

# Relationship Expert Shares How To Get Over a Breakup



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

In this week's [relationship advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) offers her best dating advice post-breakup. If your relationship and love affair just ended you may be stuck in a vicious cycle of crying, hating him, and missing him. "You're heartbroken and you don't know what to do," the relationship expert said. "You can't function. All you feel capable of doing is crying. Is that extreme? Maybe. But it's not uncommon." Her expert dating advice will help you go through what she calls a breakover. A post-breakup makeover.

# Relationship Expert from E!'s *Famously Single* Shares Relationship Advice Post-Breakup

In this week's relationship advice video post, the *Screwing the Rules* relationship expert elaborates that there are 12 steps for a breakover:

**Related Link:** [Expert Dating Advice: Is He Going to Dump Me? Your Partner's Body Language Before a Break-Up](#)

1. Realize the reality of the relationship. Face your contribution to the breakup.
2. Bummers with benefits. What did you learn from the experience?
3. Write down why he's an asshole.
4. Dig in. Address some deep-seeded issues and excavate them.
5. Would you date yourself?
6. Get to know yourself. What are your core values? Do you know your needs vs. your wants?

**Related Link:** [Dating Advice: Create The Person You Want To Be](#)

7. Go out and online. No, you are not ready to date, but you can go out and see that there are plenty of fish in the sea.
8. Flirt. Feel sexy and have fun.
9. Renew you. Get a life, pursue your passions and get hobbies.
10. Refresh your look. DO NOT chop off and dye your hair. Just think about highlighting it, a new outfit, a day at the spa.
11. Feel and look sexy and strong.

12. Now you're ready to start dating.

*For more dating advice videos from House, click [here](#).*

*For more videos from CupidsPulse.com, check out our [YouTube channel](#).*

**How do you get over a breakup? Tell us in the comments below!**