



Forgive and Forget

Forgetting the woman (or man) that you love so much but dumped you? Remembering her (him) not is very difficult, not to think of her (him) extremely impossible. Being dumped is one of the worst feelings on earth. The worst part is knowing that while your ex boyfriend or ex girlfriend is off living happily with a new sweetheart, you can't stop thinking about them.

The idea itself is completely contradictory. However, there are times in our lives in which we often want to relieve a feeling or memory of someone else to ease our emotional stress. It is possible to do this but also very difficult. The pain of an ended relationship is one of those universal experiences that we all share.

There's no easy way to get through it, but these steps may help. These are decisions you need to agree with:

You were dumped, left behind; and don't convince yourself that you were not. If you are the one who is left, sticking with your decision, at this point, there is only one commitment, leaving a relationship behind.

You need to accept what she (he) has said to you, and you are history to her (him). Don't cry over a woman (man) who doesn't truly love you.

It's okay to grieve for a time. Seek support from your friends and family as you come to terms with the changes in your life.

Throw away all the things that keep you remind her, and don't ever listen to the songs that make you remind of her (him).

Try to remember this person first completely. Ask yourself what the plus values of her (him) for you to remember it. Ask the minus value and remember it very well. Why remember someone who has intentionally forgotten you.

Do not be so emotional. Do waste your tears for someone who will not cry for you. She (he) will make you cry again if you let her.

Minimize your communication with this person, give yourself time and distance away will limit your thought of this person.

Do not dwell in your mind with this person, do something, be on the move, think of your task and not of this person. Find something essential endeavor, like a new sport or hobby.

Unwind and try to have fun. Avoid stressful and highly emotional activity that will bring you into a melancholic memory of her (him).

Be kind to yourself by not hurting yourself again. Keep a distance, stay way from this person. Once a player is always a player. Once a cheater is always a cheater. Once a liar is always a liar.

Always remind yourself that you are moving forward and getting out of miserable situation where she (he) dragged you in. You need to move on, believe on your self. Broken heart will not kill you, although you might wish you were dead.

There are other beautiful women (men), who will accept you! Do not let yourself think that you are not attractive, or that you will never find someone better. There is always some one better, just wait a little.

Don't look at past relationships as failures, but rather consider it as an opportunity to learn and improve your relationship skills. Your value comes from who you are, not who you are with, or not from what people say you.

Treat yourself to a special gift now and then. You are a special person and you deserve it. Love and honor yourself. How can you love

There's more to life than romantic love. Take this opportunity to nurture your friends, family and self.

Take some time to re-examine what you need in a relationship. Have you been choosing partners who are not capable of a loving, mature and long term relationship?

Be willing to take another chance on love. Like they say, you can't win if you don't play. Don't close the doors; somebody is just about to knock.

Be a friend to yourself. If you care about yourself, the odds are better you will attract those you care about you too.

Don't try to get revenge. This will only slow your progress in healing from the hurt.

Forgive yourself. You can't change the past, but you can learn from your mistakes and not repeat them.

Forgive your ex. This doesn't mean that you are saying what happened is okay. What it means is cutting your losses and not investing any more time in something that hurts you. Unforgiving heart doubles your loss.

Don't try to get revenge. This will only slow your progress in healing from the hurt. Forgive yourself. You can't change the past, but you can learn from your mistakes and not repeat them.

Healing your hurt is important because this is what restores your peace of mind. The process of healing depends on one's mental attitude and Bible doctrine frame of reference in the soul. Lack of doctrine in the soul may take a long period of healing and endless miseries.

Stress is a mental attitude pressurized by the immediate events, situation, problems, crisis, or even the normal routine of life. The normal routine when added with pressure becomes stressful details of life. Stress is not part or included in the plan of God for the imperfect man.