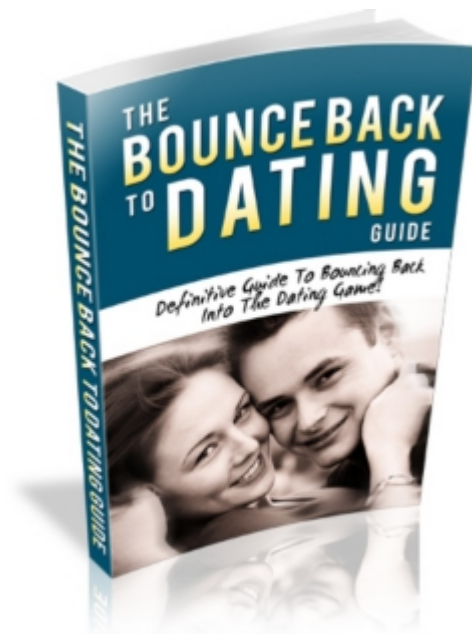


The Bounce Back To Dating Guide!



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Table of Contents

Chapter 1 – Getting Dumped
Chapter 2 - Signs You Are About To Get Dumped
Chapter 3 – What Not To Do
Chapter 4 – The Rocking Soda Machine Effect
Chapter 5 – Getting Angry
Chapter 6 – Jessie's Story
Chapter 7 – Take A Look At Your Relationship
Chapter 8 – The Bargaining Stage
Chapter 9 – Treat Yourself Good
Chapter 10 – Depression
Chapter 11 – Jim's Story
Chapter 12 – When To Seek Counseling
Chapter 13 – Avoid The Rebound
Chapter 14 – The Turning Point
Chapter 15 – Forgiving Your Ex
Chapter 16 – Ready To Date Again
Chapter 17 – 20 Tips On Bouncing Back After Getting Dumped

Chapter 1 – Getting Dumped

Probably one of the worst pain imaginable is when the man or woman of your dreams tells you that they don't want to see you anymore. Few things in life hurt like this. Most people would rather take a physical beating than face the pain of a breakup. At least they know the physical beating will heal. Breakups? Sometimes it takes them years to heal. And many people never get over the breakup.

By saying that you may never get over the breakup does not imply that you are doomed to suffer for the rest of your life while pining away for the person who broke your heart. No, you will move on. But never again without that certain bit of fear that it could end at a moment's notice as we realize nothing in life is guaranteed.

It is often said the only true love we ever experience is our first love. It is the only time we walk into a relationship totally innocent of the pain of getting dumped and the only time we give our hearts so freely, without fear. After that, we always put up a little bit of a guard.

In addition to the pain of getting dumped, there is also the humiliation aspect. Most of us feel that when someone tells us they don't want to see us anymore, it is because of something that is wrong with us. We are not good looking enough. We did something that offended them. If only we did not say "x." What can we do to change ourselves so that he or she will come back?

If you learn nothing else from this book, learn this: It's not your fault. Do not look at this as a personal rejection, as difficult as that can be.

Take a cue from "Seinfeld's" George Costanza: It's not you, it's them.

Bad timing is the main reason for breakups. One person is simply not ready for a serious relationship while the other is thinking of wedding invitations. Relationships are like comedy - timing is everything. When both people are in different points in their lives, the relationship does not come to fruition.

While timing is the main reason for breakups, as well as the most frustrating for those who get dumped (oh, why didn't we meet at a different time), other reasons why people break up are the following:

- Outside influences such as children and parents. They can't get along with your parents or your children. Or your children hate them and throw eggs at their house. Yes, this will cause a breakup of a weak relationship. This is a blessing in disguise. Unless you plan on killing off your family members for this guy or gal, don't cry too much over this breakup. Sadly enough, there are those people in history who actually have killed off family members and children to be with the man or woman of their dreams. Two recent examples are Diane Downs and Susan Smith.
- Ex girlfriends or boyfriends tugging at their heart. This really relates to timing, but prohibits people from moving ahead with their lives as they continue to waffle back and forth between the present and the past. The ex girlfriend or boyfriend keeps coming back into their lives and making it difficult for them to decide "what they want."
- Too many cultural differences. It may be fun to date someone outside of the normal little pool of local fish, but it can be difficult to

blend cultures, particularly as we get older.

- Someone grew and the other didn't. Did someone recently change jobs? Get a promotion? Realize a dream? If this is the case, they may have simply outgrown the relationship and have gone on to a different plane.
- Physical distance. A long distance romance may seem romantic, but it can also take a toll on a relationship. One of the bonuses of being in a relationship is the prospect of being able to share something with your significant other in person. You get a raise at work and you want someone with whom you can celebrate. This is tough to do if he's in California and you're in Virginia.
- Fickleness. You lost your job, gained weight or began to experience health problems. Or they found someone better. Some people are just fickle. They're really doing you a favor by breaking up with you as a relationship with someone like this is simply not worth your time. Of course, you won't see that...until later in the book.

While some of the above cause break-ups, most of it is all related to timing. There have been books, plays and films written about star-crossed lovers. Romeo and Juliet is probably one of the more famous. You are in good company, most of us, at one point in our life, have fallen in love with the right person at the wrong time.

When the breakup first happens, you feel as though you got punched in the stomach. You experience both physical and emotional pain. Unless your heart is made of stone, you will probably cry. You may miss time off of work and school. You will not feel like "going on" without the love of your life.

Sadly, many people actually take their own lives because of such a scenario. Most of us who are older and wiser realize that there is no man or woman on earth that is worthy of our suicide. Or of us being so hurt that we end up bitter and angry over the rest of our lives.

Unless you want to end up like Miss Havesham, who was the angry, bitter and twisted jilted bride in Charles Dickens' "Great Expectations," you will want to bounce back from the breakup. This takes a little bit of time and there are some definite dos and don'ts when it comes to bouncing back after a breakup. Here you can learn how you can learn to heal, laugh, live and love again.

Chapter 2 – Signs You Are About To Get Dumped

Sometimes you know when you're about to get dumped and sometimes it just comes out of left field. Either way, it hurts. It is often better not to know so you don't start getting clingy and behaving irrational, thus dispelling any doubts your lover has about getting rid of you.

Some signs that you are about to get dumped include the following:

He or she suddenly has a new hobby or new friends.

You were looking forward to the end of their football season with the guys when he said he was going to be able to spend more time with you, only to find out he joined a basketball club. Or she met her long lost friend from high school at the supermarket and now needs to go out with her every Friday night.

