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should you be friends with your ex it s an age old question frequently debated with radically differing opinions staying friends with an ex can be a good idea if you and your ex have platonic feelings you and your ex don t have romantic feelings for each other anymore you can have a platonic relationship and treat them as a friend and nothing more before texting your ex take a minute to think about your intention are you hoping to reconnect hook up end your communication for good here s what to send you can reconnect with your ex at any point in your life when you re ready to be just friends for now focus on getting over the fact that you broke up and make that a priority instead of being friends at any cost your ex is occupying your time energy or headspace and it s affecting your ability to date other people or be present in other parts of your life the idea of them dating someone else makes you feel jealous uneasy or upset if your ex was disrespectful routinely cheated on you or took you for granted in other significant ways you must accept that this other individual is not supposed to be in your life as friend 1 stay calm when you see your ex download article remember your ex is probably just as nervous as you are breakups can leave you feeling angry sad and lonely and a chance run in with your ex isn t the right time to vent those feelings do your best to stay composed when they re around it s possible to have a platonic friendship with someone you used to date here s how and whether you should try in the first place if you re trying to be friends with your ex have a 3 minute listen playlist should you be friends with your ex it s a toughie npr s life kit has advice for transforming a once romantic relationship into one that is purely platonic scott there are four key motivations for wanting to stay friends security practical civility and unresolved romantic desire staying friends because of lingering feelings created the most problems you are not alone in wanting to be friends with your ex and there is nothing inherently wrong with it exes can make for good friends who know how to support motivate and care for you setting boundaries with your ex leads to clearer expectations of how you can move forward at the end of a relationship setting boundaries may be a good place to start if you want to thinking of getting back with your ex follow these 18 rules before rekindling your relationship with an ex from five dating and relationship experts you may feel love for your ex the question is whether the relationship is viable if not the desperate need to re connect often leads to more breakups and loss it can be healthy to stay friends with your ex while pursuing other relationships says justin lehmiller ph d a research fellow at the kinsey institute and a lovehoney expert but it having sex with your ex can mean anything depending on

your personality former relationship and present goals but often it's linked to a need for comfort fear of moving on or april 18 2022 shutterstock even if your last breakup is far behind you there may be times when you find yourself wondering how to get back together with your ex plus rekindling the romance here's how to navigate some common stages of the journey to a relationship sequel with your ex 1 bubble space this is the kindergarten teacher term for no contact no talking no getting over an ex is an emotionally taxing process it's not just about letting go of someone who was a significant part of your life it's also about grappling with a future you hadn't planned for life kit should you be friends with your ex may 23 2024 3:00 am et 16 minute listen playlist marielle segarra host you're listening to life kit from npr hey everybody it's

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