



## Dumped - Get over it in 50 simple steps!

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Almost everyone has experienced the pain of being dumped by someone they love. It can turn your life upside down, but here are 50 easy, simple steps to take that can help you get over it and finally move on with your life.

- 1 Cry until you can cry anymore, there is no point try to put a brave face on it, you hurt, your heart has been broken, so keep crying until the tears dry up, its better out than in. Its time to accept that the relationship is over. They won't turn up at your door, they won't phone you, they just don't want to be with you and you have to accept it.
- 2 Don't beg don't drag yourself down to the begging level, there is no point trying to force someone to be with you or love you. If they do come back let it be their choice. Don't ever drunk dial, i.e. phone them drunk, don't email them, don't contact them FULL STOP.

- 3 Don't sit for hours listening to sad songs, or the songs you associate with your ex, it will only make you miss them even more.
- 4 Don't sit looking at old photos of your ex or pictures of you both together, if you are entirely sure that you will never get back with them then rip them up, but if you can't do that simply put them in a box, tie it up and put it away in the back of a cupboard.
- 5 Delete any voice mails or text messages you have, in fact delete their number, I know you will probably know it off by heart, but it's the effect that deleting these will have on your mind and your subconscious mind too.
- 6 If you have any of your ex's belongings i.e. Clothes, cds, toothbrush etc etc put them all in a big bag and make sure they get it all, you don't want any of their belongings in their house to give them an excuse to call round. If you can take their belongings to them, get someone else to do it, or even post it.
- 7 Make sure you tell people that your relationship has ended, the more people that know about it the better, people will be sensitive to how you are feeling and will rally round to cheer you up, and they won't mention the ex's name all the time either.
- 8 Accept every singly offer of socialising that you can, this is not for you to meet someone else, this is so you won't be moping about the house feeling lonely, sad and sorry for yourself.
- 9 Write down how you feel, all those sad tearful feelings you have inside, pour them out onto that piece of paper, then move on, burn it or throw it away as if you are discarding those feelings.
- 10 Stop idolising your ex, no one is perfect, don't focus on the good things you remember, try and focus on the bad things, all the times they took you for granted, didn't treat you like you should be treated. Recall the bad not the good. Get angry, scream, shout do what you have to do.

- 11 Stay away from the usual places you went together, and especially were you know they will be. You do not want to see them for sometime, nor look like some stalker desperately trying to bump into them at every chance.
- 12 Ask friends and family what they really thought about your ex, I'm sure they will tell you a few home truths about them.
- 13 Get some new clothes, a new hairstyle, basically get something to give your confidence a little pick me up.
- 14 Think of all the things you can do now that your ex is gone, you can watch anything you want on TV, you can eat anything you want, see anyone you want, you are your own person again.
- 15 If you get asked out on a date, take them up on the offer, its not like you are going to marry them, it's just a bit of company and another boost for your confidence.
- 16 Change your phone number, don't sit all day checking your phone to see if its working, switched on, if they called. Change your number and take the control back.
- 17 Make a positive decision that you will not let them back into your life no matter what and stick by it. This makes you feel like you have actually made the choice to end the relationship and not them.
- 18 Try something new, a new hobby, an evening class at college, decorate your house, anything to occupy your mind.
- 19 Don't stay bitter, at least you are out of a dying relationship, they have actually done you a favour although it may not seem like it now, in time you will realise it.
- 20 Call all your old friends, remember? The ones who you stopped seeing when you started seeing your ex. Arrange to go out with them and catch up.

- 21 Remember the old faithful proverbs, time is a great healer, every cloud has a silver lining, as one door closes another one opens etc etc.
- 22 If this person wasn't Miss or Mr Right, someone is! Think of all the fun you will have finding the one for you and how happy you will be when you finally do.
- 23 If you ever bump into your ex remain calm and dignified, don't resort to name calling, show that you're over them, that you're not bothered in the slightest, and show them that you are happy without them!
- 24 Write a list of all the things that annoyed you about them, their weakness and bad points, then when you feel sad, take a look at the list and remember how un-perfect they really were.
- 25 Get every item in your home that reminds you of them or at least move it out of view and out of your mind.
- 26 Remind yourself that you a nice person, don't blame yourself for the relationships break down, it takes two to make a relationship work. Its not you who failed, it's the relationship.
- 27 Remember there is more to life than just romantic relationships. Don't think you are alone because you have no partner right now, you have many friends and family who love you, focus on building those relationships.
- 28 Broken Hearts do heal and the old memories you have will be replaced with new happier ones.
- 29 If you got dumped because you made mistakes, cheated etc etc accept that you done it, and ensure that you don't repeat these mistakes in future relationships.
- 30 Don't punish your next partner, nor tar them with the same brush, try and start any new relationship without any baggage from the last one, love like you have never been in love before.

- 31 Go on holiday, get away from it all, a change is as good as a rest, and a change of scenery will do you the world of good.
- 32 Spend more time on your appearance, if you look good on the outside, you will feel great on the inside.
- 33 Have a goodbye ritual, do something that shows you are really letting go and moving on.
- 34 Don't obsess about your ex, every minute you think of them is a minute holding you back from your new future.
- 35 Picture an imaginary door to your heart or mind, picture yourself opening the door, pulling all out traces of your ex and discarding them, then close the imaginary door again.
- 36 Don't talk about them all the time, there is nothing worse than someone going on and on and on about someone, you are letting them go, so don't keep them so active in your thoughts or words.
- 37 Expect to have good days and bad days, some days you will feel no pain and feel like your finally moving on, but expect days too and learn how to cope with them.
- 38 Never ever ever kiss or have sex with your ex, this will only cause you more pain when they reject you again.
- 39 Make sure you take care of yourself, eat properly, don't drink too much alcohol and exercise. A happy healthy body will help get a happy healthy mind.
- 40 Let go of the fear of being alone and that no one will love you again, learn to enjoy your own company and embrace your new single status with joy.
- 41 If you have anything broken in your house get it repaired, dealing with broken things will show you that things can be fixed.

- 42 Give yourself time to move on, it won't happen overnight, and timescales are different for each person, generally you can give yourself two months for each year of the relationship, i.e. For a 4 year relationship would take  $4 \times 2 = 8$  months.
- 43 Picture your ex as someone you don't like, if you hate people who pick their nose, imagine your ex picking their nose, it will help!
- 44 Do all the things your ex didn't let you do or didn't like you doing. Bite your nails, burp, smoke as many cigarettes as you want, **YOUR FREE TO DO ANYTHING**
- 45 Have sex, there is nothing like a sex-orcism of the ex.
- 46 Listen to happy songs, like I will Survive, anything that gives you empowerment! And watch lots of funny movies.
- 47 Get a pet, they will love you unconditionally no matter what.
- 48 If you need to, don't be ashamed to get professional help, there are many good counsellors, help lines and support groups available, look in your phone book or search the internet for services near you.
- 49 Remember that there is someone out there for everyone, and that someone very special is waiting to find you.
- 50 Forgive your ex, forgive yourself, let go, move on to a brighter and better future, out with the old and in with the new!

**Quotes:**

*It's better to go for someone who loves you....rather  
than someone that you love*

*When it rains....look for the rainbow*

*The one way to happiness is to stop worrying about  
things which are beyond your control*

*Happiness is where we find it, but very rarely is it  
found where we seek it.*

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