New hobbies or friends usually indicate someone else in their life. Or the fact that they just need some breathing room. If you are like most people, you will begin to panic and become even more clingy. You may even start following him or her to see if they are truly going to basketball or with their friend.

Whether or not they actually have a new friend or hobby is inconsequential. Something tipped you off that all was not well before they even mentioned this. If you had full trust in your partner, you wouldn't even be concerned about the new friend or hobby. Chances

are that you felt them pulling away from you prior to this announcement.

He or she is suddenly too busy to call you.

This happens to everyone. You may talk to your significant other on the phone every day and then one day....viola! They are no where to be found. This may be due to some emergency. But if they are calling you less and less, guess what? It means that they are thinking about you less and less as well.

This is very circumstantial, however. If the two of you live together, for example, then the other party may just be comfortable in the relationship to realize that they don't have to be on call 24/7. If you have only been dating for a few months this could indicate a loss of interest.

You can combat this by simply not answering the phone and playing the same game when he or she calls. But you won't. Chances are that you will begin calling the other party. Repeatedly. Thus hastening the breakup that was, sadly inevitable anyway.

He or she gives you verbal hints.

"I don't want to hurt you," may be said in the middle of a conversation. This is a big clue that someone is concerned enough about your feelings that they want to lower the boom gently. They don't want to let the breakup be a shock, but they know that the

relationship isn't going to work, even if you don't. There are a variety of verbal hints that people give to "prepare" the other party for the inevitable breakup.

Most of us don't listen to the verbal hints. It is like someone is putting up a danger sign on the highway and flagging us to pull over, but we continue ahead at full speed as if we didn't even see them. When we get dumped, we're shocked. We act like we were blindsided. We weren't - we just refused to listen to the verbal hints.

He or she gives you physical clues.

They pull away from you in an embrace. They are no longer interested in being intimate with you. They spend less and less time with you and appear impatient. They exhibit body language designed to keep you at bay. They do not look you in the eye when they speak to you.

We can learn a lot about people by observing their body language. In most cases, a person who sits open towards us, looks us in the eye when they speak and touches you during the conversation is interested in you. Those who move away as if you have a raging case of leprosy, are generally uninterested.

Do we look at the physical clues and pay heed? No - we are too wrapped up into what we are feeling to pay attention. Again, when the dumping ensues, we act as if we've been the victims of a surprise attack. We haven't been. We just refused to spot the physical clues.

He or she doesn't call you or return your calls

This is a good indication that they are not interested in you but don't have the guts to dump you. Most men and women are not sadistic and would rather have their teeth pulled out by pliers than tell someone that they don't want to see them anymore.

Men are way worse at dumping than women. Women learn as little girls how to really rip out someone's heart as it's practiced on playgrounds everywhere. Little girls are probably the meanest creatures there are - they would give Castro a run for his money. However, as we grow in to adults, we soften and realize that it's not okay to be nasty to other people. To their face.

Women usually have no problem telling a guy they don't want to see them anymore. They will simply say "I don't want to see you anymore, leave me alone." The odd thing is that some men seem to take this as an act that the woman is playing "coy" or "hard to get" and continue to pester her. Until she gets a restraining order.

This is not to say that women seek to hurt a man's feelings. This is far from truth. Timing is everything in a relationship from a woman's standpoint, too. Women are most apt to give hints and try to end the relationship gradually, without hurting the man's feelings. Although women can be cruel as children, they are also taught not to offend. It will take a while for a woman to dump a man, but chances are that she will be direct when he continues to take the hints.

Most men would rather face a firing squad than talk about a relationship much less end one. If you have ever been to the house

of a single man, you may notice that he has everything he has ever owned, including the trophy he won from the science fair when he was in the 5thGrade. This is because men hate to toss out anything - particularly women who were at one time willing to have sex with them.

Because of this, men are more apt to do the "no call" routine when breaking up. They hope that by not calling you, you will just leave them alone until they decide they want you again.

Most women take exception to this strategy and demand an explanation. Men rarely tell a woman that they "never want to see them anymore," unless something drastic has occurred. In most cases, a man will dance around any sort of commitment to breaking up better than Muhammad Ali ever could in a boxing match.

You know before it happens, in your heart, that you are about to get dumped. Although you have refused to acknowledge the hints or actions of the other individual, your subconscious picked up on them and you know that something is wrong. Still, getting dumped always comes like a knife in the heart. In most cases, however, it is merely the coup de grace after a long duel.

Chapter 3 – What NOT To Do

So, the dumping has commenced and you feel as though your lover has taken out your heart with a rusty blade, chopped it up, fried it and served it to you for breakfast. This is a natural way to think. Physical pain is nothing compared to the pain from a breakup.

Your first instincts will be to want to get them back. A breakup is like a death and you will find that you go through the stages of a grieving process such as denial, anger, bargaining, depression and finally, acceptance. Denial is always the first stage and, if you are like most people, you will not want to admit that the relationship is over.

Getting past the four grief stages and getting to acceptance is crucial to bouncing back. There are also two other stages of breakup grief that you must move past before you are ready to bounce back and these will be discussed later in the book. For now, let's concentrate on things that you shouldn't do that will only prolong the "denial" stage.

- Call him or her repeatedly
- Threaten suicide (some people play on the guilt factor and this rarely works)
- Leave scores of messages for them on their voice mail
- Send them countless e-mails pouring out your heart
- Contact their friends and family members
- Send them flowers or gifts (you are wasting your money)
- Go to their place of work or where they hang out
- Go to their house "just to talk."

Not only will the above actions not get you the results that you want (which is to reunite you with your lover), they may, if continued, end up with you getting a restraining order against you. At the very least, they will end up costing you time and money.

Years ago, before the term "stalking" began to be used for just about any type of romantic pursuit, people behaved this way until it got out of hand. Because of some tragic events such as people getting murdered by their stalkers, this behavior got more notice from the community. Prior to anti-stalking laws, a person could follow another around all they wanted and as long as they didn't physically harm them, there was nothing the court or police could do.

Today, however, if you continue such a practice, you may find yourself in court charged with stalking and have a restraining order issued against you. This will probably give you the hint that your former lover is no longer interested.

Getting dumped is shattering to your ego, but it happens to everyone. You do not need to add to the humiliation by punishing yourself further with incessant phone calls, texting, e-mails and personal visits to your ex lover.

