

Love Advice Video: How To Say Goodbye To Your Ex For Good



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

No matter how nasty the break-up was or how badly your ex treated you, you constantly find yourself thinking of him and missing him. Don't worry – you're not alone! In this week's [dating advice](#) video, relationship expert and E!'s *Famosly Single* dating coach, [Laurel House](#) offers love advice on how to say goodbye to your ex for good.

Related Link: [Relationship Advice Video: Why You're to Blame for Dating Losers and Jerks](#)

E! 's *Famously* Single Dating Expert's Love Advice On How To End Your Obsession with Your Ex

Having an obsession with your ex and being trapped inside of the toxic cycle of wanting to get back with him is unhealthy. With her love advice, House stresses the importance of realizing that "it's time to unhook your heart from his." You shouldn't allow him to continue to have a hold on you or your self-worth. In order to find true love and happiness, you must break free from the vicious cycle by "removing yourself from the triggers that tempt you to go back." Once you do that, you will be able to experience a healthy and real romantic relationship.

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

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