The only "Get out of love" manual guys will ever need!

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Are you thinking about dumping your girlfriend? Chances are, if you are thinking about it, the relationship is already over. Now, what you have to decide is how to do it.

As the song says, “breaking up is hard to do.” There are so many reasons that you put it off.

For one thing, it’s easier to just keep on keeping on. Having a girlfriend is convenient. It means not having to be alone on a cold night, not having to come up with a pick up line, and not having your family wonder why you didn’t bring a date to cousin Sophie’s wedding.

For another thing, part of you still loves your girlfriend. You know that breaking up will break her heart. So, you wait – for just the right time, for just the right place, and for just the right words to say.

Guess what? It is going to be hard whenever you do it. So, make the commitment to break up and then find a way to do it.

Most of the time, women are the ones who initiate a split in a relationship. So, why do guys break up with their girlfriends?

Here are 10 good reasons to call it quits:

#10 – She nags you. If she acts like she’s your mother and you are 4 years old, the relationship just isn’t going to work. If you constantly are telling her, “stop nagging,” it’s a good time to break up.

#9 – She doesn’t appreciate you. Let’s face it, there are plenty of women who will see you for the compassionate, loving guy you are. If she doesn’t think you are a great guy, dump her and find someone who does.

#8 – She’s too emotional. A girl who is high maintenance is the pits. And, when the maintenance has to do with taking care of her emotions, sometimes it’s better to cut free.

#7 – She manipulates you. Some women feel that they can only get what they need through manipulation. In fact, they would rather play games than ask nicely. If you feel like she is too manipulative, it is a good idea to get out of the relationship.

#6 – She underestimates you. Nothing is more frustrating than having to constantly prove yourself to someone who should be your biggest cheerleader. If she is constantly surprised when you succeed or if she undermines your success, you should consider getting out of the relationship.

#5 – She stops putting out. There are lots of reasons why having a steady girlfriend is wonderful. But let's face it, the number one reason is that you know you'll have someone there at the end of a Saturday night. If she stops giving it to you on a regular basis, it's time to find your fortune elsewhere.

#4 – She tries to change you. There is a play called "I love you. You're perfect. Now change." That sums up what happens in all too many relationships. A woman falls in love with you and thinks you are the perfect man and then finds all kinds of reasons why you should change. If she tries to stop you from being the person you are and the person you want to be, get out.

#3 – She cheats on you. Whether it is a one night stand or a secret relationship with a coworker, a woman's cheating can drive a stake through the heart of a relationship. Unless you are prepared to forgive and then completely forget the affair, you have to break the relationship off. The cheating will fester like a wound and destroy your relationship.

#2 – She doesn't love you anymore. Do you feel that she has fallen out of love with you but doesn't know how to end it? Is inertia all that is keeping you together? If so, you might have to be the one who calls it quits.

#1 – You don't love her anymore. If you love her like a sister or friend but just don't have the romantic feelings that sustain an intimate relationship, you owe it to her to be honest. Sure, she's going to hurt. A lot. But you are better off setting her free to find someone who loves her like she deserves.

Kinds of Break Ups

You don't love her, she doesn't love you.
This is perhaps the easiest relationship to break off. Perhaps you haven't been together long or alternatively, you've drifted so far apart that you don't even remember what brought you together in the first place. In any case, while the "encounter" of breaking up may be difficult, you'll both heal quickly.

You don't love her, she loves you.
When you have fallen out of love with your girlfriend, but she passionately loves you, breaking up is hard. This really is a case of "it's not you, it's me." But, that message is hard to convey in anything less than a trite way. You have to break up so that both of you can move on. Remember, it is better to set her free to find someone who can love her like she deserves.

You love her, she doesn't love you.
This is the so-called "defensive break up." She may be sticking around for any number of reasons, but she doesn't love you any more. You owe it to yourself to find someone who can care about you like you deserve.