Resist the urge to contact your ex. It will merely be painful for you and uncomfortable for them. There is absolutely nothing you can do to control the feelings of another person. You can only control your own feelings and emotions. No matter how many times you call them, or drive past their house, it is not going to change things for the better. In most cases, your ex lover will end up getting even more

turned off and will begin referring to you as his or her “stalker.”

Talking about the breakup, trying to get “closure,” feeling that he or she “owes” you an explanation are all a waste of time. You are running on negative emotions and are stuck in the “denial” phase of the break up process. If you are to ever move on, you have to learn to relinquish the past and reject self destructive behavior.

This is not to say that you should not grieve. Grieve. Cry. Turn to friends for comfort. You got dumped and you are allowed to throw yourself a little pity party. Note the word “little.” You do not have to throw yourself a full blown pity party that will disgust your family and friends. Grieve briefly and then get yourself ready to move on.

While you are throwing yourself a pity party and crying to your friends, remember that pity is one step away from ridicule. Do you really want everyone you know “feeling sorry for you” all the time? Of course not. But if you’re human, you are going to want to cry and vent your feelings. And this is an excellent time to lean on other people who, hopefully, you have allowed to lean on you.

By now you should know what “not” to do after you get dumped. Later we will talk about what you should do. But first, we need to address another problem and that’s what it referred to as the “rocking soda machine” effect.

Chapter 4 – The Rocking Soda Machine Effect

The term “rocking soda machine” is borrowed from the hit television show “Seinfeld,” as Jerry Seinfeld claimed that breaking up was always like rocking a soda machine back and forth. This means that it is difficult to actually “end it.” Particularly if the relationship has been a long one. People tend to get comfortable in relationships, even if they no longer love or even like the other party. It is difficult for most people to give up that comfort level.

Hence, the rocking soda machine starts. You get dumped and all of a sudden, the dumper calls you and appears to be having second thoughts. You take this as a signal that he or she wants to reunite and get yourself all hyped up for a reunion.

In some cases, a reunion does occur. In even some rare cases, the relationship ends up working out. Relationships are like fingerprints - no two are exactly alike. In a good percentage of the cases, however, the same old problems that broke you up in the first place are going to break you up again.

Some people try to “remain friends” in an effort to still have their freedom but have the option of going back with their ex lover if they find out that the grass is not greener elsewhere. This behavior keeps the soda machine rocking back and forth as it is impossible to stay together, but hard to break those ties that bind.

The worst part about the soda machine effect is that your ex lover will most likely call you just as you are beginning to heal. You are on the

mend and although still a little hurt, you are ready to move on. In some cases, a chance meeting will be the reason for the call. In others, a holiday, such as Christmas, is the excuse they will give for calling you.

When this occurs, you end up going right back into the same trap and, in most cases, end up getting dumped again. This time it hurts even more. The only good thing about the rocking soda machine effect is that after a while, you get used to the behavior, it hurts less and you finally start to get angry.

If you are experiencing the rocking soda machine effect, ask yourself one question: "If it didn't work the first time, what makes you think it will work out the second time? Or the third?"

You are better off to just give that soda machine a good push and send it landing on the ground. Rocking soda machines can go on for years and can keep you from meeting someone who really does care for you.

Chapter 5 – Getting Angry

Any time you pick up the newspaper, you can find stories about people who have gone to the extreme in their anger over getting dumped. Many of these stories are funny. Many, however, are tragic. Such as those who have murdered family members, children and their ex spouse because of this powerful emotion.

It is, however, normal to get angry about getting dumped. After all, someone broke your heart and you would like to hurt them as they hurt you. After denial, this is the next logical step in getting over being dumped. Be warned that this is the most dangerous of all of the stages of grief when getting dumped.

You want to get out of the “anger” stage as soon as possible - but how? What can you do to allow yourself to get over this emotion which is non-productive, negative and more than a little unattractive?

Here are some things you can do to get you over the “anger” stage that are not destructive and will allow you to vent your frustration in a safe (and legal) manner:

- If you have a photo of the person, put it on a pillow and punch it repeatedly. This will not hurt the person, your hand or the pillow. It will probably damage the photo. No one need know you are doing this.
- Write a letter to him or her telling them everything that you are feeling. Then fold the letter up and keep it. Someday you will be able to look at this letter and wonder “what was I thinking?”

- Exercise. Nothing will burn off that extra energy that you get from being angry than exercise. Not only is it not destructive, but it is actually good for you. Doing something physical is an excellent source of release for your anger.
- Throw darts at a dartboard. Yes, you can even tack his or her photo up on the "bulls eye" to make it more fun. After a while, you will see how silly this is, but you might end up getting really good at playing darts.

Enjoy the activities that can release your anger in non-harmful way. After a while, you may forget why you are even doing this and end up enjoying exercise, darts and writing your thoughts on paper. Hopefully, however, you will not continue beating up your pillow for long period of time.

While we discussed things that can release your anger in a legal and non-threatening way, here are things you should NOT do when trying to get rid of the anger over being dumped:

- Punch him or her repeatedly. Punching a pillow is fine and dandy but might end up costing you money for a new pillow. Punching a person is assault and battery and will end up costing you money for an attorney.
- Write a letter or article about him or her and plaster it all over the internet, or send it to them or their family members. Not healthy, self destructive. And this goes for posting naked photos of the person on your MySpace as well.
- Exercise by jumping into bed with his or her best friend, brother, sister, mother, father or anyone else. For that matter, refrain from

jumping into bed with anyone at this point. This is just self destructive behavior that you are using to validate your own self worth. You may end up hurting an innocent party in the process or getting some sexually transmitted disease.

- Throwing darts or rocks through their windows. Destruction of property crosses the line. Threatening someone crosses the line. The person dumped you, he or she didn't kill your first born. Keep the anger in check, have some fun with darts, let out the tension through exercise and get over this very negative phase as soon as you can.

Anger is one of the most self destructive emotions we can experience. There is nothing positive about it except that it will get our juices flowing. When you get angry, your endorphins start skyrocketing. Use this to an advantage by doing something physical that is constructive, not destructive and illegal. Someone who dumped you does not deserve to have their life threatened or their property destroyed.

Try to recognize the anger as what it is - you are mad because someone didn't return your affection. Is it really worth hurting someone over? Is it worth going to jail? Making a fool of yourself? No. Try to get through this stage of grief as soon as possible as it really has very little to offer. Except the exercise. And, of course, if you are seeking to become a dart champion.

