

## How to Get Over Your Ex So You Can Learn, Let Go and Love (for Real)

How can you tell if your past is holding you back? Here are some signs:

- You compare new guys to your ex – the good and the bad.
- You find fault in all the men you meet.
- You still think about contacting him – or you are still are.
- He's still in your life. (Friends with benefits anyone?)
- You revere him and/or your relationship.
- You check up on him via Facebook, Tinder, etc.
- You are hatin' on men in general.
- When you think about your relationship you still feel anger or like he victimized you.
- You feel hopeless about finding love again.
- You keep dating guys just like him.
- You opt out of dating or getting into a new relationship.

## Let the Healing Begin: Process and Reflect on the Distinct Parts of Your Relationship

Relationships are made up three distinct elements:

- 1 You
- 2 Him
- 3 The Relationship

Carve out an hour of time, find a quiet, comfortable place and explore these questions. You are the only one who is going to see this so be honest with yourself, trust yourself and take care of yourself. **(This isn't about him. It's about YOU.)**



Write or journal your *feelings* and your response for each question. [Leave me a comment.](#) Let me know what you learned!

Process who you were in the relationship: Ask yourself:

- How you need to feel with a man in order to be happy? List your feelings. (Remember, this is about YOU, not what he has to do or be.)
- How were you feeling when you were with him?
- How did you feel when you were *not* with him?
- Were you feeling the way you want to feel? Was he making you happy?

- Did you take responsibility for your overall happiness, or were you counting on him?
- Did you give him a chance to make you happy by sharing with him what you needed and wanted?
- Is it *him* you miss and are mourning, or is it having a relationship – any relationship?
- Was he fulfilling you and making you happy or was it your hopes and fantasies of what he “could be?”
- Did the relationship progress the way you wanted? Did it truly have a chance to end up the way you wished it would?

#### Process who he was. Ask yourself:

- Did he have your must-haves?
- Was he really making you happy?
- Is it him you miss or who you wanted him to be?
- What was great about him that you’d like to have in your next relationship?
- Would you pick him today?

#### Process who you were with him:

- How did you contribute to the relationship, positively and not positively?
- Was your mistake in choosing him in the first place?
- What, if anything did you do and say that hurt your relationship?
- Did you take responsibility for your own happiness or were you relying on him?
- Were you enjoying a good life for yourself as an individual?
- Did you communicate to him what you wanted and needed?