

## Dating Tips: Moving on after a break up

You spend so much time with one person, only to find out that it's not working out. The next step? The dump. Whether you're being dumped, or doing the dumping yourself, break ups can be terrible events to get over. No matter how you look at it, losing someone that was important to you and part of your everyday life is one of the hardest things you can do.

Friends and family are a wonderful and necessary support post-breakup. Always lean on them for support and advice; don't lock them out in your distress. However, as loving and open as your family and friends may be, it is ultimately you that must propel getting over a bad breakup.

"Moving on" is comprised of two parts. First, you have to get over it. This is the immediate action you must complete before you can move on to the next phase. If you have not let go, you cannot truly go forward. Second, is getting back in the dating game. For many, this is the hardest part.

Follow our two-part guide for moving on after a break up. The guide begins with tips for getting over the breakup, and then moves on to outline things to do to get back into the dating game.

### **Get over it:**

- Remove any pictures or memorable gifts
- Remove your ex's contact from your phone and e-mail list
- Take a short break – from everything and everyone
- Get a haircut or a new outfit
- Go out with your single friends

### **Get back into the game:**

- Try a new activity or hobby
- [Try speed dating](#) (especially good for a time-saving, low-pressure boost of confidence!)
- Attend any work/school socials at arise
- Go out to *new* venues
- Get online (try meeting people via social media or online dating)
- Get out to local festivities and fairs

## About the Author

Justin Parfitt is the CEO and Founder of FastLife International, the world's largest speed dating and singles events service. Hosting over 150 events a month in 47 cities in 6 countries, including [Speed Dating Melbourne](#) and [Toronto Speed Dating](#)

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