amazing?

You can set your own priorities and life goals. You do not have to worry about your partner agreeing with one thing or another. You can make all decisions by yourself and in line with your own hopes and dreams. Now you can plan your future in any way you like given that you have set your own priorities and goals.

You have the chance to do all the fun things you have always wanted to do. You might find it difficult to admit, but the

reality is that relationships do constrain you in a way, especially if the person is not right for you and/or if things are not going well between you two. Now you can use the freedom you have after the relationship break-up to enjoy life to the fullest. Just remember that you should have fun not in an attempt to forget your ex, but in an attempt to make yourself feel happy and content.

You can expand your horizons and accomplish amazing things. Now is the perfect time to do all that it takes to improve your life and to become a better person. You can be better and you can do better in the future. Do not hesitate to want and to get more. Aim for the highest possible goals as reaching them will bring you the utmost satisfaction.

You are on your way to finding the perfect life partner for you. A relationship break-up opens new opportunities for you in every respect and especially for finding your match. Now you do not have to worry about being with someone who does not love you and appreciate you as much as you would want.

Understanding Your Emotions After a Relationship Break-Up

You want to know how to cope with a relationship break-up. The fact that you are seeking help, even in an indirect way, means that you are ready and willing to overcome these tough times. The first thing you need to do in order to help yourself is to understand your emotions better. This will

allow you to feel less stressed out and this is the first step towards getting your normal life back.

How do you feel right now? This is the first question you need to ask yourself in order to cope with a relationship break-up. Grief is a perfectly natural feeling for this kind of situation. Even if things were not going well with your partner, the fact that they are no longer part of your life can be devastating. You should allow yourself to grieve. There is nothing wrong with feeling down and crying at times. By letting your emotions out, you will feel a lot better in the end.

Sadness is another natural emotion you should accept. It is normal for you to feel down and lonely. You may feel hopeless and/or worthless as well. It is true that these are signs of depression, but you have to accept that they are perfectly natural. After all, you have lost your "other half", so it is perfectly natural for you to feel less confident and less needed. It is also normal for you to be worried about the future.

Anxiety is also common in people who have just ended a relationship. It comes primarily from issues that the break-up has caused. You may worry about your chances of finding a new partner. You may feel anxious about financial problems or about the raising of your children if you have any. You can cope with a relationship break-up more easily if you look at your situation from a more objective point of view. You can find solutions to your problems only if you are calm and focused.

Now that you understand your emotions, you can stop worrying about experiencing them and just allow yourself to grieve and to be sad for a while. You may want to slow things down in your life a bit so that your life's pace corresponds to your mood. Take more time to relax and to be with the people you love. Most importantly, accept your new situation and try to look on its good side. This will allow you to cope with your relationship break-up effectively.

What If Your Ex Wants You Back?

Your ex broke up with you and now they want you back. This can be a really tough situation given that you are still coping with the relationship break-up. Should you jump with joy and go back to them straight away? Or should you cut them off for good? What should you do in a situation like this? Find all the answers and advice you need below.

Do not hurry to say either "yes" or "no". It is best to think things through first. The most essential thing is not to act emotionally, but to analyze the situation. You should definitely find out what you want and what it is important for you first.

Find out why your ex wants you back after the relationship break-up. You should definitely discover all the reasons for this sudden and unexpected change. The most important thing to ask your ex is why they broke up with you in the

first place. You should expect to hear cliches, so be prepared to do a little bit of interrogation if necessary. Just do not use this moment to get back at your former partner for the split and the pain they caused you. This will not make you feel better in any way.

After you know as much as possible about your ex's reasoning, you need to leave them to wait and focus on your thoughts and emotions and on the things that you actually want. Try to figure out what your relationship was like in the first place. Were you really happy? Were things going smoothly? Why couldn't you resolve the issues that led to the relationship break-up? More importantly, you really have to ask yourself whether you love your ex and whether they really love you.

At this point, you should not make a compromise. It is perfectly normal for you to worry that you may not find a new partner who will love you and care for you. If you have children, you may be willing to get back together with your ex for their sake. All these things should not be your main priorities when you consider reconciliation. If you and your ex cannot be happy together, then things for you and for everyone around you will be worse.

Try to imagine what your future with your ex will be like in order to make a final decision. Talk to them so that you find out how they see your common future together. Find out what your ex wants and whether this is exactly what you want. Try to evaluate their readiness to commit.

Now you can decide whether to reconcile with your ex after the relationship break-up or not.

What to Do if You Broke it Off

After a relationship break-up, everyone feels sorry for the person who was "dumped". If you initiated the split, you are highly likely to become a villain in the eyes of others. However, this is certainly not the way you should feel. Use the following tips to recover after the split and to manage your communication with your ex better.

Accept the fact that you are not the only one guilty for the relationship break-up. The fact that you initiated the split does not mean that it was entirely your fault that things between you were not going well. This does not mean that you should not accept the mistakes that you have made. Quite the opposite, you should learn from them. Just do not torture yourself about something that is already in the past.

