

# Dating Expert Gives Love Advice On When To Date After a Break-up



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](#) knows how important it is to jump back into the dating world after a break-up and the questions that come up after a break-up. "Getting back out there isn't always the purpose of getting into a relationship," the dating expert explains. "You need to be alone, focus on yourself, and move on in a healthy way. But going out, flirting, feeling sexy, and being picked up in the early post-break-up stage can show you that there truly are lots of fish in the sea."

## Dating Expert From E!'s *Famously Single* Talks About Dating After a Break-Up

In this week's relationship advice video post, the *Screwing the Rules* dating expert shares the six steps that you should complete before you start dating again after a break-up:

**Related Link:** [Dating Expert Shares Number One Rule of Successful Online Dating](#)

**1. Put an end to social media friendships:** You don't want to see what your ex is up to. You don't want the temptation nor

do you want to reach out. That means you might need to block them on Facebook and unfollow them on Instagram.

**2. Write down the bad:** It's way too easy to fantasize about the amazing moments you shared. Instead, remind yourself of all of the bad things. Write down a list of why you broke up in the first place and then read it whenever you need a reminder.

**3. Refresh your look:** It's time to make yourself feel attractive again. Get back into the gym. Get a facial. Do *something*. Just think it through before you dramatically alter your hairstyle!

**Related Link:** [Relationship Expert Shares Best Love Advice for How To Break Up Over Email](#)

**4. Reconnect with yourself:** Break-ups are all about bummers with benefits, so extract the good from the bad. Think about what lessons you learned, how you changed, and what you're going to do differently next time.

**5. Explore your passions:** Indulge in a class that you've always wanted to take. Join a group and go on hikes with like-minded people. Sign up for a cooking class and learn how to make Spanish tapas. You have time to spare now and maybe even some money, so start working on yourself again.

**6. Stop crying and start online dating:** This is a chance to window shop your future options. It also simultaneously keeps you busy late at night when you're feeling the most lonely, sad, and tempted to reach out to your ex.

*For more love advice from Laurel House, click [here](#).*

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

**When did you start dating again after a break-up? Tell us your story below!**