



## *INTRODUCTION*

First things first, were you the one dumping or were you the one being dumped. What ever the case might be, you are reading this to help you cope with your loss. If your break up was a result of one of the following reasons listed below, you have come to the right place for help.

1. You two have different maturity levels. (She s/he is not ready, but you are)
2. The infamous "I need Space." (Most Common)
3. Too much arguing and not enough romance. (Even about the smallest things)
4. Someone else came back in the picture. (An ex)
5. Lies, dishonesty, and cheating. (Honesty is the best policy)
6. Money and Pregnancy. (Can't support yourself, how can you support someone else)
7. Different paths and goals. (She/he turns left, you turn right)
8. Moved too quickly. (Spending everyday with him/her)

Whatever the case might be, we are here to help one another out. If you really want something in life, you really need to work hard for it. You cannot be a singer without voice lessons. You cannot be a professional golfer without practicing. Now that you have experienced one of the most devastating times of your life, you can learn from it and hopefully win him/her back. Each chapter will be broken down step by step and analyzed carefully so you will understand what to do and what not to do. By chapter 8, you will be more confident about yourself and gain the self-esteem you need to make things work. If it is meant to be, then it will be meant to be, but it will take some effort to make things work. You cannot win the lottery without buying a powerball ticket. Most importantly, let us begin feeling better about ourselves.

*CHAPTER 1*  
*YOU TWO HAVE DIFFERENT MATURITY LEVELS*  
*(SHE'S/HE'S NOT READY, BUT YOU ARE)*

18/22, 22/26, 26/30, 30/34, no matter what side of the number you and your ex fall into, your maturity levels was the cause of the problem. An 18 year old can act like a 30 year old just as easily as a 30 year old can act like an 18 year old. "She/he is not ready, but you feel you are." How do you know this? You constantly day dream about the two of you living together, getting married, having kids, honeymooning together in the Bahamas, spending everyday with one another, and living happily ever after. On the other side, she/he is thinking about school, partying with friends, going out for drinks, work, having fun, basically the exact opposite of what you are thinking about. Meeting of the minds is the only way for these opposite thoughts to cope with one another. Stop thinking about the future all the time and begin living in the present.

That is not to say however the future is not a good focus, but try to stay away from it for most of the day. How did you act before you met this person? What did you do before you met this person? What would you be doing if you did not meet this person? Have you lost your pizzazz and humor after months of being together? Are you not spontaneous and as energetic as you were before this person came into your life? Have you fallen into a routine that has caused complete boredom for you and your ex? Has this person completely changed you to the point where you are confused about what you should be doing? Do you make decisions based on how the other person might act or feel? Let's move back to the first question.

After months or years of dating, you notice a drastic change in your actions. These actions were caused by your ex and how you THOUGHT they would prefer you to be. You acted in the best of your ex ALL THE TIME. You were scared that if you wanted to be spontaneous and go out ice-skating your ex would disapprove and laugh at you. You stop acting how you would normally act and you begin losing them slowly and more painfully at the end. Would you jump off a bridge if someone told you to? I sure hope not. I sure hope you would not let someone degrade you. Be yourself and if the person really respected you in the first place, they will learn to find a way to cope with it. Stop making yourself believe that the further you have been in a relationship with a person you have to change your whole entire lifestyle for that person. A question you should ask yourself is what made that person have an interest in you in the first place? Was it because of how great of a person you were and how much fun you used to be? Or was it how boring and how much a routine cycled life they enjoy living with you.

Every age group has its own challenges and stories, but at the end the maturity levels come into play. If you were the confident, outgoing, fun loving person you used to be right now, you might not have been through one of the most devastating experiences of your life. So take a deep breath, look at the mirror, and begin being the person that your ex fell in love with in the beginning.

*CHAPTER 2*  
*THE INFAMOUS "I NEED SPACE"*  
*(MOST COMMON)*

Does she/he really mean it when they say, "I need space?" What is the true meaning of I need space? What type of space is she/he asking for? Should I begin buying him or her flowers, Even if I have never bought him or her flowers before? Should I call the person every single night just to hear him or her voice and say goodnight and make sure everything is ok? Should I text, email, leave long voicemails? Should I send him or her a card saying how much I miss her? First of all, let us begin by defining "I Need Space."

Basically if a person asks for space, give it to them. Even if the person does not define space to you, use some common sense. Would you want to be crowded by a thousand people if you were feeling ill? Would you want your parents to call your cell phone every single minute asking you one thousand questions? Would you want your partner to interrupt you during a very important business meeting? Although we all feel that if a person asks for space, it means stay 2 feet away, that is never the case. If a person asks for space, they mean they need time alone to think about what they really want to do. They need time alone to think to themselves about all of their problems. They need time alone to think about what they want to do about their lives. They need time alone to think if they really want to be with you or not. No matter how people define the phrase, "I need space," it means leave the person alone.

