

Goodbye to the EX-Factor

Passing through “Splitsville” is never easy, but regrouping and gaining confidence to move forward is necessary.

1. **DETOX FROM IT.** You definitely want to take time in between relationships. Your mind, body, and spirit needs time and rest to detach and renew from a past love. Patience before premature passion is highly recommended!
2. **GRIEVE OVER IT.** Take time to process the pain. Acknowledge the hurt, the wrong decisions, and the red flags. Don't suppress it or it's bound to surface again. Don't ignore it either or it's bound to recycle itself over and over again. Grieving is not a state to be in forever, but it is an important pit stop.
3. **TALK ABOUT IT.** Having open dialogue about your past relationship is crucial. Every woman needs a trustful outlet to express her heartache. When you talk about it, you force the grip of pain to release its power in your life. Being transparent causes healing to come faster. Plus, you also get additional strength to let it go. Getting professional help (counseling, therapy) can also be very beneficial.
4. **FORGIVE HIM FOR IT.** Forgiveness is intentionally loosening the stranglehold of hurt, drama, or havoc that your ex may have contributed to your life. More than likely he has moved on and you must as well. Forgiveness is not about erasing the pain. It's about erasing the power the pain has over you. Forgiving your ex is critical before opening your heart in a new relationship.
5. **GET PEACE ABOUT IT.** Ask God for peace and pray for the bitterness to leave. Having peace to move forward helps to rejuvenate hope. Memories will appear from the past, but peace helps to keep you in tact and encourages you to be optimistic about new love. So when you ask God for peace, you won't regret the response.
6. **TRUST IN IT.** It's perfectly alright to give yourself permission to love again. Being able to balance wisdom (learning from the past) and trust (looking to the future) is one key way to know if you're ready for a new relationship. It's absolutely possible to trust yourself, to trust in love....again.