

Breakups: the Do's and Don'ts

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When you are unexpectedly dumped, you can take the breakup rather hard. If you want your ex back, it can be tricky to accomplish with what you are feeling at the moment. However, there are 5 dos and don'ts that can make things go a little more smoothly and work in your favor.

First, remember that no matter how you feel, what you may think or how you see your life, life does continue to go on. Don't miss out on all the good things you could see and do. By doing things that keep you entertained, you can start the healing process. Before you know it, things will look up for you.

Second, do not turn to negative influences such as alcohol or drugs. Using these items to deal with the breakup can in fact have negative consequences and only depress you further. Find someone who is can understand your situation with an open mind.

Third, stay out of contact with your ex for a short period of time. Usually a month works best. If you repeatedly see each other, time won't be able to heal the wounds. If you are together constantly, you won't be able to work on making you a better person and the same goes for them. After time passes and you both give it a go, the both of you are better for it.

Fourth, ignore the heart strings that encourage you to do things. Your heart is too emotional. Instead follow your head in these matters. Forget those initial impulses because they do you more harm than good.

Lastly, you need to know upfront that even if you want your ex back, there is no guarantee you were meant to be together. Try not to force a relationship with someone who does not want to be with you. Does this mean you should walk away at the first sign of trouble? No. Just be prepared for this likelihood.

Knowing and following these 5 steps does not guarantee that you will get your ex back especially if you want your ex back. It's just one thing to guide you to the best response to a bad situation. Never try to face this problem on your own. If you want your ex back, you should have a shoulder to lean on for support and advice.

Teecee Go writes articles focusing on helping people save their marriage and anyone treasure relationship dearer. You can find helpful information at <http://www.BreakupCures.com> You can save your breakup using the unconventional method. The fact is thousands have benefited by visiting <http://www.TheMagicOfMakingUp.com>

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