You love her, she loves you, it wasn't meant to be.
This is the hardest kind of break up. You both love each other, but something – religion, family, timing, you name it – is standing in your way. You have to be honest. Continuing the relationship is futile. You are both better off ending the relationship now rather than getting deeper when the relationship can never end in marriage.

Ways to Prepare Her for the Break Up

You don't have to rush into a break up just because you have decided to call it off. Giving her some time to get used to the idea can be the nicest thing you do for her.

For instance, you can stop having as much time for her. This will push her into finding ways to spend her time without you. She will also start to look at other guys as they are filling the attention void you leave open.

You can also stop catering to her needs. If you dress a certain way to please her or modify your driving style when she is with you, you should start doing what you please. This will make you less attractive to her.

There are some juvenile tricks that can be employed as well:
- Let yourself go – she'll wonder why she ever wanted you!
- Be a bad date – she'll start looking at other guys with envy.
- Compare her to her mother – that is sure to make her mad at you and prepare her for what is coming.

You should also try to prepare her by bringing up the subject of breaking up. You can pull a trick out of the girlfriend bag and ask to have a "relationship talk," ("where do you think this relationship is going…") Ask her where she thinks the relationship is going and if she sees it as a good thing. These things will help her mentally prepare for the break up. Who knows, maybe she'll even go as far as initiating the break up herself saving you the trouble.

Part of preparing her involves starting to distance yourself from her. Stop talking about your relationship in the future tense. Don't pretend things are "just perfect" because they're not.

Be supportive about her issues but let her know that you are not comfortable with the way things are right now in the relationship.

During this period, you should also try to resolve any conflicts that you have over the relationship. This way, you will know that you tried everything possible to save the relationship.

Get the Timing Right

There is never a "good" time to break up with a girl. But, there are some times that are worse than others. For instance, breaking up with a girl just before Christmas, Valentine's Day or her birthday really sucks! (This is especially true if you just don't want to buy her a present.)

If she has major events in her life going on, it may be best to wait until after they have been resolved. For instance, if you have been in a long term relationship with a girl and she has her comprehensive exams for a master's degree coming up in two weeks, it would probably be the gentlemanly thing to do to wait.

Perhaps no life event is more stressful than having a major medical happening. Don't be like former House Speaker Newt Gingrich who presented the divorce papers to his first wife when she was recovering from Breast Cancer surgery. Not only does this make you a cad, it makes you look like a cad!

But recognize that there's always something going on, both in your life and in hers. If you delay the break up for a specific event and then find there is another event on the horizon, at some point you are just going to have to bite the bullet and call the whole thing off, whatever the circumstances.

Places to Break Up and Places to Avoid Breaking Up

Figuring out where to break up can be as difficult as finding the words to say. But selecting the proper break up venue is critical.

First of all, you never, ever want to break up in a car. The reason why is pretty obvious: it could be dangerous! But, there is also the consideration that neither of you can walk away when tensions are high.

Most car break ups aren't planned. A typical car break up is more of a spontaneous outburst, perhaps with an underlying intent to break up soon.

For instance, you are at a party and you see her flirting with another guy. You have been thinking about breaking up with her already, but this really gets your goat. So, on the way home (after having a couple of drinks no less), you start arguing. She says she was just
being friendly. You accuse her of having an affair with the guy. Pretty soon, you are shouting at each other. The car is swerving all over the road. She's crying. And you finally say, "I've had it. We're through."

This is not the best way to break up!

Another bad way to break up is when you avoid doing it in person. Whether you send a letter, text, email, or make a phone call, you're hiding behind technology. Not only does this make you a coward, but she's going to tell all of her friends what a coward you were. Besides, Britney Spears broke up with Kevin Federline by email. Do you want to be so Britney?

There are exceptions to this "no break up by proxy rule" including:
- You are in middle school
- It has been an entirely virtual relationship (email personals, Second Life relationship, etc.)
- You are in a long distance relationship in which case the phone is okay, but email is still a sucky way to go.

If you think the break up may result in violence, it is acceptable to call it off without your personal presence.

