

I was doing great until I accepted to see her again

Live help for men in breakups

<http://vitalcoaching.com/livehelp.htm>

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Hi, this is Francisco Bujan from www.vitalcoaching.com

Another key question that was posted on my forum:

Question from N

"Hi Francisco,

Firstly just wanted to say a huge thanks for the advice in your ebook.

Everything you said made a lot of sense and really helped me to get past that difficult first few weeks after my girl and I broke up.

You really know what you're talking about and I would totally recommend this to any other guys who are struggling to deal with a tough breakup!

Side note:

Here are the e-book and MP3 audios N talks about:

<http://vitalcoaching.com/breakupformen.htm>

Get the e-book + MP3 audios on Breakup for Men

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My girlfriend and I broke up about 6 weeks ago now.

We'd been together for nearly 4 years and were extremely close so when it finally ended I was pretty cut up.

It was a classic case of us both having too much invested in the relationship so after a while we lost our independence and needed space to be ourselves again.

Plus some other stuff which I won't go into.

She said she wanted us to stay friends and I said wanted that too.

I didn't see her for a few weeks and I started feeling better about things - following all the tips in your ebook - seeing more of my friends, going to the gym, playing sports, focusing on work.

I was feeling in control of my life again and really felt that I didn't need her to be happy.

Then it all went wrong...

She called me up the other night and said she missed me and wanted to come over and hang out one night, just as friends.

I thought I was ready to handle that but when I saw her again she hugged me, wanted to hold my hand and talk, told me she misses me and still loves me BUT she doesn't want to get back together!

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It really was confusing and I felt it was a big step back for me because now I'm feeling depressed about losing her again.

I think I understand what is happening:

She wants to keep certain parts of the relationship for her own emotional support, right?

But I can't seem to go straight from being her partner to just being friends like that.

Am I being immature or selfish??

Should I just cut off all contact with her??

I don't want to completely lose her from my life forever but when I see her as a friend it just makes me want her back more than ever."

My answer

Hi N,

Thanks for your words about the program, appreciated!

About your situation:

You say:

"But I can't seem to go straight from being her partner to just being friends like that. Am I being immature or selfish?"

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No, you are not being immature or selfish.

You don't have to be friends with your ex.

It is better to be in good terms but actively building and nurturing a friendship is a whole different story.

You owe her nothing.

In that case, you can see that spending time with her puts you down emotionally.

Conclusion? You are happier when she is not around.

It's okay to put yourself first and respond to what you need.

You don't need to prove anything to anyone.

Take your full life and freedom back.

They are yours and belong to you only.

You are the one who decides what to do with them.

Remember that many people decide to go for "no contact" after breaking up.

This is precisely to give them time to rebuild a life without their ex.

Once your life is totally rebuilt and you have 100% of your power back, seeing her again might feel totally easy.

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In the meantime, I would encourage you to be firm and engage only in what empowers you.

Next question:

"Should I just cut off all contact with her?"

Having a light contact every now and then like a short email or phone call once a week is very different than spending a whole evening together holding hands and feeling miserable about what you two think you lost.

There is an exact measure you have to discover.

If in doubt, focus on other social connections rather than your ex.

Remember that she is part of your past, not your future.

Rebuilding something on the ashes of a broken relationship is very challenging.

Most of the times, it is simply easier to move on and find a 100% new and fresh ground.

That's certainly what I would encourage you to do.

"I don't want to completely lose her from my life forever"

Why not? I mean, what is so scary about this idea?

The good news is that what you experienced will never be totally gone.

You can recall memories and good moments you had together. She will never be totally gone of course.

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The fact is that the more you dwell in the past, the less you are able to focus on and create your future.

Create space rather than limiting yourself!

"But when I see her as a friend it just makes me want her back more than ever."

See the contradiction?

This is an emotional reaction you can listen to. It's a real sign. It means that right now, it is easier to live without her than with her.

You are not running away from anything by saying no to an active friendship for now; by focusing on your own life, you are just embracing the possibilities which are ahead of you.

Right now, she is like a weight which limits you emotionally and has the power to stop you from moving forward.

You will notice that once you rebuild your new life fully, seeing her won't challenge you at all.

At that time, you will probably notice that even the desire to spend time with her will be almost totally gone as well.

I know I am very direct.

Apologies if I offended you (or your ex) in any way.

Take care N. You're on the right track!

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Live help

Before you go, I want you do something simple:

Check the following link:

<http://vitalcoaching.com/livehelp.htm>

This is the way to access live help if you need it.

After reading this article, you might have questions rising in your mind and think:

"...I wish I could talk about this with someone..."

You can!

No need to isolate yourself with your break up challenges.

Getting targeted feed back and extra strategies for your situation is easy and direct.

I made it very simple for you.

Remember this magic link and know that live help is only minutes away the moment you need it:

<http://vitalcoaching.com/livehelp.htm>

That's it!

Enjoy!

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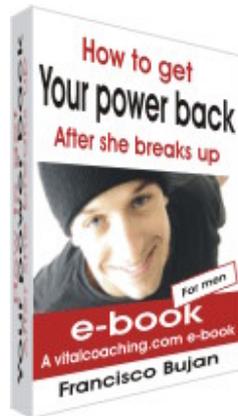
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What's next?

If you are a man and your girl friend or wife just left you, get this e-book + MP3 audios:



<http://vitalcoaching.com/breakupformen.htm>

You will discover dozens of dynamite power kicks and strategies to get your power back after a break up. It will show you how to take your future and love life to the next level.

To access live help, visit:

<http://vitalcoaching.com/livehelp.htm>

You can as well email me directly at francisco@vitalcoaching.com.

Take care

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