

# Dating Advice Q&A: Should I Remain Friends with My Ex Online?



*Question from Sonya M.: Facebook is the official/unofficial way of announcing a relationship. Is it too vindictive to unfriend an ex, or is that the right move when you enter a new relationship?*

Social media is a fun way to share your relationship with friends and family, but if that relationship ends, the waters can get a little murky. Let our [relationship experts](#) help by offering their best [dating advice](#) for using social media in the *right* way! Learn valuable dating tips from matchmaker Suzanne Oshima and relationship author Robert Manni. Here, they answer your question about whether or not you should

unfriend your ex after a break-up. Check out their dating advice below!

## Dating Advice for Unfriending Your Ex on Facebook

[Suzanne K. Oshima, Matchmaker](#): When it comes to dating after a break-up or divorce, it's important to know that removing all traces of your ex on social media isn't about being vindictive – it's about moving on.

This is the last step at the end of your relationship, so now is the time for some “spring cleaning.” Daily reminders of him won't allow you to move forward with your love life, so remember the saying “out of sight, out of mind.” This will remove any temptation to cyber snoop or check in on what he's doing and who he's dating. All in all, if you continue to stay connected, then you're holding on – and this can hold you back from moving forward into another relationship.

**Related Link:** [Dating Advice Q&A: How Can You Tell Red Flags From Online Dating?](#)

[Robert Manni, Guy's Guy](#): Even though people have become too reliant on social media as their main form of communication, announcing a new relationship on Facebook can feel great and be validating. It's a nice way of putting something out there about yourself that you feel good about for the people you enjoying sharing with.

On the other hand, if you no longer have an offline connection with an ex and do not feel comfortable posting about your new relationship for them to see, it's perfectly acceptable to unfriend them. However, if you remain on good terms and they're cool, there is no harm in staying connected with an ex on Facebook.

There are no strict rules or protocol about this. Listen to

your inner compass and do what feels best for *you*. Good luck.

*For more dating advice and to find out more about our dating and technology gurus, click [here](#).*

*If you have any questions you would like answered by our relationship experts, please e-mail them to [cupid@cupidspulse.com](mailto:cupid@cupidspulse.com).*