

# Dating Advice: How to Deal with Heartbreak



By [E!'s Famously Single Dating Coach, Laurel House](#)

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House gives dating advice on how to get over a heartbreak and move on from your ex and those relationship problems.

## Dating Advice On Dealing with Heartbreak

1. Write down why he or she is a jerk. Don't fantasize about your ex. Dating tip: Remember why you broke up in the first

place.

**Related Link:** [Relationship Advice On How To Fall In Love](#)

**2. Burn the fantasy.** Literally, write down your fantasy and burn it. Instead, do something for yourself. Take yourself out, show yourself love.

**3. Would you date yourself?** If you wouldn't date yourself, then get a life. Take control of your life again. Find yourself, go back to your passions, go back to your old friends.

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**How do you handle heartbreak? Tell us in the comments below!**