

# Relationship Advice On Dating Your Ex



In this week's [relationship advice video](#) from [Single in Stilettos](#), matchmaker and dating expert Suzanne Oshima talks to relationship author Tinzley Bradford about dating your ex.

## Expert Dating Advice: Should You Date Your Ex?

Make sure you listen to this expert dating advice and ask these three questions before you decide whether or not to go back to your old partner:

**1. Do you harbor any resentments?** If the issues aren't resolved, then don't go back to your old flame! Here's some relationship advice: You have to go in with a clean slate, if you've made the decision to go backwards, instead of forwards.

**Related Link:** [Expert Dating Advice: How to Make a Relationship and Love Work](#)

**2. What caused the break up?** You need to assess what went wrong and what arguments were had. Make sure you know what you're willing to deal with.

**Related Link:** [Relationship Advice Video: 5 Things That Belong On Your Must-Have List](#)

**3. Is it worth the effort?** You need to make sure the circumstances have changed, so you'll nurture a healthier relationship and love.

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**Would you get back together with your ex? Tell us in the comments below!**