



TALKING ABOUT YOUR EX

Have you caught yourself talking about your ex and your breakup? Has someone else told you that you talk about her too much? Take some time and notice. If you are doing it, ask yourself why. Your ex might be living rent free in your head. It's time to work on why you are continuing to talk about your ex, before jumping back into dating.



TRYING TO BEAT YOUR EX TO FINDING SOMEONE NEW

I had a client whose main mission was to get married before his ex. He would stop at nothing to beat her at finding the new "one". If you see that you are trying to rush because of someone else, it's time to step back and figure out why you are trying to win this battle and is it truly winning?



COMPARING YOUR DATE TO YOUR EX

Looks, dress, personality, what she orders, what she says, how she thinks... Are you doing this? Why? What benefit is there to do this? When we compare people, we lose...not them. They will never be the same and when we are busy comparing, we can miss out on something magic that each person brings into our lives.



NEEDING SOMEONE TO FEEL COMPLETE

That cheesy Jerry Maguire line, "You complete me" isn't really a healthy thing. You need to be complete on your own so you are able to contribute equally to the relationship. Needing someone else to complete you, gives all your power away.



LOOKING FOR FLAWS LIKE YOU SAW IN YOUR EX

OMG!?! My ex did that... or telling yourself to watch for things your ex did that you couldn't stand. Waiting to find your ex's flaws in your new partner is waiting for disaster. Take a step back and clear your thinking on your past baggage.



BEING ANGRY WITH YOUR EX STILL

This isn't the best way to head into dating. Being angry with your ex is normal, but it carries a ton of baggage with you into something new. Work on forgiving them for YOUR piece of mind. From angry to indifferent feels better. Forgiving doesn't make their actions right or ok, but it gives YOU freedom.



FLYING SOLO

It's important to be able to do things alone before jumping into a new relationship. Solo allows you to be ok on your own as well as not needing a partner for everything you do. Spend some time doing this and be able to be comfortable as you do.



WHAT DO YOU WANT IN A PARTNER?

We grow in relationships and out of them. Re-evaluate what is important to you now in a partner. I've found writing a list for this helps. Must haves and deal breakers. When dating someone new, it's important to know your deal breakers. It saves time and heartbreak down the road knowing them going in. If they do something you literally can't deal with...it's best to be clear as you walk into the dating world.



WHO ARE YOU NOW?

As I stated before, you change in and out of relationships. I know after each of my breakups, I did a lot of work on me to be ok and with that work, came changes. I also grew as a human in my relationship and learned a lot about me in stress, anger, frustration, good times, and really bad ones. Examine who you are, things you like, and don't like (you can change any of these you want). Self evaluation should be constant and after a breakup is a perfect time to make changes.



LESSONS LEARNED

It's important to learn lessons in everything or the lessons keep showing up until you do. Lessons learned helps you grow and stop doing things that don't work. They let you see who you are and what you want and need in your life. Write down what you have learned from the relationship and breakup. Own the problems you contributed to and grow. Don't only blame the other person...examine how it got to the breakup. Learn the good lessons too. Those help you decide what you want in your world from now on.