

Relationship Expert Shares Best Love Advice for How To Break Up Over Email



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](#) shares her best love advice about how to break up with someone over email. "An email break-up doesn't have to be a bitchy break-up," she explains. "It can be the preferred way of breaking up because you're able to truly express how you feel." In this week's relationship advice video, the relationship expert helps you understand when it's necessary to break up over email and what type of relationship and love you need to have for it to be the preferred method.

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The dating expert believes that, if your relationship meets these three qualifications, then an email break-up is the way to go: You've been dating for less than six months; you're not living together, and you haven't said I love you. Or if your relationship can be described by one of these circumstances, email is the best way to end it: It's a long-term digital relationship; you're unable to connect with your partner in another way; he's truly an asshole who cheated on you or conned you; or he's dangerous.

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An email break-up is best for these romances because "you have the opportunity to explain yourself without being sidetracked." Most likely, the person you're dating is a good person, but you're just not into it. They don't "deserve a hasty brush off because you feel bad." When you write the email, remember that you need to be honest and vulnerable and tell them what's happening in your mind and why it's not working for you. End your email by saying that you'd be happy to discuss it over the phone if they want to.

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

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Have you ever broken up with someone over email? Tell us your story below!