

# Dating Advice: How To Get Over A Breakup



On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert, Ellen Smoak to offer [dating advice](#) on getting over a breakup. Follow these dating tips if you want to start having success on your dates!

## Dating Advice On Getting Over Breakups

**1. Rewire your brain.** For 30 days, you need to create a habit of not thinking about your ex. You'll never get over them if you constantly have them on your mind. After doing this for a

month, you will have a far easier time to move on.

**Related Link:** [Single in Stilettos Show: How to Move On After a Breakup](#)

**2. Don't stalk.** It can be tempting to want to know what your ex is up to, but don't give in to curiosity! Don't stalk your ex online or in person, it will only hurt you in the end. Also you don't want to give them power over you.

**Related Link:** [Dating Advice: First Date Tips For Women](#)

**3. Take a time out.** Aside from stalking, you need to take a communication detox from your ex. Delete them from your social media and avoid talking to them for 30 days. If you don't do this you might risk getting back together and giving the power to your ex again.

For more information about Single in Stilettos shows, click [here](#).

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## How to Get Through a Breakup and Heal Your Heart





We're excited to welcome [Ellen Smoak](#) as a guest post contributor to CupidsPulse.com! In her first video, the author of *Breakups Are a Bitch But Getting Through It Doesn't Have to Be!* shares the five stages of getting over a breakup and coaches you through each one. First comes shock, followed by denial. Next, we experience anger and begin to step into our own power again. The fourth stage is sadness and depression – "the hardest stage of all." Finally, we come to acceptance, a stage we can only reach by going through the previous four stages first.

**Related Link:** [Heartbroken? Heal and Move On...Like I Did](#)

"We can get stuck in stages for years and not even know it," she reveals. "It can block our ability to love again, to attract love again, to be happy in love again."

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**How did you move on after a devastating breakup? Share your story in the comments below!**