

No Sleeping With Your Ex: Why Exes Need To Stay Exes

If you think that sleeping with them any chance you or they get will bring them back to you, you will be setting yourself up for a serious heartbreak.

When you have broken up, it can be quite easy to fall into the habit of still sleeping with your ex. Why not? You are familiar with the person and know what they like and dislike. Yet, if you had strong feelings for the person you are now sleeping with no strings attached, then you could be doing more harm than good. However, you should never ever sleep with your ex after you have broken up. There are several reasons why this should not happen.

Never let your ex have it both ways. This means you shouldn't allow your ex to sleep with you if they don't want to be in a committed relationship with you. Think of it this way... they get a paycheck for doing nothing at all. Sex and relationships should be a part of one package. Sex should never be the paycheck.

If the relationship was sour but the sex was good, your ex will try to sleep with you without having to worry about a commitment of some sort. If you have respect for yourself, you'll stand up to your ex and tell them no.

You have to tell your ex that when they gave you up, they gave up any chance to sleep with you too. If you think that sleeping with them any chance you or they get will bring them back to you, you will be setting yourself up for a serious heartbreak. If they are already getting what they want from you, there's no reason to be back in the relationship.

Should you still be sleeping with your ex, whatever the reason you should stop now. It's undefined that once you cut them off from the intimacy, they will take offense. Name calling is likely but just dismiss this treatment. Don't feel guilty for cutting off what is actually most precious. If he/she wants a relationship, then sex can be negotiated. Other than that, forget it.

You'll have to realize that maybe your ex should stay your ex and be able to move past that hurt that is continuing by you sleeping with him/her.

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

Author: Teecee Go

Article downloaded from page eioba.com