

# Breaking Up: How To Ditch Your “Better Than Nothing” Relationship And Love



On this week's [Single in Stilettos](#) relationship advice video, dating expert Suzanne Oshima talks to [relationship author](#) Duana Welch about ditching those better than nothing (BTN) relationships and love.

**Related Link:** [Love Advice: How To Increase Your Chances Of Meeting The One](#)

# End Your 'Better Than Nothing' Relationships and Love

Have you ever been in a better than nothing relationship and love? The type where a lot of your standards are met, but you just know that this isn't your final choice. If you're in this type of romantic rendezvous, get out of it as soon as possible! "It's a time waster," the relationship experts say.

**Related Link:** [Relationship Advice Video: 5 Things That Belong On Your Must-Have List](#)

Here are five ways to know when it's time to ditch your BTN love:

- 1. If they lack one of your must have.** Don't stay with your honey if you aren't fully satisfied.
- 2. If the pain outweighs the pleasure.** Relationships should be happy, not painful.
- 3. If they don't love you enough.** You deserve someone who worships the ground you walk on.
- 4. If you don't love them enough.** You deserve to worship the ground someone walks on.
- 5. If your intuition says so.** Your intuition was created to protect you, so listen to it!

Listen to the love advice above to find out how to end one of these toxic flings!

*For more relationship advice videos and additional information about Single in Stilettoes shows, click [here](#).*

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**What do you think about better than nothing relationships?**

**Tell us in the comments below!**