

## How to Get Over the Painful Breakup

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You need to get over the pain and loss of losing him and improve those chances of winning him back. Find out how..

No doubt, women, that being dumped is really hard to contend with. More so, when the breakup occurs suddenly and without any notice given when it all seemed perfect. There may have been reasons behind his sudden decision. However, if you want your ex back, you need some tips to help you get yourself back up to par and riding that horse, figuratively speaking, of course. You need to get over the pain and loss of losing him and improve those chances of [winning him back](#).

Take a breather from him. Do not contact him unless there is a situation that needs you to talk with him. Situations like working together or he is in your class. The separation you need can heal the wounds that have been cut open. All you both need is some time apart and give each other a chance to miss one another. You can't get him to miss you if you are always nearby. They are a reminder of what really upset you

Use the breakup time to fix and work on yourself. This doesn't mean sit around, eating gallons of ice cream and watching loads of romantic/comedy movies. If you want an idea of [how to get over your breakup](#), then you should see the part where the woman gets up off the couch and goes out with her friends for a night on the town. Do the same thing. Get off the couch and go out with your friends no matter what your boyfriend did to you. Put your heart back together.

Would you be surprised that just getting your head cleared helps you to get over the hardest part of the breakup? Be sure to go out and have fun. Lose yourself in the fun so you can put yourself back together. Yet, be sure you don't go overboard. If you drink too much, you won't be solving any of the problems, you'll only be adding to it. Make sure any fun you have is clean and wholesome and with your friends. If you want your ex back, this is imperative to do.

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