

topic:: Why Can't We Leave Our Ex's Alone?

author:: TC

talk:: Why can't we let go of the past? It's easier said than done. I hear so many people complaining about how they can't leave their ex's alone, and how they wish that they could get them out of their lives once and for all. It seems like it would be a simple thing to do, but if it was then we would have no Jerry Springer, no Maury, and no decent Judge Judy or Judge Mathis stories to watch. People in relationships both young and old often lie awake and wonder to themselves, "Why can't I leave my ex alone?" Here's why:

-We don't have anyone else in our lives- It's easy to forget about your ex if you already have runner ups, 2nd round draft picks, and subs on the bench just waiting to get in the game. But if all you have is your ex, then it's hard to just make a clean break from them without backsliding.

-They are EVERYWHERE- If you live near them, frequent spots where you bump into them all the time, or have constant reminders of them everywhere you look; it's gonna be awfully hard to get them out of your mind.

-We don't want anyone else to have them- Some of us are just plain selfish. We know in our minds and in our hearts that we don't want them, yet we cannot stand to see them with someone else. It's like they are our territory; we see them as being ours FOREVER, even if we aren't together.

-We still have feelings for them- Some of us WANT to be over our ex's so bad, but we simply can't-because we are still in love with them. Some of us just miss their friendship. Some of us miss the bomb sex that we used to have with that person, and would just LOVE to beast f\*ck them one more time. Whatever the case, if there is even a hint of an attraction left between the two of you, it's going to be extra hard to let go.

Now that we KNOW why we can't let them go, what can we do to remedy the situation? Well, all attractive brown skinned ladies can email me at [TC@HYPNOTIKENTERTAINMENT.COM](mailto:TC@HYPNOTIKENTERTAINMENT.COM) and I'll help you immediately. It's not so easy for everyone else though; many restraining orders and court cases are the result of ex's not being able to control their emotions. Here are some suggestions that you might find helpful while trying to get over your ex:

-MOURN: Many people try to move on too quickly. Going out and partying every day of the week does NOT help you get over your ex. It might help you forget about them for a day or two due to excessive alcohol and weed consumption, but once you come to your problem is

still there. Feel sad. Take about a week or two to get it all out of your system. We often try to rush into another relationship in an attempt to displace our feelings for our ex into some newfound happiness. Coming to terms with your sadness is the first step to moving on.

**-GETTING YOURSELF TOGETHER-** After a break up, instead of trying to snag you a new bun bun real quick, take some time to get yourself together. Pinpoint what went wrong in the last relationship so that you can either work on it, or be able to recognize it if you are ever in that situation again. Remind yourself what you are looking for in a partner, and just focus on making sure you are in the best mental and emotional shape possible. Failure to do this will turn you into damaged goods, and you'll find yourself 50 years old posted up in the Game Room in Ft. Washington trying to trick your way into a relationship with some young college student. Some of ya'lls fathers are currently going through this as we speak. No offense. \*Snicker\*

**-KEEP AN OPEN MIND-** Many of us hope and pray for miracles to happen, but when they come we won't allow ourselves to receive them. Don't completely shut yourself down; be receptive to new things. The key is to take it slow and be careful with any new situations that originate. Fellas, I know that new p\*ssy seems like it will cure all of your problems, but sometimes it can be the BEGINNING of many more problems to come.

**-KEEP YOURSELF UP-** Don't get into "Depression Mode." This is where you lock yourself in your room for months at a time, getting fat from eating bon bons and drowning your problems in lasagna and meat sauce. Maintaining your self-esteem is critical during this time. A lot of folks fall into the trap of thinking that their ex was the only one who wanted them or found them attractive. That's when the depression comes in, and the eating and drinking binges begin. Did you know that people who get drunk in an attempt to forget about their bad break ups account for 87% of one-night stands? Sike. The point is, don't turn into a weird slob, it's so not sexy.

If you follow these directions and STILL can't get your ex out of your system, then you might need to see a counselor. You might think I'm trying to be funny, but many of us need psychotherapy and we don't even know it. Personally, I don't get along well with crazy people, so if you think that you may need to seek help...because while I love all of ya'll like family, I will not hesitate to beat the hell out of you (in the name of love of course) and put the a\$\$whopping on youtube so that all your friends (and your ex) can see it. UNTIL NEXT TIME FOLKS!!!

TC@HYPNOTIKENTERTAINMENT.COM

[www.myspace.com/tommie\\_collins](http://www.myspace.com/tommie_collins)

For more Real Talks goto::  
**[www.hypnotikentertainment.com](http://www.hypnotikentertainment.com)**