



Dealing With Exes

Top Ten Takeaways

- 1 Breaking up is not a process. It's a 3 minute conversation
- 2 Cutting your ex off entirely is imperative. There is no other solution.
- 3 Jealousy is a useless emotion. If he's your boyfriend, you have no choice but to trust him completely.
- 4 His ex isn't a threat – especially if he dumped her. Remember, there's a reason they broke up.
- 5 Just because you've lacked confidence in the past doesn't mean you need to any longer.
- 6 You can say whatever you want when referring to exes as long as it's coming from a place of authenticity and vulnerability, not anger or sadness.
- 7 You can't do the wrong thing with the right guy.
- 8 One of the biggest predictors of divorce is a couple that breaks up and makes up during courtship.
- 9 Men are abundant. The best thing to do is shake the Etch-A-Sketch and start over.
- 10 Your new life really appreciates you letting go of your old life.