Absolutely no phone calls, emails, text messages, anything that will push the other person further away from you. If you do not give the person space, you are telling them you will not let them live their life the way they want to. You are telling them you have no self-esteem and confidence to be in the real world by yourself. Basically you are giving that person a negative thought about you, which you do not want. Space may take a few days, weeks, and months. Whatever the case might be, space means space. It is okay however to send a card after a few weeks telling the person that you hope everything is going well. That shows the person that you respected their space when they asked for it and that you have not forgotten about that person. The best way to understand when someone says, "I need space," is to put you in his or her shoes. If you want space to think about answers about all the questions that are in your head, would you want someone pounding you with phone calls, emails, text messages, or voice mails? Compare this situation to an exam. How would you be able to think about the answers to all these questions if someone is constantly bothering you? Give the person Space.

Time is the only cure to the infamous, "I need space." No matter how long it takes and how hurt you might be. You need to give them space. Space, unfortunately, means NO CONTACT. This means no phone calls, text messages, emails, and voicemails, any form of contact with the other person. When the other person has found the answers to their questions, they will come back to you. Go out and find yourself some hobbies to occupy your time. Work out, read books, join clubs, become active, spending time with friends can be beneficial. Be yourself again and begin building your confidence. Most importantly, never be alone or allow your mind to roam about that person. You will feel better when your mind is actively doing things. Find a new routine that you will enjoy and will fit your lifestyle. Keep it fresh and new and make sure to change it up every now and then. This will help you when that person is ready to begin speaking with you again.

*CHAPTER 3*  
*TOO MUCH ARGUING AND NOT ENOUGH ROMANCE*  
*(EVEN ABOUT THE SMALLEST THINGS)*

You will understand this chapter if you have made it passed the honeymoon stage of the relationship. The honeymoon stage typically last between 3 to 4 months. After this stage is when the relationship is put to its true test. You begin having more arguments and less romance. Let us first begin with more arguments. When you spend a great deal of time with someone you begin to notice differences and similarities between the two of you. Most people make the mistake of continuing arguing over problems instead of solving them. Instead of sitting down for 10 minutes discussing the problem and resolving it, the problems stay with the relationship. The relationship begins to take a nosedive from this point on. Communication is the key to any successful relationship. With proper communication, petty arguments can be easily resolved. This is also a great key in winning back your ex.

Most of the time break ups occur due to the lack of communication. Not being able to understand what the other party wants and or needs. Do not spend time thinking things will change over time. Truth is, things usually get worse over time. In order for things to get better over time, communicating and telling the other person how you feel about certain things will help a great deal in the relationship. Hiding your feelings and keeping things in only builds up more controversy at the end of the day. Avoid the arguments as much as possible yet the healthy way. The healthy way to avoid the arguments is by proper communication. Go out there and begin communicating with other people. Get used to expressing your feelings and not hiding them within yourselves. You will realize that by not isolating your problems inside, you will become more confident about yourself and your relationship.

**CHAPTER 4**  
**SOMEONE ELSE CAME BACK INTO THE PICTURE**  
**(AN EX/REBOUND)**

So your ex immediately left you for someone else. Truth is, your ex has known this person before your relationship ended. This person is called a rebound. Do not worry; there is plenty of hope to go around. The truth is, rebounds never last because your ex is transferring your love to someone else before they have been completely relieved over you. If this is your situation, the best way is to not contact your ex. Contacting your ex will only help them heal faster on someone else and allow him or her the upper hand. While you will be their suffering knowing they are in the arms of someone else. When your ex leaves you for a rebound, it is a selfish way of hiding their problem and emotions. The minute you find out that your ex has left you for someone else, the best step to take is the NO CONTACT rule. Here is a guide to the NO CONTACT rule.

Again, everything you are doing right now is focused on what is best for YOU. If you want to use NC as a tactic to win an ex back then by all means try it, but you will find yourself praying, hoping and wishing for the day that NC finally has its desired effect.. and that day may never come. So initiate NC knowing that it is NOT to bring your ex back, it is all about allowing yourself space and time to heal. If you enter this period knowing that, the results will come – if you enter it expecting it to bring your ex to their senses, you face disappointment – and you may even find yourself resuming the „stereotypical post-break-up behavior covered at the beginning of this post.