Chapter 6 – Jessie's Story

Jessica was a 26 year old graphic artist who lives in Chicago. She was going out with Pete for a little over a year and was very much in love with him. She told everyone that Pete was "the one" and, in her mind, planned for their future together.

Pete was not of the same mindset as Jessica. He was also 26 but didn't want to get married. As a matter of fact, the thought of marriage scared the daylights out of him. He liked Jessie, but was not in love with her. Still, she was a lot of fun to go out with and it saved him the trouble of having to hunt around for another girl. He got everything he needed from Jessie, which, at that point in his life consisted of companionship and sex.

Although he realized that Jessica wanted more out of the relationship than he was willing to give, Pete continued to see Jessie, but would often tell her that he was "not ready" for anything other than what they had. Men and women think and behave vastly different from one another which is the subject for an entirely different book, so we will suffice to say that Jessie did not take Pete at his word but continued to press on with the relationship.

At Jessie's cousin's wedding, one of her aunts asked her, in front of Pete, when the two of them were going to "tie the knot." Jessie answered "that's up to him." At this point, Pete could no longer delude himself that Jessie thought the same way about the relationship as he did. That night, he told her that he thought they should stop seeing each other "for a while."

Jessica was absolutely devastated. She cried in front of Pete and begged him to reconsider. Pete became even more uncomfortable and upset and left Jessie at her house in tears. Jessica spent the night crying and calling Pete. Pete spent the night unplugging the phone and feeling terrible about himself. He didn't want to hurt Jessie. He just wasn't ready to marry her.

Over the next few days, Jessica continued to e-mail, text and call Pete. Pete refused to answer the phone or respond to text messages. Finally, Jessica confronted Pete at work.

Pete was then forced to tell Jessica that although he liked her, he just didn't want to marry her. He hoped they could still "be friends."

To say that Jessie didn't take this well is an understatement. She had all of her hopes and dreams hitched to Pete's wagon. Now it seemed, at 26 years old, despite a good career and the fact that she had her whole life ahead of her, she felt her life was over.

Jessie wrote an e-mail to Pete telling him how she was ending her life because of him, hit "send" and then proceeded to swallow a whole bottle of Xanax. Fortunately for Jessie, this was one e-mail Pete opened and he had the brains to call the police. After having her stomach pumped and a few days in the psych ward of the local hospital, Jessie was fine. She began to see a counselor about dealing with the break up issue.

What went wrong with the relationship between Jessie and Pete and

how could things have ended differently?

1. Jessie and Pete were both on different planes when it came to timing. Jessie was looking to settle down and Pete wasn't. Had they met a few years hence, their relationship might have worked out, but the timing was all off. Jessie and Pete were star crossed lovers.
2. Jessie refused to take verbal and physical hints that Pete was not interested in a lasting commitment with her. She felt that in addition to controlling her own emotions, she could also control Pete's emotions as well.
3. Pete should have told Jessie the night of the break up his reason for the break up and should have reiterated this throughout the relationship. He should not have avoided the calls, had a bit more sympathy for the pain he caused his ex-girlfriend and allowed her to vent, however uncomfortable it made him.
4. Jessie should have realized that all the phone calls and texting were not going to "bring Pete back." She would have been better off talking to friends.
5. There is no one on earth worth committing suicide over. Fortunately, Jessie sent out a message to Pete that he actually read. Jessie did not really want to die, however. She wanted to get Pete's attention and hurt him. She had reached the anger stage and thought of the worst possible thing she could do to hurt both Pete as well as herself.

Jessie's story is not unusual. Each year, thousands of people in the United States commit suicide over the loss of a lover. Tragically, most of them are young people who have yet to realize that getting

dumped is not the end of the world, but just another aspect of living. And they do not understand how they can bounce back after such heartache.

Jessie's story has a happy ending. Although she didn't end up with Pete, she did get over the breakup. She began counseling and became friendly with another woman in her therapy group who had a single brother who she introduced to Jessie. Today, Jessie and that woman's brother are married and are expecting their second child.

Pete also experienced trauma after the breakup with Jessie and was hesitant about putting himself through another similar experience. He stopped dating for a while but eventually met another woman he liked. After three years together, Pete finally popped the question and is looking forward to ending his bachelorhood.

Chapter 7 – Take A Look At Your Relationship

There are many reasons why people enter into relationships and many reasons why they end. Some people are more enamored with the idea of “being in love” than the actual person with whom they are in a relationship.

After you get dumped, try to step back and take a good look at the relationship that just ended. Take out a piece of paper and write down the things that you liked about the relationship as well as the things that you didn’t like.

Find out what you liked about the relationship and what you didn’t like. Put them down on paper. See if you can see a pattern in the following list of “likes” and “dislikes” in one particular relationship that ended:

Likes:

She is really pretty and has a nice figure

I like being able to call her my girlfriend in front of my friends

My friends thought she was pretty

I liked having sex with her and holding her

Dislikes:

She seemed selfish and would not let me borrow a CD I asked to borrow

She didn’t like my sister

She was always interrupting my sentences

I wasn't really interested in anything she had to say
We didn't share most of the same interests in food, music or TV
She always wanted me to go to her church

Do you see anything wrong with the above "relationship?" Who do you think dumped who? Why do you think this relationship ended? How old do you think the people in this relationship were? The answers may surprise you.

This was a real relationship. The people in the relationship were not teenagers, but in their 40s. Both had been married and divorced and had children. The person who wrote the list was dumped by the woman who didn't like his family, did not share any of his interests and would not let him borrow a music CD that cost her \$12.

After writing this list, the man involved in the relationship realized that there wasn't too much he liked about this woman at all, other than the fact that she was nice looking and he liked having sex with her. The "relationship" was nothing more than a very superficial affair that was never going anywhere to begin with.

In the above case, the man didn't miss the woman at all. He didn't even like his girlfriend. What he did like was the idea of having a girlfriend to whom he was attracted, could show off to his friends and who would have sex with him when needed.

A healthy relationship is based more on respect than physical attraction. While physical attraction and "chemistry" plays a big part of every relationship, it is far from the only thing. No matter how

passionate you are about someone, no matter how much they light your fire, after a matter of years, the passion dies. This is why there are so many books out there to 'rekindle' relationships and hotels that cater to married couples and offer a romantic weekend.

To a degree, a couple can rekindle some of their passion, but it will never be the same as it was in the beginning of the relationship. Half of the passion was due to not knowing if the other person felt the same way and wondering where the relationship was heading. After people have been together awhile and the deal is sealed, so to speak, the passion dissipates.