One advantage of not being present when breaking up with someone is that you don't have to be with them or deal with their emotions when you call things off. This is counterbalanced with the disadvantages which include:
- The person will think less of you
- You will come off as more of a jerk than you really are
- Your dumping will be recorded and shared with all of her girlfriends.
- It may feel incomplete to you.

If you have a wide circle of friends in common, work together, attend church together, or for any reason are going to continue to see each other, do not break up by electronic means. It will come back to haunt you.

So, if you have to do it in person, where should it be?

One place people think about breaking up is at her house or yours. But, you should consider whether this is a good idea as well.

If you go over to her house, you have to find a way to exit gracefully. If you do it at your house, you have the problem of finding a way to get her to leave. Either way, it tends to not have a sense of resolution.

Furthermore, you are going to live at your house (and she at hers) so breaking up at home will leave negative residual memories at the place of the break up. If you break up at a restaurant, she can just avoid that eating place from now on. It is a lot harder to avoid one's couch.

If you live together, the home break up is even more complicated. One of you will have to move out. If you are preparing to break up, you should have a plan for where to spend the night and how you are going to get your stuff.

Unless you own the residence in your name only, you should assume that you are the one who has to move out and make plans accordingly. If there is a logical reason why she should do the moving out, you should still be

prepared to temporarily decamp so that she has the time to make new arrangements.

So, that leaves public places as the optimal place to break up. There are many reasons why breaking up in public is the way to go.

For one thing, she is less likely to become emotional or dramatic when there are people around. You can say your piece. For another thing, once you have said your piece, you can leave. She is also free to leave at any time.

Now, she can get emotional, throw her glass of wine in your face, and have dramatic hysterics. This would be embarrassing for you. But, you don't know these people and you will never see them again. Breaking up in a public place is preferable to all of the other options.

Dealing With Her Reaction

You know your girlfriend better than almost anyone else, so you may be able to predict how she will react. Some of the ways women react to being told the relationship is over is to cry, have hysterics, scream at you, throw things, and storm out. Unless you perceive that there is any chance of real violence, you just have to put up with whatever scene she causes. That's the price of breaking up.

You can't control her, but you can control your reaction to her. For instance, when she cries, you can start crying too. That will really throw her. It doesn't have to be a sloppy cry, but a tear or two might stop her in her tracks.

If she starts yelling, you can take it with stoic silence. If she wants to know why you are doing this, you can soothe her and lie.

If she doesn't say anything, don't fill up the silence with explanations. Let her finish her dinner in silence and let her leave.

Be prepared for her arguments about why you should remain a couple. She may promise anything if you will agree to stay together. But, by the time you have decided to break up, you should already know that there is nothing she or you can do to change the situation and you are both better off single.

Whatever you do, you should have a disentanglement strategy. Perhaps you can schedule an appointment for one hour after the break up meeting time. If this is an appointment that you just can't miss, you will have to walk out of there composed.

How to Tell Her

Now we get to the nitty-gritty. How should you tell your girlfriend that you are breaking up?
Avoid psychobabble. She'll see right through it. Saying "it's not you, it's me" is meaningless because she is going to know that it really is her. You are not calling all women off. You're calling her off.

Be clear that you are breaking up with her and there is no room for discussion. This is a decision you have made and it requires no input or discussion on her part.

Be concise. You don't have to drag it out if you don't want to. She can cry on her girlfriends' shoulders. You are no longer her punching bag.

You may feel that you have to offer explanations, but you really don't. You are not doing her any favors by telling her that she is a nag or that you are tired of her manipulating you. It won't help her be a better girlfriend for another guy. She'll just use your words against you.

And, you won't get anything out of it.

Perhaps the best line is "I don't think we're a good fit anymore." Leave it at that.

Let Her Know Your Decision is Final

There are any number of products on the market about "how to get your ex back." You don't want her buying these after you break up with her as the games she starts to play will make your life miserable.
These products recommend:
- That she date your best friend to make you jealous
- That she show up at places where you typically hang out and then ignore you to make you jealous
- That she use your past history to lure you in

And on and on. If you don't want her playing post-break up head trip games, you need to make it very clear that the relationship is over.

