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Psycho ex girlfriend stories

silent at the other end. I suppose it is, he murmured, but I was worried the news would bother you. Jane was doing what women have done since the beginning of time: protect her beloved besties from the new girlfriend's heinous. This usually involves denigrating not only the new woman, but also the ex. You're not going to believe what she was wearing! Or, poor boy, he'll never meet anyone as amazing as you. Jane and other women who play the role of the protector certainly mean well. They just don't want to see their good friend hurt. But at a time when we, as women, are doing everything we can to fight for our empowerment—to sculpt a place for ourselves in a toxic male patriarchal world—it's time for us to make the page about catty behavior that only serves to undermine our ultimate goal. Like everything else in life, the only thing that keeps you from accepting that your ex has a new girlfriend is a simple change of perspective. Okay, usually innocent. There are cases with messy stories. But overall, your ex's new girlfriend is just a woman who met a man and started dating him. He's living his life like you. Do you deserve to be judged and hated from afar? Probably not. Does he deserve love and happiness as much as you do? Definitely. So think of it that way the next time you feel a little bad. It's not your nemesis. He's not going to look for you. She's just a girl who met a guy. End of story.2. It wasn't right for you In my case, I chose to leave the relationship because I was miserable and exhausted. But it doesn't really matter what the circumstances were. Whether you left him or left him, whether infidelity was involved or not, that's all a moot point. Behold: Two people who are deeply connected and truly happy together do not separate. It's that simple. A lot of people are miserable in relationships and choose to stay for their own reasons. But happy couples don't split up. And for a couple to be happy, both people have to be happy. So if you said, We were so happy, but then he left—I'd say, Honey, you're not being honest with yourself. When it's okay, Not bad. Without decision-making, no wondering if this is the person for you, zero doubts in any person's mind about the relationship. That doesn't mean intimate relationships don't require a lot of effort and work, of course it does! But in the same foundation, they're both 100 percent in. Going back to your ex: You didn't have a magical relationship with your ex, that's why he's your ex. So let him go. Let. You deserve magic. Make room for the real thing. He's coming.3. Be elegantIn a world where cattiness and gossip rule — be elegant. Classy women don't blame others for their problems or pain. They don't tear other women apart, gossip or get jealous. They harbor no bitterness and resentment. Classy women forgive. They take full responsibility for their lives. They know their value and don't settle for mediocre relationships and lives. Classy women lift themselves and other women. In a world full of stingy, have class.4 How often do you spend your time living in other people's businesses? Wondering what others are doing (i.e. your ex), feeling, thinking? Having an opinion (and a strong one in that!) about how they should be living their lives, who they should be seeing or not seeing, what they should eat or not, who they should forgive or not forgive, etc. It's exhausting! Living in your ex's business is a pretty miserable place to be. You're there worrying about his life, and nobody's here living your life. So go back and take care of yourself and your business. Take care of what you're putting in your body, who you're spending time with, how much you're sleeping with, who you've forgiven, how kind you are, and if you're living the life you want and being the person you want to be. As for your ex? Let him live his life. This is the fast path to peace and the key to keeping a heart open.5 Change your approach, I can really say that I lead a rich life full of joy and purpose. I don't have time to worry about who my ex is dating or not. My days are full to the brink! Every week I work through pages and to-do list pages to help me achieve my wonderfully ambitious life goals and I barely have enough time to eat (joking — I love food too much to forget to eat, but you understand my drift). If you find you ruminating about your ex and his new love interest, it may be time for a re-evaluation of life. Remember, you only have a beautiful life, do you really want to waste it worrying about someone you weren't even happy with, or who wasn't happy being with you? Take a closer look at every aspect of your life. What are your life goals? Dream big! What are your unique gifts? What will be your unique contribution to the world? Who are you surrounding yourself with? What are your values How do you spend your time? What are you do you actively cultivate joy? Are you living a life you love? If you're ruminating about your ex, the answer to that last question is probably no. Start now. Get a life check. It's never too late6. Feeding women's empowermentGoodness — as women, we've had a lot to deal with in this world! Things are slowly changing in our favor, but there's still a lot of work to be done. In the last year, we reached a record for the number of women serving in Congress (yes, baby!). We create a safer world for our daughters through the #MeToo. Iceland became the first country to make men who pay more illegal than women. Saudi Arabia now allows women to drive. Sex with minors is now considered rape in India (goodbye, child marriage). Things are happening. And to maintain momentum, the ladies are going to have to stay together. Encourage each other. Support each other. So in the name of female empowerment: hug your ex7's new girlfriend. When all else fails: Grow If none of the above resonates, then I will only be frank and say: Grow. Leaving another woman will never feel good because she's not who you are. You don't need to take down other women to feel good about yourself. Jealousy, pettiness and cattiness often point to immaturity and low self-esteem more than anything else. You're better than that. So do yourself a favor and leave it. We live in a world unbridled with female impotence. Refusing to contribute to that. Choose to stand with all the women, even your ex's new girlfriend. Change your focus inwards, towards you. Change your inner world and watch your outside world magically transform before your eyes8. Finally, and above all, love yourself Your behavior towards everyone and everything in your life ultimately comes down to your self-esteem. When you really love who you are, you don't feel compelled to judge others or leave them. You don't rumina about other people's lives and relationships. Every judgment, every comparison, every rumination, all forms of cruelty can be symptomatic of low self-esteem. When you love who you are, you spend your time living your own unique magical life and loving every minute of it. I don't know about you, but I wouldn't trade my life for anyone else's. I'm completely and completely in love with myself. I love who I am, I love what I stand for, I love how I move in the world, and I'm proud of what I contribute and the life I've created. When I look in the mirror every morning, I am so inspired by the fiercely kind and powerful woman who looks at me. I want it for all women. When you're living your best life and you have intrinsic self-esteem, there's no time or desire to hate anyone else. Period. From the opposite is true: you end up wanting everyone to be as happy as you are. Yes, even your ex and his new girl. Oriana Galardi-Este is life coach that helps women build unwavering confidence so they can get out of anxiety and in their full power. Click here to take your popular quiz: How confident are you? Picture: Django/E+/Getty Images So you finally have a girlfriend. Good for you! That has to feel good. Now all you have to do is find out if it's good for you or not. Because that's really what happens with relationships; you could be with a woman who's totally attractive to you or makes a lot of money, or who takes care of you when you're sick, but none of that means she's really good for you. How will you know when you meet a woman who's good for you? Well, you'll be getting close to your best self every day. Someone who really has your best interests in your heart supports you when you're trying to reach your goals, and gently reminds you not to do things that aren't good for you. He will never judge you for being who you are, and not only does he accept you for your peculiarities, but he actually loves you for them. The only other way to know if you've found a girlfriend that's good for you is to take this quiz. Be sure to answer these questions carefully, because if you find a girlfriend that's good for you, then you might want to put a ring on it. PERSONALITY Am I a good bride? 6 Minutes Quiz 6 Min PERSONALITY Do you really understand your girlfriend? 5 Minutes Quiz 5 Min PERSONALITY Is your boyfriend good for you? 5 Minutes Quiz 5 Min PERSONALITY Can we guess what kind of partner is your best match? 5 Minutes Quiz 5 Min PERSONALITY Is your S.O. More bridal or wife material? 7 Minute Quiz 7 Min PERSONALITY Will she be your first girlfriend? 5 Minute Quiz 5 Min PERSONALITY Are you a good girlfriend? 6 Minutes Quiz 6 Min PERSONALITY If you answer half of these questions you may have found true love 5 minutes Quiz 5 Min PERSONALITY Can we guess what % of bridal material you are? 6 Minutes Quiz 6 Min PERSONALITY What kind of guy should you get married? 5 Minute Quiz 5 Min How much do you know about dinosaurs? What is an octane? And how is an appropriate noun used? Luckily for you, HowStuffWorks Play is here to help. Our award-winning website offers reliable and easy-to-understand explanations of how the world works. From fun quizzes that bring joy to your day, to engaging photos and fascinating lists, HowStuffWorks Play offers something for everyone. Sometimes we explain how things work, other times, we ask you, but we're always exploring in the name of fun! Because learning is fun, so stay with us! Playing quizzes is free! 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