What remains, however, is respect and friendship. These are the two basic foundations for any relationship. If you do not have this, you do not have a relationship. You cannot "love" someone without liking them.

Did you like the person who dumped you or were you just in love with the idea of being in love? Were you truly friends or was it just a physical thing? Did the relationship start off with a bang?

Most relationships that begin like a raging fire die out quickly. The relationships that last are those that begin like a slow fire that continues to get stoked until it begins to burn steadily.

Many of us have watched too many films that depict people "falling in love" immediately and think that this should happen to us as well. In this day and age when we want everything instantly, it is no wonder that we also demand the same when it comes to "chemistry" in a

relationship.

Anyone who has ever dated on the internet will be able to tell you that they went on many dates that there was “no chemistry.” People who date on the internet often set themselves up for disappointment as they arrange for a “meeting” to see if there is any “chemistry.”

Again, while physical attraction is important, chemistry is not something that happens instantly. It is something that should occur from getting to know someone over a period of time and getting to actually “like” them.

Think about your past love for whom you are pining. Imagine that he or she lost their legs in some horrible accident. Would you still want them? Would you be willing to take care of them?

What if they were maimed and scarred in a fire? Would you still love them? Would you be able to see past the scars and love them for who they are inside?

If the answer is “no,” then you were more in love with the idea of love than the actual person. If you can truthfully answer “yes” to both instances, than the person who dumped you is really quite the loser in this situation and you really deserve someone who will love you the same way in return.

Chapter 8 – The Bargaining Stage

Remember when we talked about the grief process? After anger comes bargaining. Bargaining after getting dumped consists of trying to change yourself to suit the other person. It can also involve doing goofy things like “casting a spell” on the person. There are hundreds of predators on the internet that will be glad to part a fool from his or her money and promise to bring your lover back to you by casting a spell, selling you potions, selling you “energy rocks” and all sorts of scams.

The bargaining phase is destructive and can really end up costing you some money if you are not careful. There are people who pay hundreds of dollars for magic potions designed to “make someone love them.” The truth of the matter is that there is no such potion. Again....*you cannot control someone else’s feelings.*

Changing your hair coloring or style is destructive unless it is something that you want for yourself and not what “he” or “she” liked.

There are some positive aspects to the bargaining phase. Suppose, for example, you felt your ex left you because you were too fat. He or she took up with someone slimmer than you. You may decide to go on a diet and exercise to lose weight and really “show them.”

Taking care of your health is a good idea no matter what the situation. Whatever motivates you to get into shape by exercising and watching what you eat is positive as the outcome is constructive and not destructive. This is actually a good thing that you should do for

yourself after a break up.

Changing your personality, however, is not a step in the right direction unless you feel that you are seriously flawed. If your ex boyfriend broke up with you because he said you are too selfish, you may look within yourself for examples of that negative trait and try to overcome them.

If, however, your ex boyfriend broke up with you because you didn't like to gamble, it would not be wise to suddenly take up a vice in order to please him and hopefully get him to return to you.

The bargaining phase is usually short lived and is devoted to performing in a certain manner to get him or her to come back. It is usually futile and can have either negative or positive results, depending upon what you choose to do. Remember the following when you are in the "bargaining phase:"

Negative:

- Going online, finding Voodoo Priestess and paying \$50 for a spell to be cast to get him to love you;
- Dying your hair bright red even though you have olive colored skin because he once said that Lucille Ball was pretty;
- Becoming emaciated because he said he really liked skinny girls even though you are 5'7" and weigh 125 pounds.

Positive:

- Making a concerted effort to listen to others instead of always

talking about yourself because he said you were very self centered;

- Deciding to go on a diet and begin exercising because you are overweight and he is now with a woman who is in better shape than you;
- Getting your hair done to give yourself a boost.

Chapter 9 – Treat Yourself Good

When in the bargaining phase, you may decide to start making some positive changes in your appearance and personality to get your lover to return. Although focusing on what he or she likes is not constructive, focusing on making yourself look and feel better is a positive step towards bouncing back after getting dumped.

Very often, we get ourselves wrapped up in a relationship so tight that we give everything we have to the other person and totally neglect ourselves. When the relationship ends, we are not only crushed, but we also feel we have lost our identity.

Women, more than men, are taught to do for others before doing for themselves. As little girls, women are taught that it is important to be polite and that self sacrifice is good. Little girls are admonished more than boys for “being selfish.”

Selfishness is never a good quality in a human being. But being selfless is just as bad. Everyone has worth and it is important for you to realize your own self worth.

Even if you don't have a friend in the world or any living family members, you are still worth something to someone. That someone is you. Never allow anyone to have so much power over you that they can take away your self worth.

In order for you to bounce back after getting dumped, you are going to have to regain your confidence and realize your self worth. Getting

dumped is usually quite a blow to your self esteem. Most of us take it very personally and feel "unworthy of love" from anyone. We tend to put too much stock in what someone else thinks of us instead of how we think about ourselves.

Confidence is not difficult to get. It stems from thinking highly of yourself and feeling that you are "on top of the world." Confidence is a simple frame of mind that you can learn to achieve if you follow these rules:

1. Your life worth depends on what you think of yourself and not what others think about you. Sigmund Freud, the father of modern psychology, theorized that "we are what we imagine others think we are." Think about this for a moment. If you go around thinking that everyone thinks you are a loser, guess what? That's exactly how you come across to people. Go around thinking that everyone you come in contact with is enchanted by you and guess what? That is exactly what happens.

2. Do what you like, not what others like you to do. Too many of us live our lives for other people. While a certain degree of selflessness makes us a caring person, too much makes us a doormat. Value your own likes and dislikes. If you like to paint, for example, take a class in painting. Paint often. Even if you have no talent, do not allow others stop you from this pleasurable activity.

3. Take care of yourself first and everything else will follow. Have you ever been on an airplane when they tell you about the oxygen masks? The flight attendant will instruct parents to place the mask over

themselves before their children. To most parents, this idea is horrifying. But think about it - if a parent passes out because of lack of oxygen, who is going to put the mask on their child? Many of us focus on taking care of other people instead of ourselves and find little or no time to enjoy our own activities and do what is necessary to really take care of ourselves, both mentally and physically.

