

Download How To Stop Hating Your Ex So You Can Co Parent In Peace

About a month ago, I wrote an article about the signs that mean your ex still likes you (or probably even love you). But as I mentioned in the article, even if they do still love you, it doesn't necessary mean that they want to get back together. As I discussed in an earlier post on psychological defensiveness, we humans try to protect ourselves from emotional facts too painful to bear – that is, we “lie” to ourselves about them. That's our nature and everybody does it. The job of a good therapist is to make you aware of those things you don't know about yourself (and probably never wanted to know). Ten reasons you're still obsessed with your ex - but why getting back together could be an even bigger mistake. Tracey Cox explains why many women can't get over their former partners 8 tips for keeping them at a distance, or breaking free. So many of these articles on PT are pop psych in that they present these disorders and such as labels for lay people to slap on each other. - How To Stop Hating Your Ex So You Can Co Parent In Peace