

14 Ways to Get Over Your Ex – Dr Grace Anderson.

FREE GUIDE



14 WAYS TO GET OVER YOUR EX.

Dr Grace Anderson

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14 WAYS TO GET OVER YOUR EX AND MOVE ON POSITIVELY WITH YOUR LIFE.

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ON YOUR FULL RECOVERY JOURNEY.**

<https://rb.gy/5nx8w>

Introduction.

Going through a breakup can be an incredibly challenging and emotionally draining experience. Whether it's a breakup, divorce, or the end of a long-term relationship, the healing process can seem daunting. However, it's important to remember that you are not alone in this journey. With time, patience, and a positive mindset, you can recover from the emotional trauma and regain your self-confidence. In this Guide, we will discuss **14 effective ways** to help you get over your ex and move forward positively with your life.

1. Give Yourself Time to Heal.

Immediately after a breakup, it's crucial to allow yourself time to grieve and process your emotions. It's normal to feel sadness, anger, confusion, and even relief. Don't rush the healing process; give yourself permission to experience these emotions and come to terms with the end of the relationship.

2. Cut Off Contact.

To effectively move on, it's essential to create some distance between you and your ex. This means cutting off communication, at least temporarily. Remove their contact information from your phone, unfollow them on social media, and avoid places where you might bump into them. This will provide you with the necessary space to heal without reopening emotional wounds.

3. Focus on Self-Care.

Investing time in self-care activities is crucial during the healing process. Engage in activities that bring you joy and help you reconnect with yourself. Exercise regularly, eat healthy, get enough sleep, and pamper yourself with activities like reading, taking baths, or practising mindfulness. Your well-being needs to become a top priority.

4. Seek Support from Loved Ones.

Surround yourself with a strong support system of friends and family who genuinely care about your happiness and well-being. Reach out to them and open up about your emotions. Talking through your feelings with loved ones can provide you with the comfort, guidance, and perspective you need during this challenging time.

5. Seek Professional Help.

In some cases, the breakup may result in severe emotional trauma or a prolonged period of sadness and depression. In such instances, it is essential to seek professional help, such as Coaching, Therapy or Counselling. A trained Professional can help you navigate through your emotions, provide coping strategies, and facilitate your journey towards healing.

6. Engage in New Hobbies.

Discovering new hobbies or revisiting old ones can be both therapeutic and empowering. Engaging in activities that bring you fulfilment and joy will not only distract you from negative thoughts, but also help you regain a sense of purpose and identity outside of the relationship.

7. Focus on Personal Growth.

Take this opportunity to work on yourself and grow as an individual. Use the time to set personal goals and invest in self-improvement. This could include further education, learning new skills, or embarking on a journey of personal development. Focusing on personal growth will not only boost your self-esteem but also increase your confidence and resilience.

8. Avoid Rebound Relationships.

While seeking companionship after a breakup is natural, jumping into a new relationship too quickly can hinder your healing process. Give yourself time to heal and understand what went wrong in the previous relationship before pursuing new romantic connections. Remember, it's crucial to love and respect yourself first before seeking love from someone else.

9. Embrace the Power of Acceptance.

Acceptance is a significant step in the healing process. Acknowledge that the relationship has ended, and that this breakup is a new chapter in your life. Understand that healing takes time, but by accepting the reality, you free yourself from dwelling in the past and open yourself up to new possibilities.

10. Rediscover Your Passions.

During a relationship, it's common for personal interests and passions to take a backseat. Use this time to rediscover what truly excites you and sparks your enthusiasm. Reconnect with the activities, ambitions, and dreams that make you feel alive, and let them guide you towards a fulfilling future.

11. Focus on the Positives.

It's easy to get caught up in negative thoughts and dwell on the past after a breakup. However, consciously shifting your mindset towards positivity can significantly impact your healing process. Embrace gratitude and focus on the positive aspects of your life that you are grateful for. By doing so, you will cultivate resilience and attract positivity into your life.

12. Engage with a Support Group.

Consider joining a support group or online community dedicated to people going through similar experiences. Sharing your journey with individuals who understand your pain and can offer guidance will remind you that you are not alone. These groups can provide a safe space for expressing emotions and receiving valuable advice.

13. Practise Forgiveness.

Forgiveness is not about condoning the actions of your ex but freeing yourself from the burden of resentment and anger. Accept that everyone makes mistakes, including yourself, and release any negative emotions tied to the past. By forgiving, you can open your heart to healing and new possibilities with a lighter spirit.

14. Embrace Self-Love and Empowerment.

Ultimately, the most important aspect of healing after a breakup is to love and value yourself. Embrace self-love, self-compassion, and self-care practices. Surround yourself with positive affirmations and reminders of your worth. Recognize that you are a strong, resilient individual capable of building a bright future and attracting healthy, fulfilling relationships.

Conclusion.

Recovering from a breakup takes time, patience, and genuine effort. By incorporating these 14 proven ways into your healing process, you will gradually regain your self-confidence, recover from the emotional trauma, and emerge stronger and wiser. Remember, this is an opportunity for personal growth and an opportunity to rediscover yourself. Embrace the journey wholeheartedly, and trust that you will heal and find happiness once again.

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DR GRACE ANDERSON.

**CLICK HERE TO REGISTER FOR THE
WEBINAR: <https://t.ly/Ag7-Y>.**

Here's what you will learn on this Webinar.