This is not to say that you should just go about life caring only for yourself and to heck with other people. There are times where you will have to place others' needs before your own. But you should also make sure that you never neglect yourself and your own needs. This insures your own worth to not only others around you, but also to yourself.

4. Face your fears. Many people allow fear to run their life. In most cases, our fears are figments of our imagination. Confident people face their fears head on. If you want to give yourself a jolt of confidence, think of a fear that holds you back from doing something that you want to do. Then face the fear and do it. Having the courage to face your fears instills instant confidence in anyone.

5. It is okay to be alone. Many people grasp on to any sort of relationship, even if it is self destructive, in an effort not to "be alone." There are worse things in life than being alone. Being with someone whose company you don't enjoy is one of them. Bringing other people, such as relatives and children, into the fray is another.

Never cling on to a relationship because you are afraid of being alone.

6. Your happiness depends on you. After getting dumped, indulge yourself a little. Buy a book, DVD or something else that you have always wanted. Get a manicure or massage. Rent a film that you have always liked. Do something that *you enjoy*. And each day, do something else that *you enjoy*. This gives you pleasure and also negates the idea that your happiness depends upon someone else.

Chapter 10 – Depression

Depression is the final negative stage of grief. It can be very brief or can last for years. If you have depression that lasts for more than two weeks, see a doctor. In most cases, depression over a failed relationship will not last for more than a few days.

Signs of depression include:

- Not being able to eat;
- Eating too much;
- Sleeping too much;
- Loss in pleasure in any activity that you once enjoyed;
- Crying all of the time;
- Physical aches and pains;
- Insomnia

It is normal to feel depressed after the end of a relationship. This is the point when you realize that the relationship is over. The denial is gone. The anger is gone. The bargaining is gone and now all you have left is the realization that it's over.

Depression can be a serious illness and severe depression requires medical attention. If you, at any time, have thoughts about harming yourself or others, you should not hesitate to seek medical treatment.

For most people, the depressive state will last only a brief while. If it continues more than two weeks, or interferes with your work or life, see a doctor who may prescribe some anti depressants.

There is no magic 'cure' for depression. People will tell you to "snap out of it." You can't. If you are like most people, however, the cloud will lift. One day you will wake up and realize that life is not that bad and each day will get better.

During the depressive state you should continue to try to do things that make you happy, even though you will probably not want to do much of anything. Listen to music that you like and watch films that are funny and uplifting.

Do not drink or make any drastic decisions. Exercise will help you tremendously as will any creative pursuit. Do not dwell on the situation, but do not refuse to acknowledge it, either.

Above all, realize that this is a natural part of the grieving process and that you are one step closer to bouncing back after getting dumped.

Chapter 11 – Jim's Story

Jim met Kelly online and they hit it off immediately. He liked her picture as well as her personality. They agreed to meet at a coffee shop to see if there was "chemistry."

There was chemistry. Jim found Kelly even more attractive in person than in her photo. And she liked him as well. Sparks flew as they sipped their lattes. They jumped into bed with one another that night.

All went well during their intense courtship until Kelly's ex-husband began showing up in the picture. Kelly told Jim that she had a good relationship with her ex husband and they were friends. Jim didn't believe Kelly. He had been burned before by a woman who left him for her ex-boyfriend. Jim became increasingly jealous of Kelly's ex-husband.

Before long, Jim was giving Kelly ultimatums about her ex-husband. Jim didn't want him going to Kelly's house unless he was there. He didn't trust Kelly. Kelly and her ex-husband were no longer in love, but had two children together and were on friendly terms for the sake of their children. Kelly's ex-husband had a steady girlfriend and no interest in Kelly any longer. He did think that Jim was very controlling and told Kelly.

Kelly began to look at Jim's behavior and found it oppressive. She finally ended it with Jim. She told him he was a "control freak" and she never wanted to see him again.

Jim called Kelly repeatedly and she sometimes answered and tried to explain the situation to him. Jim did everything he could think of to persuade Kelly to come back to him. He purchased tickets to Las Vegas for the two of them. He sent flowers to her office.

Finally, in a fit of anger and believing that Kelly was involved with her ex-husband, Jim confronted Kelly's ex-husband where he worked and got into a physical altercation with him. Jim ended up getting arrested for assault and battery. Kelly's ex-husband did not pursue the case and after a few court dates, the case was dismissed. Kelly, in the meantime, filed for and received a restraining order that kept Jim away from her and her children.

Jim decided to go back online and met another woman right away. Again, instant chemistry and an intense relationship, until he felt threatened by her close relationship with her mother.

What is wrong with the above "relationship?" Can you see the negative and the positive? From what you read, can you determine what "went wrong?"

- The intense "falling in love over latte" was the first red flag. No one falls in love that fast unless they are very insecure. A healthy relationship is a secure relationship.
- Because he had been dumped for an ex, Jim immediately felt threatened by Kelly's ex husband. His insecurity magnified the situation.
- Jim allowed his anger to build to the point where he actually attacked Kelly's ex husband, an act that could have cost him much

more had he seriously injured Kelly's ex husband.

Breaking up is hard to do, but in the case of Jim and Kelly, it became a volatile situation. The "romance" was never based on anything other than lust and insecurity. Fortunately, no one ended up dead or in jail. There are thousands of situations every year similar to those of Kelly and Jim that end up much worse.

Chapter 12 – When To Seek Counseling

Jessie and Jim, the two cases discussed in this book, needed counseling. Many people need counseling to get over the grief of a break up. Seeking counseling does not mean that you are “crazy.” It just means that you are going through a rough patch in your life and need a little help. In most cases, after a few sessions with a qualified counselor, you will begin to see things in a different perspective.

In Jessie’s case, her grief was reflected inward. She chose to take an overdose of a tranquilizer to punish both herself and Pete. Jessie did get the counseling she needed when she was admitted into the hospital. The counselor was able to make her see that she placed too much stock in the relationship with Pete and defined herself by this relationship.

With the help of the counselor, Jessie was able to see that her life was not validated by her relationships with others but by her relationship with herself. She began taking more of an interest in things other than relationships, participated in group therapy and, when she least suspected it, found a man who was also ready to settle down and get married.

Jim also had to seek counseling as mandated by the court. He was sent to an anger management program where he was able to see that he had an issue with control that stemmed from insecurity. Because he had been dumped by someone who he really cared for, Jim found it difficult to trust any woman. As trust is the basis for any healthy relationship, Jim found himself getting into one unhealthy relationship

after another.

