

When you're dealing with a break up it's easy to get mired down in bad feelings. You've got a broken heart, you're angry and you feel completely rejected by someone who claimed to love and care about you. It hurts, and it's necessary to feel that pain when dealing with a break up. But it's all too easy to never quite get past it. It's okay to feel sad, depressed, lonely and even feel sorry for yourself for a while. But don't let your ex boyfriend or girlfriend ruin your self-confidence and self-esteem. They did not want to remain in a relationship with you—that's all it means. It says nothing about you—it's all about them. It's all too easy to start thinking things like you're not smart, funny, pretty or sexy enough for them, so maybe the fault lies with you. Don't let yourself think this way! It's a big lie! If your ex said any of those things to you in anger, that's just what it was. They were lashing out in anger and pain to try to hurt you. Don't let it! When you're dealing with a break up there are already so many bad feelings there that adding in feelings of inadequacy will only make you feel worse. And you'll feel bad for a longer period of time. It can even sabotage your other relationships if you truly start to feel badly about yourself. If you already have low self-confidence or self-esteem, these kinds of feelings will only send you spiraling down into a real mess of emotions. You have to understand that rejection is part of life, and just because one person rejects you it doesn't mean that you're unworthy of love and affection from other people. If you feel at all like you're unworthy or that inadequacies that you have are why you're now dealing with a break up, try reading a couple of books about relationships and how to make them work. Read about how to be a more giving part of a couple. Even if you're not the one at fault, it never hurts to learn more about relationships. You might learn some tips and gain some insight that can help your next relationship. Next, try reading a book or two about how to gain self-confidence and self-esteem. The things you learn in those books won't just help your next relationship but they'll help you in every aspect of your life. If you're feeling badly about yourself from dealing with a break up, you need to read things like that to build yourself back up and help you get over it. Read motivational books about self-confidence and personal power and really practice the tips they give to help you feel more comfortable with yourself. And if there's something about yourself that you're really not happy about, and it's something that's bothered you for a long time, then change it. Dealing with a break up can open doors to all sorts of self-improvement and self-love if only you'll let it.

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