

Single in Stilettos Show: How to Move On After a Breakup



On this week's [Single in Stilettos](#) show, founder Suzanne Oshima chats with dating coach and author Abiola Abrams about post traumatic love disorder, which refers to being stuck in the past and unable to heal after a tough breakup. First, you have to identify the signs of this disorder: bed hopping from man to man; spending late hours at the office to avoid dating; jumping into another bad relationship; and being afraid to be alone. If you recognize any of these symptoms in your behavior, it's time to find a cure, which includes five simple steps. Start by doing a self-assessment; then, list out past relationships and the lessons you've learned from them; next, learn how to love yourself unconditionally; additionally, learn more about yourself through the dating process; and finally, take baby steps towards meeting the right man.

Related Link: [Abiola Abrams on How to Attract Love in Your Life](#)

Remember that dating is never easy. Despite your heartbreak, don't get discouraged and just stay focused on finding a healthy relationship with someone special!

For more information about Single in Stilettos shows, click [here](#).

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Cupid wants to know: How do you pick yourself up and move on after a breakup?