Do not feel sorry for your ex. This may seem cruel, but it is actually not. If you have something to say "sorry" about, do so. There is no point in getting back together with someone just because you feel guilt and remorse. Can you make your ex partner feel happy and loved if you do are not happy with them and you do not love them? The answer is obviously "no". Your ex partner may suffer, but this is the only way in which they can recover from the relationship

break-up and move on to find the partner they deserve.

Give yourself time to recover after the split. Just like your ex, you may feel upset, angry or anxious. Try to experience these feelings fully, so that you can overcome them. This will not make you weaker. Quite the opposite, you will be able to become stronger and more confident.

Do not hurry to start dating again. You may feel relief after the relationship break-up, but this does not mean that you should start seeing other people straight away. As highlighted earlier, give yourself some time to understand your emotions and gain full control of them. Basically, you have to put things together, so that you are ready to start seeing another person again.

Finally, move on and leave the relationship break-up in the past. Make a plan for your life as a single. Focus on the things that you love to do. Establish more genuine relationships with your loved ones. Start dating again when you feel ready. Start a new relationship when you feel the time is right.

What to Do If Your Ex Harasses You

It is not easy to go through a relationship break-up irrespective of how bad things between you and your partner were before that. The problem can be made even worse if your

ex partner starts harassing you. A lot of people cannot understand the gravity of the issue until it gets threatening for their life and wellbeing. The important thing is not to keep your eyes closed in case of harassment from your ex and to take preventative measures in time.

How do you define harassment from your ex partner? In general, this can be any kind of action that puts you into an uncomfortable situation, interferes with your daily life and makes you concerned about your wellbeing. In general, your ex calling you three or four times a day is considered harassment, even if they are amicable. This is not something illegal, but this does not mean that you should put up with it.

It is important for you to recognize these first warning signs and to deal with the problem straight away. In this way, you will be able to focus on your own problems related to the relationship break-up. Remember that the sooner you take action the better.

The first thing do to is to talk to your ex partner about the situation, preferably in person. If you decide to speak to them over the phone, you may take action first. It is important for you not to accuse your ex partner of anything and not to show how angry and upset you are.

Just explain why you wanted to meet. Ask your ex how they feel and ask what makes them act this way. Explain how their actions make you feel. Make them understand that you feel bad because of what they do. In general, you should be honest

about the relationship break-up and admit that you find it hard to cope with the situation too. At the same time, explain why the present situation is better for both of you.

Your task is to make your ex partner realize that they need to withdraw completely from your life and that this will make them feel a lot better. Try to show them the opportunities they now have as a single. Avoid committing to being friends with your ex, as this may make them continue with the harassment. If the question of friendship comes up, you can readily say that it may be possible in the future, but without placing any conditions.

In case the harassment after the relationship break-up becomes worse, you should not hesitate to seek support from family and friends and perhaps from a counselor.

Will Hating Your Ex Help?

Most people find it difficult to cope with a relationship break-up because they feel that they still love their ex and want to get back together. Does this mean that you have to hate your ex to feel better? Will this help? Should you try to do this? Find the answers to all these questions plus some helpful advice that will help you feel better instantly.

The reality is that hating your ex is highly unlikely to

make you feel better. In fact, loving or hating your ex after a relationship break-up is pretty much the same things in terms of the repercussions that it has on you. In both cases, you will be preoccupied with your former partner and this will prevent you from healing your own emotional wounds and moving forward.

Feeling hatred for your ex can get you into another trap that is even worse. You can try to take revenge for the suffering they have caused you. This will almost certainly backfire. Seeing your ex suffer will not help you feel better. Quite the opposite, you can get to experience even stronger negative emotions.

What to do if you already feel that way? How to overcome this negative emotion after the relationship break-up? You have to realize that hating your ex will not get you anywhere. You have to realize that hating them is actually torturing yourself rather than your ex. You need to start thinking about yourself and how to make yourself feel better now and in the future.

How to cope with the relationship break-up in another way and get over your ex? As a start, you have to find out why your ex is not right for you. You will certainly find a lot of reasons for this. However, these are not reasons for starting to hate them. By listing all these facts you will realize that your former partner is just who they are and cannot give you the things you need.

By doing this, you will automatically put your focus away

from your partner and on to you. Remember that you are the most important person in your life. You are the one responsible for your happiness. The more positive you are the easier it will be for you to take control of things and to be happy.

Now you know how to cope with a relationship break-up without hating your ex. You will certainly feel a lot better after putting this advice into action.

Resources

The Tao Of Badass - Dating Advice: (for men only)

<http://tinyurl.com/bestdatingadvice4men>

Capture His Heart And Make Him Love You Forever:

<http://tinyurl.com/MakeHimLoveU4Ever>

The Magic Of Making Up - Get Your Ex Back:

<http://tinyurl.com/n32hjz2>

I hope my tips and advice was some help to you in finding a solution to your relationship breakup.

Thank You,

Terry Clark

