

4 Tips to Overcome Breakup and Get Your Ex Back

Get a plan to get your ex back and follow what to do and what not to do avoiding mistakes when you try to get back with your ex. There are 4 things you need to be aware of.

No doubt you have been through a breakup in your life. It can be a harsh blow to your ego and you may feel like life isn't worth living if you can't have your ex in it. However, you can get past this hurt and get on with life. Anyone who has ever suffered a broken heart has been able, at one time or another, get over the pain and turn their focus on their ex and getting them back. How did they do this? Get a plan to get your ex back and follow what to do and what not to do avoiding mistakes when you try to get back with your ex. If you want your ex back, there are 4 things you need to be aware of.

(1) Forget the Alcohol and Drugs

The worst thing you can do is turn to drugs or alcohol to fight off the depressing feelings you are dealing with. These outlets can alter your way of thinking. If you think they don't, imagine you have been drinking all night. You decide to make a late night phone call to your ex thinking if you tell them how much you love them and want them back, that they'll come back. However, all they are going to hear out of that phone call is that you are needy and desperate. This is called drunk dialing. Alcohol and drugs make the bad ideas look good until the effects wear off in the morning. After that, you'll realize you may have damaged any chance of winning them back.

(2) Accept the Breakup

You need to move forward instead of sitting down moping about what you cannot control... the breakup. Don't let the pain overcome your senses. Get up off that couch and force yourself out of the house. The strength that you get from this action can give you the strength to accept that the breakup occurred. It can be the same strength that makes your ex take a second glance at you. In the end, it's better for you than to cry all the time.

(3) Self-Improvement Attitude

When you have been dumped, you may think of all the ways to shed the familiarity of your ex. The first thing that usually goes is your appearance. Yet, you don't have to do something drastic to improve your self-esteem. Instead, make a list of things you want to change (not have to change). If you need to lose weight, join a gym or start working out. Take care of your physical appearance if it makes you feel lousy. Do what it takes to make you happy. By improving your looks, it makes your ex take a second look at you.

(4) Enjoy Life with Friends

This is the time when you should get with friends you may have ignored during the relationship. Even if you don't feel like getting out in public, be with people who care about you. They can put you at ease which will eventually allow you to overcome the hurt that you are feeling. Check out the local bar scene, dance with a few members of the opposite sex and act like you are having a good time. Do this often and before you know it, you'll have fun without even trying. Bonus: you make your ex jealous with this attitude.

These 4 tips can not only help you get over any hurt the breakup caused but can quietly lead to success in getting your ex curious about you again. All you have to do is act like that was never your intention. This sort of method works so much better than pleading, begging and being aggressive with your ex. I think you may agree.

Teecee Go writes articles focusing on love, romance and save relationship helping people get back together with their ex. Get the best information you need at <http://www.BreakupCures.com/GetExBack.php> You can get your love back using the unconventional method, the fact is thousands have benefitted by visiting <http://www.TheMagicOfMakingUp.com>

Author: Teecee Go

Article downloaded from page [eioba.com](http://www.eioba.com)