On this Webinar you will learn:

- What happens in relationships that cause them to fail
- Why it is so hard to get over the Pain of the breakup
- What to do to get started on your healing journey
- Various Tools and Strategies to enable you move on positively with your life
- Various 5-Star Reviews from Very Happy Clients of Dr Grace
- An incredibly exciting Coaching Offer to help you get better quickly and start the process of rebuilding your life positively
- A Free Gift - "14 Ways To Get Over Your Ex Quickly"

And so much more.

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Here's what you'll get when you choose to work with me:

- 1 to 1 Coaching time with me
- Expert Professional Guidance
- Fast Recovery from your heartbreak
- Your Own Support Professional that is Non-judgemental and determined to help you rebuild your life positively and quickly.
- And so much more...

MY BREAKUP & DIVORCE RECOVERY VIDEO COURSES.

No. 1.

How to Get Over The Pain Of Your Breakup or Divorce Fast.

The advertisement features a yellow background with a white box containing the following elements:

- GA** logo in the top left corner.
- Headline: **HOW TO GET OVER THE PAIN OF YOUR BREAKUP OR DIVORCE FAST.**
- Illustration of a woman in a pink shirt looking sad with a tear, holding a smartphone, and a man in a light blue shirt walking away with his back to her. A broken red heart is floating between them.
- Text: **Video Course by: Dr Grace Anderson.**
Accredited Master Practitioner
And NLP Practitioner.
Breakup & Divorce Recovery Specialist.
- Portrait photo of Dr. Grace Anderson, a woman with dark hair wearing a yellow jacket.
- Small text at the bottom: Image from Pixabay.com
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Click on the Image above to check it out.

This Video Course with Dr Grace will enable you to get over the pain of your Breakup or Divorce fast.

It contains Eight Video Lessons, a Workbook and the Invitation to work with me on a One-to-One basis.

This Course will help you if you have only recently been divorced or you only recently had a breakup from your loved one.

The Tools and Strategies that I share will enable you to recover from your pain very quickly, so you are enabled to start thinking positively about a future without your Ex in it.

[Click here to check it out.](#)

No. 2.

How To Overcome The Emotional Trauma From Failed Relationships and Rebuild Your Life Positively.

VIDEO COURSE.

“How To Overcome The Emotional Trauma From Failed Relationships And Rebuild Your Life Positively”.

By: Dr Grace Anderson.

Image from Pixabay.com

Master Practitioner For Breakup & Divorce Recovery Coaching, NLP Coach.

Dr Grace Anderson
Accredited Master Practitioner &
NLP Coach-Divorce & Breakup
Recovery Specialist.

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This Video Course is a fully Comprehensive Course that is designed to help you do the following:

- Understand what happened and allow yourself to grieve
- Accept What happened
- Heal From the pain / grief
- Start to plan for a Brighter future for yourself
- Set S.M.A.R.T Goals that will enable you to start rebuilding your life positively for a much happier future.

It contains Five Modules and 21 Video Lessons with Dr Grace. You will also have a Course Manual of 190 Pages to take away.

This Course is full of tried and tested Tools and Strategies to help you recover fast from your pain and begin the process of creating a positive future for yourself. [Click here to check it out.](#)

MY OTHER SERVICES.

Being a Master Coach, I also offer Coaching in many other areas like:

Personal Development - Careers, Stress Management, Relationships, Mindset, Self-Confidence, Spirituality, Life Purpose, Goal Success and so much more.

To find out how I can help you, Book a Free Discovery Call with me on this link: <https://rb.gy/xncrd>.

ABOUT ME.

To learn more about me, visit the following websites:

My Website:

<https://drgraceanderson.com>

MY PUBLICATIONS.

Website: <https://graceandersonsbooksandjournals.com>

One or two of my books might be useful to you.

You can check them out either on [my website](#) above, or if you wish to purchase any one of them, you can just click on the image. Two of them are on both Amazon.com and Amazon.co.uk.

You will find a full description of what each book is about on Amazon or on my website.

14 Ways to Get Over Your Ex – Dr Grace Anderson.
ADA IN LONDON, SURVIVING THE TRAUMAS OF DIVORCE
(MEMOIR).



In this book (my Memoir), you will read about my suffering and how, with God's help and much courage, I survived the traumas of my own breakup and divorce.

I would probably have suffered less if I had been wise enough to hire a Coach!

There's a lot of suffering, some losses, much pain and crying in this book. However, you will also find a lot to laugh about.

Ada accepts her predicament and persists in doing everything necessary to rebuild her life very positively. And she succeeds!

[Check it out.](#)

14 Ways to Get Over Your Ex – Dr Grace Anderson.
HOW TO FIND AND SUSTAIN A GREAT RELATIONSHIP.



How to Find and Sustain a Great Relationship, explains How to understand what you need to watch out for when you set out to find new love. I also give some of my own experiences of being scammed in the process of looking for new love online after my divorce. This book also talks about some ways to know whether the person you are dating has abusive tendencies like a Narcissist, etc.

[Check it out.](#)

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DIZZY ANGEL



DIZZY ANGEL. (A NOVEL).

***Dizzy Angel* is my very first Novel – first published in 1985. This is a hugely popular novel in Nigeria.**

It tells the story of young girl who is supposedly “**destined to die and reincarnate over and over again**” as an “**Ogbanje**” or an “**Abikun**” She goes through many trials and tribulations, but after becoming a Born-again Christian in a Grammar School far from home, where traditional values hold her down, she decides that she would do her best to defy her destiny. This is a very exciting take on how to survive, even when all the odds are against you.

[Check it out.](#)

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Thank you!

Dr Grace Anderson.

THE END.