

Ok, so you broke up...now what?

1

Cry. If you want. As much as you want.

2

Call your best friend, mom, or sister. Schedule an emergency meal together at someone's house. Menu: comfort food and **PLENTY** of ice cream.

3

Avoid your phone/computer for 24-48 hrs. Go to work/be with your people/whatever you can to let the reality settle in. (Sounds terrible, but it's better to get it over with.)

4

Sleep as much as you can. You'll need it.

5

Continue to put one foot in front of the other. And when you get some **FIRE** in your soul back, start your How To Move On From a Break Up and Actually Move On (and be happy) course.