One of the best things you can do following a break up is to exchange "stuff" and clear accounts. If she has stuff at your house, box it up and take it over to her. Ask for all of your stuff back too. This includes the little things as well as anything major. For instance, you probably can afford to buy a new toothbrush, but if you leave your toothbrush at her house, it is a sign to her that she still has a piece of you.

There is an analogy in therapeutic circles to this. If a person says that they don't need or want therapy and leaves the session but forgets to grab their hat or handbag, the therapist knows that they will be coming back. If you don't grab your stuff, she may think that you are wanting more from her.

If you owe her money, pay up, even if it means getting a loan from someone else. You don't want the financial entanglements. Encourage her to pay you back anything she owes you. If you share bank accounts or real estate, you need to sort things out as soon as possible.

You may have to go to civil court for a Judgment on who owns what. (Had you been married, this would have happened in family court.)

Also, once you have broken up, don't turn to her to meet your emotional needs. She will (rightly) see this as a sign that you still need and want her.

You have to close the door on that relationship and look to other people to meet your emotional needs.

You have to decide whether you are going to remain friends after the break up. Some women can handle being friends with an ex while others never get over a guy as long as they see him.

If you think she won't be able to handle being friends, you have to make some decisions about how to proceed. For instance, are there some mutual friends that you will claim and some that she'll get "custody" of? Will you continue to go to the same church or will you need to find one where she is not a member? If you work at the same place, do you need to start thinking about changing jobs? Some women are psycho enough to require this kind of thinking on your part.

How to Convert a Girlfriend to a "Friends With Benefits" or "Fuck Buddy" Status

Some guys have a girlfriend with whom they are sexually compatible with, but who, for some reason or other, does not make good girlfriend material. If this is the case, can you convert a girlfriend to "friends with benefits" or "fuck buddy" status?

Generally "friends with benefits" means that you will hang out together sometimes, particularly in groups, and that you will sleep together, but that you will have an understanding that it is not a romantic relationship and that it is not leading to something bigger.

A "fuck buddy" is someone with whom you sleep with occasionally but do not ever socialize with outside the bedroom.

If you are going to turn your girlfriend into someone with whom you continue to sleep with, you should not have the "break up conversation" right away. Instead, start to distance yourself from her first. Stop going out with her as often, return her phone calls more sporadically, and stop being there emotionally for her.

Once you have "the talk" do some specific things to let her know that the romantic portion of the relationship is over. For instance, never have sex in your bed again. Either go to her place and not spend the night or have sex on the couch at your place.

Don't do "boyfriend" things any longer. For instance, you don't buy your fuck buddy a dozen roses for Valentine's day. And, you wouldn't spend more money on a Christmas present for a

Friend with Benefits than you would on any other friend. You also shouldn't lend her money as this complicates the relationship.

Don't see her more than once a week or so. You should be dating other girls and not have time for more than a once a week encounter.

Don't let her introduce you as her boyfriend. You don't want to let her think of you this way, even if it does smooth the waters at times.

Finally, you should try to avoid getting involved with her family and the circle of friends that is "hers" (as opposed to your mutual friends.) Again, you are not her boyfriend. She is not entitled to have you as a boyfriend substitute even if you are sleeping with her.

Conclusion

Yes, breaking up is hard to do. And, if you care about your girlfriend and don't want to break her heart, you have to approach it right. Just remember these three things:

1. No matter what you do to mitigate it, if there was ever love in the relationship, it will hurt both of you to break up. This hurt is part of life.

2. There is never a perfect time or perfect place to break up. Keep her feelings and life circumstances in mind when you choose to break up, but know that it's never going to be "just right."

3. If the relationship isn't working, you are doing both you and her a favor by allowing you to move on and find people with whom you can build a real life. Even if you love your girlfriend, you have to set her free to find her true love. And, you have to be free to find yours.

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