

Top 3 Mistakes You Must Avoid After a Breakup

What are the mistakes that can be made that will hurt and possibly eliminate your chances of getting back together with your ex?

When emotions are flying high after a breakup and you try to get your life back, it's not so easy to see things be said and done the wrong way. You can stop these things so long as you see them ahead of time. By stopping this negative behavior, you can get on the road to recovery. What are the mistakes that can be made that will hurt and possibly eliminate your chances of getting back together with your ex? There are three actually. They are: drunk dialing, text message terrorism and the endless slump.

Emotional Mistakes Number (1) - Drunk Dialing

One of the first things you need to know is that alcohol is never a problem solver solution. Though it can dull the pain you are feeling at the time, too many people drink way to heavily after a breakup. This leads to the overnight drunk dialing call. This is the time you are most depressed.

However common the situation, it should be avoided. Why? If you are aiming at getting back together with your ex, you can damage in chances of doing so with this late night, depressing call. If your ex happens to pick up the phone, the chance of you making a fool of yourself is likely. If you get the voicemail, any message you leave won't have them returning your call.

Emotional Mistakes Number (2) - Text Message Terrorism

Don't you hate when someone calls you over and over and over and over and.. well, you get the picture. The same goes for your ex. Don't call, email or text message your ex repeatedly. Chances are they really don't want to talk to you at that time. Your intentions may be good but all you are doing is driving them nuts and earning the nickname psycho.

When you are desperate, calling your ex over and over is easy to do. Yet, your goal to win them back will be strained because desperation is not a pretty quality. All you will do is drive him or her away and you may find them avoiding you completely. Can you still get him or her back? You can but it's extremely difficult after this.

Emotional Mistakes Number (3) - The Endless Slump

A breakup finds many people depressed, depressed enough to stop going out and having a good time. People suffering from a breakup will let life pass them by instead of getting up out of bed and facing the day. For these folks, the outside world does not exist.

This never ending slump you have put yourself in is quite harmful. It keeps you from achieving what you want most... to get back together with your ex. If you are in school, you start missing the work. If you work, you may lose your job. Friends will start to avoid you while you are depressed because it's likely all you will talk about. Until you realize your depression, the behavior will drain you of any energy.

These three issues are quite plaguing but you can steer clear of them so long as you recognize each symptom. If you have already succumbed to one, you can stop repeating the mistakes. Instead, develop a plan to will help you to get back together with your ex.

Teecee Go writes articles focusing on helping people save their marriage and anyone treasure relationship dearer. You can find helpful information at <http://www.BreakupCures.com> Learn to Get Your Ex Back by using the unconventional method. The fact is thousands have benefited by visiting <http://www.TheMagicOfMakingUp.com>

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