Because of his low self esteem, Jim could not be alone. He found himself instantly "falling in love" all of the time. And each time, it got to be more intense. Jim was not a violent person prior to attacking Kelly's ex-husband. He never hit a woman in his life and even as a boy, rarely got into fights. But the incident with Kelly allowed him to spin out of control.

Jim also learned not to define himself by his relationships. He also learned not to hop into rebound relationships in an effort to overcome getting dumped. He stopped seeing the woman that he met after Kelly and began to take better care of himself. He recently joined a gym and took up golf. He is waiting for a little bit longer to start dating again.

Chapter 13 – Avoid The Rebound

One of the worst things you can do after getting dumped is to rebound in another relationship. You know the old saying that “when you fall off a horse you should get right back on and ride?” This doesn’t apply here. Do yourself and other people who you meet a favor and give yourself some time to heal before you embark on another relationship.

After a relationship ends, we miss the closeness that we once had with someone else. We naturally want that again. Close physical contact with another individual is something we all seek. It’s normal to want to be with another person as human beings are social animals.

Something, however, went wrong with your last relationship. No matter what it was, there was something wrong and you have to acknowledge what, exactly it was. Were you too clingy? Too demanding? Did the guy cheat? Did he not want to commit? Was the timing off?

Ever since the book “The Secret” came out a few years ago that discussed the laws of attraction, there have been many new converts to spiritualism. The laws of attraction pretty much state that we get out of life what we seek. Sometimes, however, subconsciously, we seek the wrong things.

If we are continually choosing men or women who won’t commit, it may be because we don’t want a commitment. We may actually find more of a thrill in the chase than in the actual relationship.

If we keep finding men or women who are physically or emotionally abusive, we are seeking this treatment for ourselves. We are sending out a signal that it is okay to treat us with no respect.

Before we can truly move on and be ready to date again, we should find out what type of signal that we are sending out to the universe that is causing us to continue to find people who are all wrong for us.

Prior to going out with a giant net and trying to capture the next man or woman who comes your way to fill the void that you feel from the end of your last relationship, take a few minutes and write down what you value in a relationship. This means any type of relationship, not just a romantic relationship.

Also take a few minutes to write down what you like about yourself and your interests. Wouldn't it be nice to find someone who appreciates you for you and shares some of your interests?

Common interests is the basis for a healthy friendship and a healthy friendship is the basis for a good relationship. Instead of just jumping out of the frying pan and into the fire because you're lonely, take a step back and try to figure out what went wrong with the last relationship before getting involved with someone else.

A rebound relationship will most likely run the following course:

- You will find someone to whom you are attracted and try to make her or him into your ex lover;
- Because you are lonely, you will force a chemistry that is not there;

- You will end up feeling frustrated because you do not have the same feelings for the new person in your life that you had for the old. You will continue to try to get those feelings so you don't have to be alone;
- You will long for the closeness that you had with your ex lover and try to get it with your new lover, to no avail;
- You will end up hurting another person when you realize that this new relationship is not the "cure" you hoped it would be to ease the pain of being dumped.

Bouncing back after being dumped does not mean bouncing into the next bed of the next person who comes along. It takes a little bit of time to heal and a willingness to face facts that the prior relationship is in the past and it is time to live in the present.

You also have to be willing to acknowledge that the prior relationship was not perfect. Your ex lover is not a living legend, they are fallible human being.

Chapter 14 – The Turning Point

The final stage of grief is acceptance. This is the turning point of your grief of getting dumped and the first step into bouncing back. You need to accept that the relationship is over and that it is time to get on with your life.

At this point, you have a choice. You can continue to live in the past and relive all of the stages of grief and continue to pine for someone who doesn't want you, or you can get on with your life. Remember the line from "The Shawshank Redemption?" "Get busy living or get busy dying?" Hopefully, once you reach the turning point, you will get busy living and let go of the past.

When you make the concerted effort to get busy living and forget the past, take all of the little mementoes that you saved and have a little funeral for the past relationship. This can be as simple as tossing out cards and reminders to deleting all of his e-mails that have been saved for posterity.

You are burying the past. Just as we have a funeral for the dead, we need to have a funeral for the relationship. It needs to be buried and you need to move on.

If you have been hanging on to e-mails or phone numbers or anything else with his or her contact information, get rid of it. Let the past rest and look forward to the future, which is right ahead of you and will be whatever you choose to make it.

Chapter 15 – Forgiving Your Ex

Before you can truly bounce back from being dumped, you have to forgive your ex. There should no longer be any animosity. If you can't get past this step, don't bother to date as no one is going to want to listen to your repeated stories about how horrible your ex-lover was to you. After a while, it gets old.

Unless your ex killed members of your family, stole money from you or harmed your children, there is no reason not to forgive him or her. Chances are that all your ex did was not love you the same way that you loved them. That's no crime. It is the chance we take when we enter into an adult relationship.

For whatever reason, the relationship ended and he or she is no longer interested in continuing a romantic liaison with you. In many cases, he or she may regret that they were unable to love you in return. They may really like you as a person, but can't love you like you love them. Isn't it better that you find this out before anything else happens?

Forgiveness is necessary before you can move on. Carrying anger in your heart will only hurt you, no one else. Chances are that your ex boyfriend, girlfriend or spouse has moved on long ago. If you continue bearing the grudge about the failed relationship, you are hurting only yourself and anyone else who comes into your path.

You do not have to call up your ex lover and tell them that you forgive them. You simply must do this in your heart. Realize that all people

make mistakes and that they probably didn't mean to hurt you. If their "crime" was simply not returning your love, you have to realize that they couldn't help this any more than you could help your feelings towards them.

People grow apart, it happens. Relationships end. It doesn't have to be the end of the world and it certainly doesn't have to be the excuse you use to punish every other romantic interest who comes in your path.

Once you are able to forgive your ex lover in your heart, you are ready to move on and truly bounce back from being dumped.

Chapter 16 – Ready To Date Again

How do you know when you are ready to date again? Very simple - when you no longer think about your ex boyfriend or girlfriend and feel that you have healed from the pain of being dumped. After you have re-evaluated your life and know what you are looking for.

There are many ways to date today. Years ago, the choices in finding people to date were limited. You picked them up in a bar or at a church function. Or were introduced. "Blind dates" were for losers. Today, however, more people are meeting by "blind dates" than ever before. Internet dating is something that a good percentage of Americans have tried. Some people hate it, others have met their spouse on the internet. It is all a matter of timing.

