

# Patti Stanger Has Three Tips for Making Up After a Break Up



By Nicole Weintraub

Relationship expert, Patti Stanger recently revealed some tips on how to make up after a break up, especially if infidelity is involved, according to [People](#). Focusing on the recent breakup and cheating scandal of Rob Pattinson and Kristen Stewart, Stanger shares three tips on how to move forward in a relationship. First, you have to ignore your heart and trust what your brain is telling you. The second step is to get comfortable again. You will have to renegotiate boundaries and sort out what makes the two of you comfortable around each other once more. Once you are comfortable, you will be able to start to trust one another again. The *Millionaire Matchmaker's* third and final step is to talk to an expert – a therapist that both partners trust. An unbiased third party will help to reconcile any issues that the couple may have.

## **What are some ways to be friends after a split?**

### **Cupid's Advice:**

Is it possible? Can you be friends with an ex after a breakup? Here are some tips on how to make it happen:

- 1. Let bygones by bygones:** What may have happened in your relationship are no longer bounds in your new friendship. One of the toughest things is transitioning from lovers to friends. Be careful not to cross the line between friends and lovers.
- 2. Tread lightly:** It may be difficult at first to decide what is appropriate behavior and conversation in your new friendship. Monitor how open you are with your ex because there may still be some hard feelings there.
- 3. Patience is a virtue:** You will become better friends and more emotionally connected in due time. At first, it may be a rocky friendship but it will become easier in time.

**Are you friends with an ex? Share your stories with us below.**