

how to get over a guy in 10 days

by We're Not Really Strangers

I've always been told I'm good at breakups. I never really understood what that meant. It felt like people were praising me for something that didn't feel praise worthy. I don't want to be good at breakups. I don't want to keep having breakups. I'm tired of having to move on.

I've had 3 breakups over the past 4 years. Each with people I thought at one point I'd spend the rest of my life with. Even typing that out feels vulnerable, like there's something wrong with me. I got over each of these relationships fairly quickly, with my last heartbreak lasting 2.5 weeks before I started coming back to my

senses. Not because I didn't care, not because I'm void of emotion, breakups HURT and there's no "right" way—but there's a way I've found works for me. In order for this to work, you'll need to do exactly what I say. Don't get discouraged if some of these steps take multiple days or longer, it's more than okay. Try your best.

As a disclaimer, I'm a woman who has only dated men so that's the place i'm writing from but feel free to use this advice towards anyone who broke your heart. Heartbreak is universal.

Heartbreak skews your perception of reality. It makes you delusional. Once you start to catch these delusions and become aware of them, it makes it easier. We've all experienced a friend being delusional during a breakup.

"They're just afraid of commitment!!! They have abandonment issues!!"

Everyone has issues. They are not special. It all depends on what you're willing to put up with. If you want to be with someone forever and excuse how terrible they make you feel, that's fine too. This won't be the right guide for you. You can stop here.

For everyone else:

Answer the following questions and be honest with me. And yourself.

Why are you still holding on?

Do you love this person?

Do you like this person?

Are they nice to you with their words?

With their actions?

Are they choosing you?

PHASE 1

You'll notice that you've slowly started to forget the bad stuff. You'll bargain, you'll excuse behavior. Not because you want to, you'll just forget. During this phase, I call my friends and have them make a list with me. We don't just bash this person, we write down the part of the relationship I liked... and then we make a list of all the things that were bad. This is not the time to give excuses. Write down the facts. The ways your needs weren't being met, the things you never told anyone because you

knew your friends would hate them if you did. Write everything. Your friends will love this too.

Pairs nicely with wine.

PHASE 2

Phase 2 is always more emotional than phase 1. During a breakup, the mornings and the nights are the loneliest. You'll wake up and want to go back to sleep. The pain will feel unbearable. You will feel alone.

Here's what I do, and this may shock you: I feel it ALL. This is not the time to "play it cool". Send them the text with all your feelings. Cry. A lot. Make the phone call. They may not respond, you may feel rejected. That's okay. It's all a part of healing. You always hear "don't call them !!! resist the urge!!!"

I disagree.

THIS IS NOT PERMISSION TO SLEEP WITH YOUR EX (*if you happen to, I won't tell anyone and you haven't ruined your healing progress*) but during this time it helps most to journal and write a novel in your

notes app about how you feel. It will be nice to look back in the future and see how far you've grown from this moment.

This phase hurts the most. But it gets better. Much better. Promise <3 You can't heal what you don't let yourself feel. Love u.

PHASE 3

Phase 3, you'll need to distract yourself. Make the day pass as quickly as possible. The more days pass, the more clarity you have.

Maybe you're feeling rejected. Maybe you're just really fucking sad.

Either way starting today, you will need to start transitioning to no contact. Phase 2 was for getting everything out and putting it on the table. It teaches you a lesson.

You might not get it right away, you may need a couple days—but starting today you need to start coming to terms with the fact that you need to cut out contact completely. Watch a

lot of movies and go to bed early. You're probably not hungry but try your best to eat something.

PHASE 4

(the unfollowing rule)

You need to unfollow him on everything and stop stalking their insta stories from your fake account.

I get it, that feels hard. It makes it feel like it's really over. Not only is he out of your life physically, you won't even see his face anymore.

But... coming off of an addiction (whether it's a person or not), you'll try and get a hit wherever you can. You'll be tempted to see what they're doing, you'll zoom into a photo to see if there's someone in the corner. You'll post a selfie just to see their name in your insta story views. It prolongs the process significantly, and you signed up to get over them in 10 days, right? This is the only way. As hard as this is, do it anyway. If you only listen to a couple of the things I say, I hope this one sticks. Sometimes, I even mute his friends on instagram

too so I can't see what the entire group is doing. This is not you being petty, and don't let anyone convince you that you are. You're doing what's best for you.

I consider this the #1 self care tip even though it doesn't feel like it at first (i'm going to be honest it's not fun and it sucks but this whole thing sucks so just do it).

PHASE 5

You won't want to go outside, go outside.

You won't want to see your friends, see your friends.

You won't be hungry, try and eat.

If you're not ready to throw away their hoodie, put it in a place you won't see often.

Heartbreak feels like the flu. All the things that are going to make you feel better sound hard to do.

Drink water.

Do one little thing that will bring you joy and remind you of who you are. Learn how to take care of yourself again.

PHASE 6

Repeat phase 5.

PHASE 7

Try and get back to a routine.

Being in a relationship can take you off of a personal routine. You have another person to consider. You have to compromise.

What do your days look like now?

What time do you want to wake up?

How do you want to fill your days?

What do YOU like to eat for dinner?

Choose a routine that makes you happy. Organizing your life gives you a sense of control again. Today, choose a routine to start tomorrow and stick to it. Don't make it unrealistic, keep it simple and attainable. It's going to feel really good!

PHASE 8

It's okay not to hate your ex!!!! don't skip this part, hear me out lol

Not hating your ex is not excusing bad behavior. They are working things out just like you. It doesn't make them a bad person, just not the right person for you. Your ex probably had great qualities which is why you liked them in the first place.

Maybe they've been hurt before and are scared of being hurt again. It's not your problem to deal with, but hating them is not the only way to get over this.

Journal the following questions:

What part did I play in this?

What am I understanding of but refuse to tolerate?

What were the good parts?

What was the bad that came with it?

What do I need going forward?

How do I respond when I'm hurt?

Name one reason you're happy it ended:

PHASE 9

Needing closure is fake.

You're never going to hear what you think you want to hear.

If he says something nice, you're going to get false hope.

If he doesn't say what you want, you'll want to keep seeing him until he does.

You're looking for validation not closure.

Read that again.

Closure is internal. It's when you make peace with the situation yourself. You're prolonging the process by thinking you need it from him and thinking there are these magical words you can hear to make all go away. You won't. It won't. Now you know.

PHASE 10

This is what I like to call the transition phase. The heartbreak starts to feel more like a scar than a scab. You're not completely over it, but you can see the light.

You're able to leave your house again.

Now is the time to start getting your confidence back. Say these affirmations every morning for as long as you need to. Say them out loud in the mirror when you wake up. It may feel silly at first, but it's not.

Repeat after me:

"I love what I look like today"

"I am easy to love"

"I only want what wants me"

"I deserve healthy love, even if I've never seen it before"

"I love who I am"

You got this.