

Broken Heart Is Not For Life

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If you've just been through a painful breakup then you'll never believe that one day you'll smile again. When your heart's broken it feels as if it will stay that way. But you're still raw; the wounds are still fresh. You can't expect to feel any other way when you're still so close to such a big shock. But there are some things you can do that will help you start to climb out of this miserable hole.

First things first. Don't see him. Don't call him. Don't even think about him. Maybe you'll think about reconciliation some way down the line, but for now, you need to make this break as clean and complete as you can. It's the only way to avoid being dragged down by nagging doubts and lingering hopes.

Next, you have to pay yourself some attention. Remember that he was never the only thing in your life. Don't let yourself fall into a spiral of despair. When things feel bad it's so easy just to let them get worse. So get busy; get active and stay fit. You won't believe how good it is when you feel your body buzzing with those good-time endorphins that wash through you during a really good workout, run or a swim. Even just half an hour on the treadmill will do the trick. Strap on your MP3 player and give yourself up to the music and the rhythm of recovery.

And when you've finished spending this time on yourself, spend plenty on others. Your friends and family are the most important people in your life now. They know you, they love you and they care about you. Don't underestimate the power of their support. Be sociable; go out and have fun. It's the best medicine for a sick heart.

Teecee Go writes articles focusing on love, romance and save relationship helping people get back with their ex. Get the best information you need to get over a broken heart at <http://www.BreakupCures.com/GetExBack.php> Find out how using the unconventional method works, the fact is thousands have benefitted by visiting <http://www.TheMagicOfMakingUp.com>

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