



THE INTRODUCTION Co.  
*Where love finds you*

## Helpful Tips on How to Begin Getting Over a Broken Heart

Let's assume this is about a girl who broke your heart.

*Talk about it don't keep it bottled up*

Love has to be a 2 way thing or it will never work so

*Accept it's over*

It's good to release emotions and have a good cry

*Write down all your own good qualities, see if you can come up with 20  
(and KEEP ADDING)*

Write down all her bad points and stick this information somewhere you will see it  
(and KEEP ADDING)

*Get rid of photos - ALL*

Don't go back it's no good and increases the agony

*Fill your diary up with lots of things*

Exercise/ do something new - dancing?

*Be good to yourself spoil yourself*

Play uplifting music

*This is just a start, ring me for more help.*

01653 669430

*Lesley*