

## Get Back Your Ex: 5 Successful Tips

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There are the 5 best things in surviving a tough breakup and trying to win back your ex.

When you are going through a breakup, you tend to want to do two key things. One thing you may want to do is win your ex back and get your life back like it was before the breakup or the second thing is you wish to disregard your ex and move ahead in your life. There are 5 things you can do that can help you with both situations. From there, you can decide which way you want to go.

### (1) Moving Past Misery

Many times feeling miserable can stop you from living your life. Don't let this happen to you. You don't want to think that nothing matters in your life, right? Get out and enjoy life instead of moping.

### (2) Avoid Alcohol, Avoid Drugs

When you want to escape from life, the worst things you can do is drink and do drugs. While they can dull the pain for a small time, it doesn't help cure what is ailing you now. You don't want the alcohol or drugs to overtake your life. Instead, you want to handle your loneliness in a more positive manner.

### (3) No Contact

If you work together or have class together, having no contact with your ex can be a difficult thing to do. However, it is still possible to accomplish. First, break off any intentional contact. Yet, be civil should you see one another unexpectedly. Try to avoid your ex for about a month after the breakup. While the initial reason is to deal with the ex, there are other reasons to do this too.

### (4) Trust Your Mind, Not Your Heart

When it comes to matters of the heart, it is always best to react with your mind and not with the heart. You don't want to alter your chances of getting your ex back. While you may want to hear your ex's voice, the worst thing you can do is act on emotions not your gut. If you want a chance, you need to create a plan through reason not emotions.

### (5) Accepting a Breakup

Many times a relationship is just not meant to be. For that reason, you need to act grown up and accept that possibility. It's one of the worst things you can go through but it should be accepted and not held onto. Sometimes love needs to be lost to love again. Maybe not with the same person but you can find happiness with someone better. If you mope, you won't find your happiness.

There are the 5 best things in surviving a tough breakup and trying to win back your ex. Remember that every situation is different in every relationship.

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 ex back using the unconventional method, the fact is thousands have benefitted by visiting <http://www.TheMagicOfMakingUp.com>

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