

## Moving On after a Breakup: 5 Things You Need To Be Aware Of

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You need to be a little patience and with time and the advice above, you can achieve just that.

If you have been dumped, what is your goal? Do you want to get your ex back or would you rather move on with your life? It can be hard to get past a breakup especially if you were in the relationship for some time. While life may not like bright at the moment, you can get past the hurt, anger and the mess that is left behind. All you need is a little know-how.

There are 5 pieces of advice that helpful in getting past all that.

First, remember to keep moving forward. Don't let the pain stop you from living your life. Get out of bed and out of the house and remember that life does go on. This is one of the more important things to keep in mind.

Second, don't think that drugs and alcohol are the way to deal with the pain you feel. Your happiness will not depend on those drugs and may cause you more grief eventually. Not to say that can't dull the pain but it is only short lived. The pain is still there and once the high is gone, you are back to facing reality. Find more positive distractions to help you past the emotional time.

Third, reduce or eliminate contact with your ex. If you have to see or talk with each other, be polite. However, avoid contact outside work or school. Doing so can help you and your ex find out if you really miss each other.

Fourth, keep in mind that reasons is better than emotion so let reason dominate your thoughts. Your mind can make a better plan than your heart can. If you let emotions rule your actions, it can spell trouble.

Lastly, not all relationships work out so be ready to face this possibility. Try to hold someone to you is very selfish so it is best to move on with your life. You have to know for sure what is best for both of you and if being together isn't it, that must be kept in mind.

Sometimes, it can be difficult to move on with your life or get your ex back but you need to be a little patience, and with time and the advice above, you can achieve just that.

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> You can get your love back using the unconventional method, the fact is thousands have benefitted by visiting <http://www.TheMagicOfMakingUp.com>

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