No Contact is difficult and at times heart wrenching – but healing will occur if you tough it out and hang in there. Contacting your ex may bring you temporary relief, but it only makes things harder in the long run – it is akin to scratching chicken pox. You will have an almost overwhelming urge to scratch and scratch... knowing that while it may make you feel great momentarily, it will ultimately delay the healing.

What happens if I break NC? Quite simple – you start again. You do not beat yourself up about it or dwell on it – what's done is done. If you contact your ex, and the conversation goes well – ask yourself: “What have I really achieved?” “Am I ready to be just friends?” or “Am I closer to reconciliation?” If none of your answers are positive – resume NC and don't look back. If your ex makes promises, but provides no evidence that they are going to back them up with actions – resume NC and don't look back. If you attempt to contact your ex and your attempt is ignored, do NOT follow up with another call/email – resume NC and don't look back. If the ball is left in their court (via your attempt at contact), leave it with them – they know how to find you if they do wish to contact you.

What if my ex breaks NC? If your ex breaks NC and expresses anything but a heart-felt, genuine desire for reconciliation, you resume NC and don't look back. If your ex states that they miss you, are confused, want to be with you “one day” etc, you resume NC and start again. Your ex, if expressing things such as though as stated in the sentence above, has entered their own version of „survival mode – where they are willing to say (almost) anything to get what they want – you in their lives. This is the dumper seeking what \*they\* want – you in their life, but not a relationship with you.

Remember again, you are no longer doing what is best for your ex – you are doing to what is best for you – and if your ex is offering false hope when you want a solid promise, you resume NC and don't look back. If you have already explained your reasons for NC to your ex, there is no need to do so again (no matter what your ex says) – a simple “We've already discussed why I need to do this, take care \*click\*” will suffice just nicely. If your ex continually breaks NC against your wishes, and expresses no concrete desire for reconciliation (if that is what you are seeking), then block their calls; emails... take any step you have to cut them out of your life. Again, it is about what is best for YOU.

Avoid getting into a NC/Breaking NC cycle (regardless of whether it is your ex or you breaking NC). You are the only one that will have the power to stop it, your ex will (more than likely) keep the cycle going for as long as you allow them to. Be strong, cut all ties and maintain NC. Even if it means being rude.

What do I do to help myself heal during NC? Your options are limitless – you are now a single person with no one to answer to. Meet up with friends, take up a new hobby, workout, go on holiday... do whatever it takes to make you feel good, and whatever it takes to make you feel good about yourself. Do not sit at home dwelling on the past and do not think of ways of „accidentally bumping into your ex. In my experience, Sunday evenings are the toughest – work/school beckons the next day and the weekend is over. Try to plan an activity

to keep you occupied on Sundays if you can – even if it's meeting up with a friend to get some dinner or watch a movie (preferably a comedy).

Should I date others? Only when you're ready. Casual dating is great and can build self-confidence and also show you that maybe there is someone else that is just as nice, if not nicer than your ex. However, do NOT enter a relationship unless you are certain that you won't go running back to your ex at the drop of a hat if they reappear in your life. A new relationship introduces someone new to the scenario – a person with feelings and desires, just like us all. They deserve honesty and to be treated with respect – so do not use anyone else to make your ex jealous or as a replacement for your ex... someone is going to get hurt, and it could be you – physically

You may find that dating someone new, instead of taking your mind off your ex, actually makes you miss them more – that is natural and normal – and is your sub-conscious telling you that perhaps you aren't ready to date just yet. Hang in there; the day will come where you will be.

Should I break NC for important events? No, nope, negative. There is no reason to do so, unless it is life threatening. No good comes out of it. Follow the rule to NO CONTACT and you will understand why it will help you and your ex out at the end.

*CHAPTER 5*  
*LIES, DISHONESTY, CHEATING*  
*(HONESTY IS THE BEST POLICY)*

With every relationship, honesty is definitely the best policy. If your breakup was from one of these three factors, then take a good look at your relationship. Would you want to be miserable now or be happy the rest of your life? Relationship absolutely cannot work if these are the problems. Not being able to tell the person where you are going, what are you doing, why are you doing it, who are you doing with builds up negative feelings. It is the ingredients to a broken relationship and a relationship that was never meant to be in the first place. Put the situation from your own shoes. Would you want to be with someone that lied to you? Would you want to be with someone who cheated on you? I sure hope not. If this is your situation, please follow the no contact rule and do not look back.

Begin building your confidence and the respect that you righteously deserve. Looking back will only cause you more grief and anger in the long run. It will take you more time to move on and begin living a new life if you do not follow the NO CONTACT rule. You need to forget about the person and begin a new routine. Be yourself and at the end you will understand why the NO CONTACT works.

