

STEP 1:

Admit You Are Powerless Over Your Ex

WHAT THE HELL DOES THAT MEAN?

You are a nervous breakdown waiting to happen. You can't even function properly. Every word out of your vacuous mouth is your ex's name. You keep replaying every idiosyncratic part of your relationship in your head until it hurts too much to think, then you take a nap to escape the depression. Yes, admitting you have a problem is the first step. How simple is that? No, it's not, because your dumbass thinks you two can still get back together.

You have called your ex 50 times saying you are sorry and you will change on their voicemail. There is no more room on the voicemail, so you text the same exact thing.

You bring over a care package with tranquil music, candles, condoms and a Caramello candy bar (his favorite) thinking you can reconcile. His roommate answers the door with an eye roll. You walk into his room. He thanks you for the package and shuts the door in your face. You scream, pounding on his door saying how selfish and what an inconsiderate prick he is. I walk out bawling, oops, I meant you walk out bawling.

You have now hit rock bottom. Most exaholics have lost their power to think logically. Our willpower has become non-existent and we know no humility. Myself, obviously, included.

Another sad part is you probably called in sick to work so you could stay home and cry. You try to clean your house spotless to get your mind off the breakup. You can't eat right now. Food makes you want to hurl. Even your stomach is upset with the douche bag that broke your heart. Or you're a comfort eater and need something to fill the void in your life of not having a significant other. Let the binge begin.

Have you noticed your psychotic triumphs have been epic failures? Have people walked away from you because they sensed you were crazy? Have you gotten your ex back yet? If you are even reading these questions and pondering them, yep, you have a problem. Hitting rock bottom isn't so terrible, you have nowhere else to go but up:) Yes, I did a smiley face as punctuation in a book:) I might do it every time:) It will make you at least crack a half-smile:) Maybe:)

Listen, your breakup is not horrifically bad. I take that back. It is egregious, only if you are in the LA area. All the guys are assholes. You are better off alone. Struggling actors and musicians all are feces on the bottom of your stiletto. They think they are the cream of the crop because LA is the land of opportunity. Where was I going with this? I don't know. Don't be lame and waste your time crying. Admit you have a problem.

STEP BY STEP INSTRUCTIONS

1. You are powerless over your ex. Say out loud: "I am powerless over my ex."
2. Your life has become unmanageable since the breakup. Say that too, out loud please so you can hear how stupid you actually sound. To think your total well-being seemed to end since someone broke up with you, seriously?

3. Free your mind and meditate. If you don't believe in meditation then basically stop thinking about them. Focus on your passion. If you don't have a passion, look at the "Do these instead" part for ideas.
4. Stop crying.
5. Go back to work.
6. Eat what you would typically eat on any given day. Stick to a 1200 calorie meal plan and exercise regimen.
7. Take up your whole bed and own it. No one should be sleeping there but you or a random if you deem necessary. (Not too much though, some of them might be bad or have a smaller penis which could make you even more depressed.)
8. Do whatever you want today because you can.
9. Stop worrying if you are going to see him or not. It's not worth it. You should always look your best. You don't want people pointing at you and making faces.
10. There are ten of these? Umm...read the next chapter for more insightful instructions.

HELPFUL TIPS

1. Stop watching love stories for a few weeks. We all know real life doesn't happen as a fairytale.
2. Don't hang out with people who are in relationships. It will only make you feel shitty you are not in one.
3. Go for a walk if you sense a torrential amount of water coming from your eyes. You don't want people to see you cry in public. How embarrassing would that be?
4. Clean out your car. No one does that enough.
5. Go to a restaurant alone. No, I take it back, don't. Bad idea, Sarah!

HOW "NOT" TO USE THIS STEP

Here is the first "How NOT To Use This Step". Mind you, NEVER EVER, I mean fucking EVER pull this shit at home. These are my own experiences and mine alone. Learn from my mistakes and see how much they don't pay.

Well, here goes. I was in the denial stage of my breakup. I mean I was incredibly subdued, down in a hole. I managed to lose seven pounds in seven days because I never ate. However, it was probably water weight from all the tears I shed.

How did I figure out I was powerless over my ex? How did I know I hit rock bottom? Then went ten feet farther? Here's how. I was finally ready to have a night with the girls and forget about this bellend.

I live in a pretty small college town where everybody knows everyone. I bought a new shirt with "Single and Loving it" across the front. The back side read "Back on the Market". Classy, I know. I exude class. Yes, I absolutely wore this magnificent work of art to his bar. The bar where everyone knows me, the one where everyone knows him. Can we spell desperation? I am so glad I was completely plastered; I would have felt moronic if I was sober.

One of his best friends came up to me, asked me why I was broadcasting this and said I should leave because I was annoying. Awesome. What did I do? I stayed, made out with a random right in front of him, probably flashed my tits to some other patrons, and puked in the bathroom. Again, I exude class. Why would he ever want me back? Why would any guy want me like this?

No, unfortunately, it's not over. I went home and added my ex as a friend on Facebook.

Please for the love of God, DON'T buy a breakup shirt! It might seem funny at the time, but you look like an asshole.

The long and the short of it, admit your ex is never coming back. It's so much simpler than to go through all the humiliation, in spite of the fact, you don't remember any of it.

The Breakup Band Aid By: Sarah Melland

<https://www.amazon.com/dp/B077P67JFY>

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