



**Breaking Up  
Like a Man**



# Breaking Up Like a Man

What happens when you realize that you need to end a relationship? If you want to date like a badass, you're going to have to learn how to break up like a badass too.

There are a lot of rules that men need to follow during the break up phase. The first thing you have to remember is an important paradox: a man will not be able to attract the right woman for him until he's worked out his insecurities, but he will not be able to get rid of his insecurities until he's dated a lot of women and learned to overcome them. Like it or not, you will have many failed relationships before you find the right one. It's impossible for anyone to learn how to be in a successful relationship without having experienced several of them.

If you're expecting to finish reading this book, walk outside, find the woman of your dreams, and marry her, you're setting yourself up for disappointment. That's not going to happen. This book is teaching you skills, not an easily learned lesson. Like all skills, what you learn here has to be practiced over and over again before you'll be able to do it well. You're going to continue to date people while you're working on getting over your insecurities, and during that time





















considering breaking up with her, because seeding this idea early on in a relationship will make it easier to end the relationship later if something goes wrong.

\* It's not the right time for the two of you to be together. In my experience, this is the second largest relationship-destroyer (the first being ego). When you try to force a relationship that lacks logical attraction, you ruin any chance the relationship has to be successful in the future. You have to break things off if you know that the timing isn't right. It's not your fault it's not the right time, and it's not her fault it's not the right time – you simply have to let her know that a relationship might work out in the future, but isn't right for the two of you at the moment.

\* The relationship lacks emotional attraction or rapport. Your relationship is based on superficial love if it is missing an emotional connection and isn't polyamorous. Your job is to explain this to her in a way that she can easily understand. No, that does not mean creating a PowerPoint presentation about the consummate love triangle – whatever you say and do cannot feel impersonal and cold. Instead, let her know that the emotional attachment that you both need in an ideal relationship isn't there, and won't ever be there, because neither of you are willing to create it. Just be honest with her.

\* Your lives are not going in the same direction. This is a very specific logistical issue. If she knows she wants to go to college in another state, and you know you have to stay in this state for your job, your relationship is not going to work out! Let her go to college, let her date other people, and date other people yourself. She needs



After a break up, you will be faced with several different challenges. Emotional anchors will repeatedly dredge up memories and feelings that are associated with your ex, making it difficult to get over her. Let's say you used to go to an amusement park with her. Every time you see one or ride a roller coaster after your break up, you'll be reminded of her.

All of the emotional anchors that are tied to your ex must be replaced with new anchors. A simple way to do this is to go to an amusement park with a lot of other people, or visit one when you're in a state of reflection. You'll start to associate amusement parks with growth, or something else that will last a long time. There are also more active ways to rid yourself of anchors, but they involve a longer, more drawn out process and neurolinguistic programming. Lots of things can go wrong when you use NLP to tinker with your emotions, so I don't necessarily condone it, but it is an option that's available to you.

Another challenge you will face is also linked to emotion. It will be very, very hard to keep yourself from giving in to your emotions in the wake of a break up, because your emotional brain will convince you that your feelings are the most important things in your life. Emotions are valuable, but so is your logic. You have to make a pact with yourself and the people supporting you that you will not fall victim to emotion. Remind yourself that you broke up with her for a reason – you don't need to get back together with her to make yourself feel better!

If you really find yourself hitting rock bottom, find a piece of paper and write down each one of her qualities that would eventually ruin your relationship. Write down that she was selfish, or that she put

