

## Breakup Mistakes to Avoid If You Want a Healthy Reunion with Your Ex

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If you want to get back with your ex, you're going to need to know what to avoid when your emotions hit you and desperation attacks.

A breakup is the least pleasant event to go through in your life but it's bound to happen to us one time or another. So when it does happen, be sure you're prepared to deal with the emotions that are likely to overcome you. If you want to get back with your ex, you're going to need to know what to avoid when your emotions hit you and desperation attacks.

Constantly clinging to your ex is the first thing to avoid. Your ex needs time so when you are constantly in his/her face for whatever reason. Your ex is going to pull away from you even more if you don't give him/her that space.

Making a phone call in the middle of the night is never a good idea; it's even a worse idea when you're calling an ex and you've either had something to drink, or your emotions are clouding your sense and reasoning. Often referred to as "drunk dialing", this action shows your instability to your ex as well as irritates him/her for having to wake up in the middle of the night. When you let something like this happen, it's going to be hard to make up because you're already on the road to pushing your ex away when you're trying to pull him/her closer.

Physical clinging isn't the only way to cling to your ex. You can virtually cling to your ex with texting, emails, voicemails or any other way you try to talk to your ex excessively. You may just be curious to see how your ex is doing but your intentions can easily be misread when your ex already has bad feelings towards you. Cut off all of this communication because you're only driving your ex further away.

Let your ex go for a short while. He/she might just need a chance to clear his/her head, which can't happen if you barrage them with any of these actions. When your ex has the time to heal so do you and you'll both have a chance to think about your relationship and if you want to continue it. The only way to get your ex back and have a healthy relationship again is to heal and not make these mistakes.

Here are some helpful resources you won't want to miss at <http://www.breakupcures.com/GetExBack.php>

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