*CHAPTER 6*  
*MONEY AND PREGNANCY*  
*(CAN'T SUPPORT YOURSELF? HOW CAN YOU SUPPORT SOMEONE ELSE?)*

You hardly have enough money to support yourself. How can you support 2 other people? Just the thought of not being able to support yourself ruins any self-dignity that you have. It will most definitely ruin a relationship no matter how long the relationship went on. Being able to think about the positives and close out the negatives will make your relationship work during these rough times. Begin thinking about why you and your ex were together in the first place. How were you two brought together? Where did you two first meet? If you are going through this stage, you will need to begin looking into the future. Find ways to help you cope with the situation. Think of everything as a blessing and that everything happens for a reason. Money might be the main problem but money cannot buy happiness. Happiness is the most important thing in life and relationships. Worrying too much about money will turn you into a different person. Although it takes money to survive, money spent wisely has many perks.

Pregnancy and the entire process of having a child will make everyone change their entire lifestyle. But a lifestyle that is changed can be changed for the better. It all begins with looking at things that made you happy and how to get back into that state of mind. You may begin to realize that many things make you happy. Do not let money and pregnancy ruin your relationship. You can fight through this hard time and make your relationship work. It takes patience and a great deal of understanding. Being able to make it through this stage is amazing and has outstanding endings. Go make yourself happy. Think about what you are bringing into this world. Do not let money ruin your relationship.

*CHAPTER 7*  
*DIFFERENT PATHS AND GOALS*  
*(SHE/HE TURNS LEFT, YOU TURN RIGHT)*

You two were driving side by side on the highway for a while then all of a sudden you began taking different turns. In reality, your paths were heading different directions from the beginning. You just needed to make a pit stop for a while even if that means being with that person for months or years. This however does mean the relationship is not going to work or has no chance of working. It means that sacrifices will need to be made to make things work out the way you want them to. Picture it this way, if you work full time and she/he attends school full time, your conversations are going to be the complete opposite. In order for this type of relationship to work out, is that sacrifices will need to be made. Both of you need to find a hobby or something that you both can relate to. There has to be some type of activity that you both have in common. Begin exploiting your similarities, which will in turn create better conversations. Keep routines new and fresh and avoid boredom. Boredom is unavoidable at times but most of the time a little spark and spontaneous acts can help out a great deal. Go out for drinks once in a while. Get dressed up and go out on a fancy date. A romantic day devoted to the two of you doing things you wouldn't do every day would keep things fresh. A picnic during the summer time or ice-skating during the winter would keep the relationship alive. Routines are okay if the both of you agree on them but routines get old over a period of time. If you do not find a way to spice the relationship up once in a while then most of the time the relationship will be a complete fail.

Having the same paths and goals in life is a key to a successful relationship. That does not mean however that having different paths and goals in life will not have a good ending. If you are willing to sacrifice many of the things that you love to do because you love that person that much, it is rewarding at the end of the day. Do not let these different paths and goals stop you from pursuing that long lasting relationship. The long lasting relationship at the end of the day is the most rewarding. Now look back at your relationship and figure out what paths you and your ex were taking. What would you do to keep that path going the same direction? Are you actually devoted to this or are you just here for the moment? Once you can answer these two questions, you will see yourself making the sacrifices that will create a long relationship in the future.

*CHAPTER 8*  
*MOVED TOO QUICKLY*  
*(SPENDING EVERYDAY WITH HIM OR HER)*

Did you two spend every day of the first four months of your relationship together? Did you two share the same bed every single night? Did you two call one another at the same time every single day? Did you two share every single special moment with one another? Did you call the other person when something amazing happened to you? Did you begin forgetting about what you really want to do and begin living and waiting for the other person? In most of the cases, moving too quickly is not the best thing to do. Depending on the maturity level, age, and goals the other person might have, moving too quickly can be extremely overwhelming. It takes time to understand a person and to really understand what they want in a relationship. When you rush into a relationship too quickly, you begin to focus on the wrong things. You begin to forget who you really are as person and why you two were together in the first place. You begin to think about how you want to be with that person for the rest of your life and how you cannot see yourself with anybody else. You basically give your heart to that other person and expect them to hold onto it for the rest of their lives.

Caring about you is hard enough, yet the task of caring for another person is inevitably difficult. If you take the relationship slow and begin to understand what that person really wants than the results can be amazing. The best relationships come out of being good friends. On the other hand, good friends can come out of a good relationship. Proper communication and understanding about each other's needs and wants creates a balance. The beam can swing one way or the other depending on the day but at the end of the day, the beam is balanced. Having a balanced beam keeps everything stable and the relationship healthy. Take your time, take it slow, and enjoy every moment. Be understanding, communicate, share your feelings and do not keep anything inside.