

**TRIED AND TESTED
WAYS TO**

SPEED UP



**FALLING
OUT OF LOVE
WITH AN EX**

You might have found yourself in a situation where your relationship has come to an end and you're still in love with your ex. Either the person you love has ended the relationship, or you had to end things it because, in the long run, being in this relationship wouldn't be good for your life.

No matter how long the relationship lasted, a month to many years, the pain of a breakup can be heart-wrenching. Thoughts of them and what you had together can consume you. You wake up in the morning thinking of them. You think about them all day and then, at night, when you go to bed you feel so alone. You still love them, the pain is so real and it follows you around all day, everyday.

How can your head be so filled with thoughts of them now the relationship is over. You think you are never going to get over this. You feel stuck and think that the thoughts of them or the life you would have had together are going to stay with you forever.

Does this sound like you?

Do you feel like this because they were the love of your life and you will never love someone the same again?

No of course not. The truth is that these feelings and the pain you feel will fade over time, and can disappear altogether. Like they never existed in your life. This can happen faster if you work on trying to process your emotions. You can love someone the same again but you have to strive towards getting over your ex first. Your heart can not truly move on until you have fully processed the break up.

It can be so tiring and depressing carrying around the heartache. Obviously you need to let yourself grieve the loss of the relationship first, but there comes a point where you have to let go of them. If you don't free yourself of these thoughts, the hurt

will keep dragging you down. Even if they did something to hurt you badly, if you don't find a way to be at peace with it in your head, your ex can taint your whole life moving forward.

It is important to move on from your former partner in a healthy and productive way.

If you can relate to the above situation, the following techniques can help you fall out of love with your ex.

1. Allow yourself time to grieve.

Breaking up with someone can, in a lot of ways, feel similar to the death of someone. The person you love are no longer there in your day to day life, you are no longer able to talk to them the way you used to. Breakups can sometimes come as a complete shock to you.

The loss of them can feel overwhelming and it can be difficult to comprehend that your life will never be the same again without them.

It is important not to suppress your feelings. Allow yourself time to grieve and feel all the intense emotions like sadness, loneliness and anger. Cry when you feel like it and let yourself release your emotions. Letting your emotions out will help you overcome them.

2. Accept that the person is no longer part of your life.

It can take a while to accept this but there are things you can do to hurry this along.

Deleting old photos and messages can be very therapeutic. It can feel like cleansing them from your current life. Throwing away or hiding things that remind you from your ex can help with this too.

If you don't see things that remind you of memories of them and of your relationship constantly, then over time, the memories will start to fade into the background of your mind.

The memories will never disappear but the less you are reminded of them, especially in the early days, the less they will affect your current life.

You need to get out there and make new memories.

3. Break contact with your ex as much as possible

Limit contact with them as much as you can, either in person or via social media.

Being in contact keeps them part of your life and your mind. Some people like to try and stay friends with their ex. This can work somewhere down the line, but having a zero contact period can be very beneficial in the healing process.

Remember getting the person out of your head is helped by getting them out of your life.

Obviously there are sometimes where you need to be in contact with your ex, but try and keep the contact to a minimal and focus on what needs to be sorted out.

Watching what they are doing via social media is to be avoided too. As tempting as it can be, this can hamper the healing process.

Watching them move on with their lives can be hard to see and each time you see something that upsets you, it will tug on the wound you are trying so hard to heal. In the early days it can rip the wound wide open again. This is the last thing you need.

Social media in general should be avoided for a while. It can be filled with overly happy looking couples that can make you feel that you are missing out on something and miss your ex.

Remember that social media is just a slight snapshot of people's lives and usually only the very best picture is painted. The reality can be very different to the picture painted by social media.

4. Write a list

On one piece of paper write a list of the things you miss about your ex. On another piece, list the things you won't miss about your ex. Focus more on this list.

Write down all the things that annoyed you about them, bad habits, things you are glad you don't have to deal with anymore. Even if it is really small and trivial, write down as much as possible.

After a breakup it is easy to fixate on the things you miss about them, and forget about the bad times, bad parts of their character, or the life you had with them.

Your mind can also exaggerate the feelings you had for them and your memories together. Were the good times really as good as you remember?

With a bit of encouragement, the tricks your mind plays on you can be reversed.

Read the list of things you won't miss about them as many times as you need to and keep adding things as you remember them. You can throw away the list of things you miss about your ex if you like. Focus on training your brain to register how better your life is without them in it.

Re-reading the list continually reminds yourself why the relationship ended. A lot of people come to realise that the person they broke up with is a different person than the one they fell in love with.

