

Top 3 Ways To Get Over Your Ex Now

by Chris from

SweepHimOffHisFeet.com

A lot of people usually are looking for ways to get their EX back, but they're missing the point. In reality, the only way to get your EX back is to get over them first. Which for a lot of people seems crazy, but is unfortunately the truth. **If you want to learn more about the best way you get your ex back make sure you read this file to the end!**

Anyway, the top 3 ways to get over your ex:

1) NO CONTACT

Block them on Facebook, Don't follow them on Instagram, Block their number, do not answer emails.

Now, if you're actually in good terms with them to begin with, it is OK and advised to tell them that you're doing this. You can say "Hey, I just wanted to tell you that I can't be friends with you right now, because I am still recovering from our relationship and I need some time – so please don't take it personally but I am going to block you in: x, y, z. And maybe in a couple of months we might get a coffee or smth."

And doing this is actually perfectly fine. It's sort of saying "I like you, but I am hurting when I see you on a regular basis and I need to heal."

Basically, you're taking your own space, and if they don't like it – at this point that's something THEY have to deal with.

2) Focus on the negatives of the relationship.

Rewrite the fairy-tale in your mind.

Because the truth is, absence does really make the heart go fonder and it makes you misremember who exactly you were with. You end up only focusing on the good parts of them, instead of the negative stuff. So sit and write down what you didn't like about the relationship, or even the person – and then focus on that. It may even be healthy to end up hating your ex for a period of time.

This may be hard for a lot of people, who have an ex who they are still in love with, or are somehow emotionally attached. I've once heard that some research found out that losing an EX is like going through cocaine withdrawal, if you are the one who's dumped. But doing this little exercise is very beneficial and will help you tremendously.

3) Date other people

You don't have to have sex with them if you're not ready. You can just go out on dates and hang out with people, flirt, remember how it feels like to be attractive to another human being. For your part, get attracted to others. And it depends on you how you want to go about it. If you want to sleep with a bunch of people – then do it. If you don't want that, then don't. Again, no need to have sex, but just get out there as a single person.

4) #BONUS# Find new things to be obsessed with

Really get into some TV show, get into exercising, get into yoga, get into playing an instrument – something healthy, and ideally something that predisposes you to meet other people.

None of these ways are easy, but unfortunately there's no magic wand.

After reading this, If you **still want** your ex-girlfriend or ex-boyfriend to come crawling back to you on their knees (no matter why you broke up and even if they're dating somebody else now) you need to watch this video right away...

[Watch: Text Your Ex Back](#)

This is an AMAZING system called **Text Your Ex Back**[\[link\]](#) that teaches you how to get your EX back using text messages. It is insanely effective and it uses state of the art technology and knowledge about how the human mind works to get your ex to associate feeling of love, affection and desire back to you. Anyone who's feeling any heartache over a break up and wants their love back will benefit from this TREMENDOUSLY.

[Text Your Ex Back](#)

Here are some testimonials:

“My ex was almost begging me to take him back”

I love your program ! It's so much worth it !! My ex came to me yesterday and was almost begging me to take him back !!! Just as you said it !! Thank you Michael !!!

“I got my ex to start talking to me again after 2 years ”

“Very good reaction from my ex”

I bought the text your ex back system about a month ago and have started implementing the system. I sent my first “Across the Bow” text last week. I got a very good positive reaction from my ex.

“I just read the ebook and I must say, it's a goldmine.”

“Because of your program, we got married!”

I just have to tell you some great news. I started using the text your ex back program in Feb. after a break up on New Year's Eve. Because of your program, WE GOT MARRIED last weekend on April 28th. Thank you! You saved my life! Let me know if you ever need a spokesperson! Haha!

[Text Your Ex Back NOW](#)