

# HOW TO RECOVER FROM A BREAKUP QUICKLY?



- 1 Don't break out with your feelings.
- 2 Candidly discuss your feelings.
- 3 Pen down your thoughts and emotions.
- 4 Be realistic.
- 5 Do not personalize the loss.
- 6 Give priority to basic self-care.
- 7 Get back into the routine.
- 8 Try to indulge yourself.
- 9 Slacken yourself.
- 10 Be optimistic about relationships.
- 11 Let go of the hope you'll get back together.
- 12 Don't expect anything from her.
- 13 Stay away from unreasoning counseling.
- 14 List out your Ex's annoying traits.
- 15 Prevent the temptation of taking revenge.
- 16 Just learn don't stuff in the relationship.
- 17 List out all the advantages of being single.
- 18 Accomplish the closure ritual.
- 19 Remember, healing is inside you.
- 20 Take a strange decision.