Sometimes people change within a relationship and the person they turn into is not someone they would have fallen in love with in the beginning.

Another scenario is that sometimes at the start of a relationship, before we fully get to know our partner,

our mind fills in the blanks with fantasy aspects of their character. These made up parts of them, that our mind created, can be part of the reason we fell for a partner at the start. It is easy to look back at a relationship and think that the strong feelings we had in the beginning were real, but did we just fall for someone we wanted them to be, and not actually who they were.

5. Find a new hobby

Finding a new hobby or learning something new is a fantastic way to move on with your life.

It is one of the best ways to kick start your healing process. Moping around is the worst way to deal with heartache, as all you do is sit around and think about what you had. Filling your life with new experiences is the best way to deal with heartache.

You could learn to swim, bike, cook, or even take dance lessons. You can literally choose from thousands of different things to do.

The most important part is that you get out of the house and do something you enjoy.

Hobbies can be a great outlet and distraction for your pain.

They also introduce you to new people.

These people can often differ from the types of people you normally interact with in your everyday life.

The interest and entertainment from the activity and the people involved are a fantastic way to kick start your new life.

6. Get support from other people

This follows on from the last point. A support network can be amazing as it is always good to talk. Surrounding yourself with family and friends, old and new, can help you through the most difficult times.

Remember that you don't need to go through this alone. Some people might be better listeners to your problems and worries and others might be good at just distracting you with themselves or other things they have going on.

Not every one in your network will be able to support you in the same way. However a combination of people can be work brilliantly together in helping you move on.

Allow people to help you, most people want to and it is so important to talk.

This is one of the ways a new hobby can help deal with a breakup. They are a great way to surround yourself with people who might lend you a listening ear and possibly even a bit of useful advice. You can also nourish friendships with people you may not have devoted as much attention to before or for a while too.

Isolating yourself and staying at home all day can be very detrimental to your aim of falling out of love with your ex. Staying at home also gives you more time to time to think about your ex and more time to be tempted to do some social media stalking!

Some times you may need to specifically ask for support and tell people you are struggling. It is impossible for anyone else but yourself to know what you are feeling and what you are struggling with, without telling them.

Getting a pet can also help, especially if it is one that gets you out and about and meeting other people.

7. Do things you wouldn't usually be able to do with your ex.

Maybe there was something that you ex didn't like to do, or even hated, but you did want to do.

If you spent most of your free time with them, it is likely you never did the thing they didn't like in order to accommodate your partner's needs. But there is nothing stopping you now.

Make the most of being free now to do whatever you want, without worrying about whether your partner likes it or not.

Embracing these activities can be liberating and empowering and allows you to rediscover your own identity and preferences. These can sometimes be overshadowed in a relationship.

It can be as simple as indulging in a genre of music they couldn't stand.

8. Work on self improvement

Identify your strengths and weaknesses. Then focus on working on your weaknesses one at a time.

Examples are getting into better shape or quitting your vices.

Some people attempt to fall in love with someone else to get over a breakup. However this can lead to a vicious cycle. You might soon find yourself having to get over someone else, or you might find yourself in a relationship that you aren't totally into. Either way, until you have allowed yourself time to get your head around your current breakup, moving on properly is highly unlikely.

It is time to fall in love with yourself and your life.

Counselling can be a great place to start, often helping you see things more clearly and steering you in the right direction.

Here are some of the main things to remember.

Although getting over an old relationship with someone you love isn't easy, it is definitely doable.

With some willpower and the right attitude you can certainly achieve it. Don't beat yourself up if you don't get the relationship as quickly as you want to. Focus on making small steps a day at a time.

Nostalgia can do strange things to your memories. It can often filter out negative details to create a rosier picture than the one we actually experienced. Train your brain to focus more on remembering the negatives, to help your mind to stop fantasising about the past.

Time really is a healer and remember that your feelings will naturally fade. The intense pain you feel won't last forever, even though it feels like it will. There is so much life out there for you to experience and so much opportunity for you to have fun.

It is easy to think that the pain and emotions we feel are because they were the 'one' for us. But there are defiantly more people out there for us than just 'one'.

You can often have more intense feelings for your first 'love'. This can often lead to a longer lasting effect on you, but this is a normal but cruel process most of us have to go through.

You are not alone and, believe me, nearly everyone has to go through heart-ache at some point. The feelings you have are natural and although you feel like your feelings for your ex will never change, they absolutely will.

You can be happy again and sooner than you think!