




**Put an end to
the relationship.
Accept that it's
over**

**Talk about it. It does not matter
with whom, with friends,
parents, with itself**



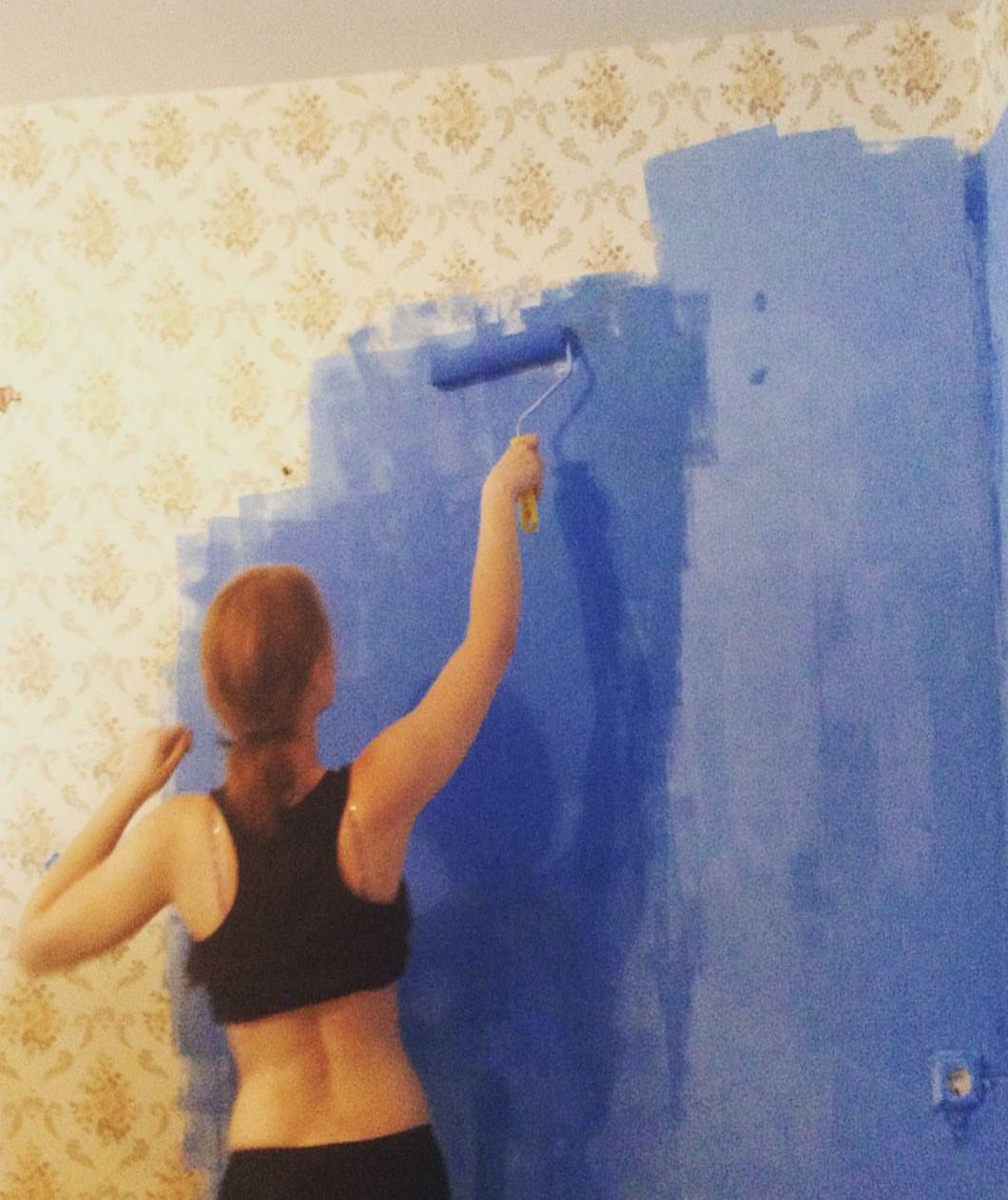


**TIME TO DRINK
WHISKEY AND DANCE
ON THE TABLE**

**Get out
of obsessive
ideas.
If it happens,
then this is
for the best.**



**Change the
environment.**



**Analyze your
relationship.
Work on your
mistakes**



**To work
your body.
Physical
activity
helps to have
more energy
and feel
better about
yourself in
general**



**To gain confidence.
Change your look by
getting a haircut,
color or style**

**To find things to make you happy.
Watch films that you find hilarious or go to
a concert of your favorite artist**





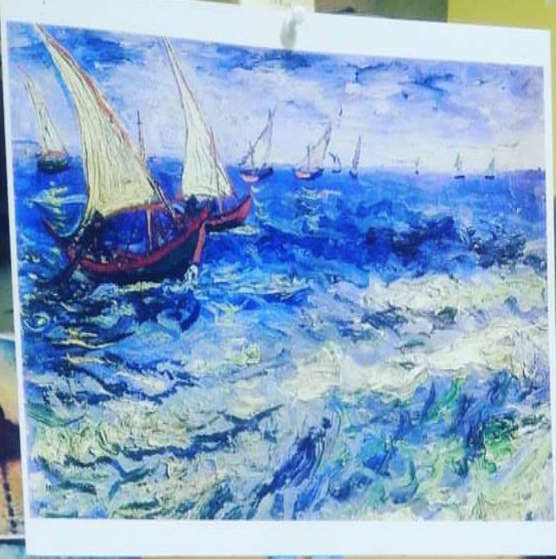
**To get out of your
comfort zone. A
new experience is
always good to have**



**Clean up at home.
Throw away
unnecessary things,
clean the phone**

Spend more time on yourself. Think about your desires and start to fulfill them





**Let yourself a moment
of oblivion.**

**If you have a passion
that you lose yourself in
then use it to help you
heal**