

## [How to properly break up with someone](#)

There are a few simple rules that can help you through any break up.

1. **Be honest-** Give your partner some credit. They're going to know if you're lying about the reason for the break up, so just be honest in the first place. You're not "being nice" by just saying "things aren't working out." You're actually doing the opposite. You're confusing your partner and leaving them wondering. And what do wondering ex-partners do? They ask you again and again and again why you left them, what went wrong, and why you can't still be together. Sometimes it's hard to tell someone that you aren't attracted to them, or that you can't get over their connection with their mother, or that you feel like they don't fit well with your family, but it's important that you say these things (in a nice way) so that they aren't left confused and hanging on to you for more.
2. **Cut ties-** This means you delete their number, you delete them off your Facebook friends list, and you do not initiate contact with them at all. Everything you need to know about why this is true is listed in our article titled- [Can We be Friends After Breaking Up?](#) And in case you were wondering... the answer is no.
3. **Move on-** Thinking about your ex is important in the right context. It's important to analyze your relationship, how you got into it, and why it didn't work. The reason you need to do this is so you don't make the same mistakes over and over again. You want to be with someone who makes you happy, so learn from the relationship that didn't make you happy, and then just move on. Don't dwell for too long. Move on in a direction that helps you grow to be a better person, and a better partner.
4. **Finally, don't look back-** Many people make the tragic mistake of "getting over" someone, beginning to date someone new, and then deciding to just "check in" on an ex and "see how they're doing" or "what they're up to." This is a fatal mistake my friends. Almost always old feelings will ignite and you'll begin thinking more and more about that person and you could easily end up becoming unfaithful to your new partner emotionally or physically (click to learn about [What is Emotional Cheating?](#)).

Follow these simple steps of being honest, cutting ties, moving on, and not looking back, and you will be much more likely to grow as a person, and find the partner you're supposed to be in love with.

Learn more about [Knowing When it's Time to Break Up](#), or on a happier note; [How do I Know if I'm in Love?](#)