

After a Breakup: 3 Rules to Get Your Ex Back

If you want your life to have some sort of stability back, you need to know what things you should not do after you've just been dumped and really want to get your ex back.

Have you ever watched a friend get dumped and watch their life spiral out of control after a breakup? When you have been dumped, it's normal to feel like nothing makes sense to you. You may take unnecessary risks that could hurt your chances to get your ex back in your life. If you want your life to have some sort of stability back in it, you need to know what things you should not do after you've just been dumped and really want to get your ex back.

While there are many things you shouldn't do after a breakup, there are actually 3 big things that need to be done. Understand that you may be a bit impulsive after the breakup so you really need to be careful how much and how far you take these behaviors. Even if you made these mistakes, depending on the severity and how many times it's been done, you may still be able to get your ex back.

Rule One - No Contact With Ex

It's a normal reaction to try and shower your ex with affection. It's a mistake that, all too often, people make when trying to get their ex back. However, it's the biggest mistake to make actually. After a breakup, your ex needed space to think about all the issues in his or her life without you constantly in their face. Instead of trying to talk to them, find ways that help you soothe your feelings while fixing the problems your relationship has.

Rule Two - Get Together With Friends/ Stay Active

The worst thing you can do for yourself after a breakup is to sit on your butt, eating spoonfuls of ice cream right off the jug, feeling sorry for yourself. Instead, get up, get dressed and get out of the house with your friends. When your heart is in pain, such as it is, your friends are the one constant reminder that life can and does go on. Get them to show you this. Allow yourself some time to grieve for your loss but still allow yourself the chance to have a great time with those who care about you. Never let the pain stop you from living after the breakup.

Rule Three - No Contact Rules to Keep

Be sure to read rules one and two and understand them and keep them close to you in your mind. It's quite difficult to not want to call your ex. People have a constant battle inside themselves when it comes to these very things after a breakup. Yet, if you can get up and out, you'll be a step ahead of those negative feelings.

There are other things you can do to save the relationship. However, these 3 rules are vital to your success in getting your ex back after the breakup.

Teecee Go writes articles focusing on love, romance and save relationship helping people get back 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>