

## Why You Need to Avoid Text Message Terrorism At All Cost

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Like a siren that calls to a lost seaman your phone calls to you. You've already checked four times and he still hasn't responded to your text message that you sent three seconds ago. Neither had he responded to the forty-six other messages you sent, the seven emails and he hasn't even had the nerve to call you back after you left seventeen voicemails. You know you're not doing anything wrong, you're just trying to tell him how sorry you are and you want him to take you back; that you've changed and will be better for him now. This is called Text Message Terrorism.

This is often something that happens after a not so mutual breakup. Often you don't realize you're doing it but any time you've sent more than three messages each day to your ex, you're probably on the wrong side of TMT.

Unfortunately this symptom of a breakup is hard to recognize because you're so delirious with the need to make your ex understand that you're not realizing you're on the verge of harassment. Your ex is only going to see any message you send him as an annoying attempt to just get back with him because you're unable to manage living on your own anymore. Desperate and a nuisance: that is how your ex is going to perceive you if you don't leave him alone for a while.

Learn self-control. Every time you pick up your phone to send a text, tell yourself that you're only pushing him further away. The best way to get your ex back is to show how mature you are when your feelings are crushed. You're more likely to get your ex back if your ex is willing to talk with you again. Visit <http://www.squidoo.com/discover-magic-of-making-up>, there is hope getting your ex back and recapture his or her heart, mind and soul.

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