In addition to internet dating, there is also speed dating, dating agencies for all walks of life and meeting groups. There are still the old fashioned ways of meeting someone through friends or neighbors.

When we get dumped, we often react as if the person who dumped us is the last man or woman on earth. We are doomed to spend the rest of our life alone because this person didn't want us. Everything about us is wrong and everything about him or her was right.

By taking this mindset, we are actually giving the other person the status of a deity. No one should have that type of control over your happiness or how you feel about yourself.

Before you begin to date again, make sure that you have done the

following:

- Found some sort of activity that you like and are currently pursuing;
- Feel confident in yourself and your abilities;
- Like the way you look and behave;
- Know what qualities you are looking for in a man or woman;
- Are not looking for someone to “save” you.

The purpose of dating is to enjoy the companionship of another person. Another person cannot “make you happy.” The only person who can make you happy is you. Another person can add to your happiness if you enjoy their company.

Never attempt to pin the burden of your happiness on another individual and never allow your happiness to be dictated by someone else. If the relationship fails, you should still have something to fall back on....you.

When you are ready to date, the options are wide open. If you have never tried an internet dating site, try it. It may be a good way to get yourself out of your shell and meet some new and interesting people.

Do not go into the dating game looking for the love of your life or someone to fulfill all of your needs. Look at it as a way to meet new friends. If something more comes out of it, fine.

There are hundreds of internet dating sites that are available all over the internet and many that cater to special interest groups. Joining a

site that caters to special interests is one way to make sure that you have a little something in common with those who you meet.

It does not have to cost you a lot of money to date on the internet. You can do this easily by joining one of the free sites. When internet dating, follow these simple rules:

- Put your recent photo on the internet. Some people feel that it is fine to put a photo that is 10 years old for their picture. You are better off pleasantly surprising your date than seeing him or her recoil in horror as you show up looking a lot older and heavier than your photo.
- Do not ever give any personal information such as where you work, to strangers. You can give your first name, but that's about it. Not until you get to know them.
- Give out your cell phone number when you are about to meet. Be wary of men or women who will not give you their cell phone number - it usually means they are married or are living with someone.
- Meet in a public place for an hour. Tell them that you only have an hour to kill and will meet them for coffee. Try not to meet in a bar as alcohol sometimes lowers your inhibitions. A morning meeting at Starbucks is ideal.
- For the second date, go somewhere local and meet them by taking your own car. Get to know them a bit before getting in their car.
- Trust your instincts. If something tells you that there's something not right with the guy or girl, get out of there.
- Do not be afraid of appearing "rude" if you do not want to get into a car with a guy. Women often become victims of sexual assault or

worse because they are taught to be polite and not "hurt someone's feelings."

If you want to continue dating the person you met online, make sure of the following:

- That he or she is off the internet site and not still scouting around to trade up. A good way to discover the "lifers" on the internet dating sites is to see how long they have been on the site. If a guy or gal can't find a date in two years, chances are that they are not very serious about seeking a real relationship and have issues;
- Look out for the red flags. Some people toss out so many red flags that when you gather them up, you can land a plane. If the guy or the girl you are seeing always has to see you during the week in a private place, that's suspicious. Before getting serious with anyone, make sure he or she introduces you to family members.
- That you continue the pursuits you began before you began dating again.

It is great that you feel you are able to get back into the world of dating. Once you are truly over your ex lover who dumped you, have forgiven them and are ready to move on, you have a myriad of opportunity to date again.

Chapter 17 – 20 Tips On Bouncing Back After Getting Dumped

If you are like most people, you will probably get dumped more than once in your lifetime. Make sure that you cut out these tips and paste on your refrigerator so that you know what to do if it happens again:

1. Cut yourself some slack and realize that you have a right to grieve;
2. Recognize the five stages of grief - denial, anger, bargaining, depression and acceptance;
3. Realize that no matter how many phone calls you make to him or her, you cannot control his or her feelings, but only your own.
4. Put the breakup into perspective - he or she did not commit murder and does not deserve violence;
5. Do not fall prey to those who will offer to cast spells or help you get your lover to return to you;
6. Do not blame yourself;
7. Only change for the positive - never do anything just for a man or woman;
8. Find a hobby that you like;
9. Write down 10 things that you really like about yourself;
10. Never, ever think about suicide, there is no one on earth worth killing yourself over;
11. Know when to seek counseling. If depression lasts more than two weeks or you have thoughts of harming yourself or others, seek medical attention;
12. Learn when to "bury" the relationship where it belongs - in the past;
13. Forgive your ex lover for not loving you enough - they cannot help

- their emotions any more than you can help yours;
14. Do not jump into a rebound relationship until you have healed from your prior relationship;
 15. Do not look for someone to make you happy - look for a companion whose company you enjoy;
 16. Beware of "instant love," it is usually a recipe for disaster;
 17. Do not be afraid to check out internet dating, speed dating and other new ways to meet people;
 18. Look for someone with whom you have something in common - joining a club is a good way to meet someone who will share some of your interests;
 19. After you begin dating, make sure that you continue doing things that you did before meeting your new boyfriend or girlfriend. Do not allow them to become your entire life.
 20. Never, ever, ever allow someone to determine your happiness. Never give someone else that power over you.

Bouncing back after being dumped can take as much as a year or as little as a month. It is really up to you and how well you handle adversity. A lot depends upon the length of the relationship. A good rule of thumb is to give yourself a month to heal for each year of the relationship. For most people, however, it does take longer.

You will probably never forget the person who dumped you as they made such an impression on your heart. This does not mean, however, that you have to think of them on a daily basis.

It is unhealthy to dwell in the past. It is better to live in the present and look towards the future. Just because you got dumped, it is no

reflection on your intelligence, body, looks or personality. You are not the first woman or man in the world who got dumped. And you won't be the last.

Marilyn Monroe was considered one of the most beautiful women in the world. Even nearly 50 years after her death, she is still revered. Marilyn Monroe got dumped by Jack Kennedy. She was devastated. President Kennedy was not the only person who dumped Marilyn Monroe. And she is not the only beautiful celebrity who ended up getting her heart broken.

Anytime you enter into a relationship, you take a chance of getting dumped and getting hurt. The alternative to this is to not take a chance on relationships. That may be the "safe bet, but for most people, it's not a viable option.

Take a chance and if you get dumped, realize that it is far from the end of the world, recognized the stages of grief, heal yourself, pick yourself up, dust yourself off and get right back into life.