

# Move on Sis!

**A 5-STEP GUIDE TO LETTING GO AND MOVING ON AFTER BEING DUMPED  
(OR BEING "FORCED" TO DO THE DUMPING)**



ALIGN WITH ALISON



# You are Worthy of Love

BUT TO BE LOVED AGAIN, YOU HAVE TO LET GO AND MOVE ON

## **Step 1: Accept The Fact That It Just Didn't Work Out.**

Let's get this clear. I didn't say s/he doesn't love you. I said it just didn't work out. Now WHY it didn't work out may be figured out through self reflection on where you went wrong, honest conversations with friends and family on how you missed some red flags, sessions with a professional or any combination of the three. But at the end of the day, you must face the simple fact it just didn't work out. There's a reason why I keep repeating it. It's because you need to accept it.

This partner wasn't the best fit AND THAT'S OKAY! Someone is, and s/he are on the way to you, IF you are prepared to let them in.

There are literally billions of people on this Earth and you're going to let one monkey stop the show? Why would you want to be with someone who was unable or unwilling to make it work? Time's Up! Let Go and Move On!



*You're Still  
Worthy of Love*

## **Step 2: Stop Boomeranging. Just Stop.**

And no, I'm not talking about the effects on Instagram. I'm talking about allowing this person in and out, and in and out, and in and out again, of your life. Your ex has made it clear to you, even if you don't want to accept it, that it's OVER. "How", you say? Either by their words or actions so BELIEVE THEM. It just didn't work out. Accept it and move on. (If you can't see this fact, revisit Step 1).

You have to stand up for yourself, know that your time and effort is PRECIOUS and not give access to a person who has made it clear to you that they:

1. will not stop whatever they are doing that hurts you.
2. cannot or will not be the person for which you are looking (we'll discuss who's truly at fault for expecting your partner to change on another day).

If the ex reaches out to you to hang out, you are not available. If the ex reaches out to you for sex, you are not available. If the ex reaches out to you for help or advice, you are not available. Matter of fact, don't even respond. BE STRONG IN THIS. Even if you decided to be "friends" during the break-up, you now realize you are having difficulty moving on.

Sooooo, you need utter and complete separation from this person to heal. Which catapults me right onto step 3..



# Guess What? You're Still Worthy.

## **STEP 3: GET. OFF. OF. THEIR. SOCIAL. MEDIA. (Especially If They Have A New Boo) NOW!!!!**

Being in a deep, committed relationship allows for a partner to become a part of your being or identity and so it makes sense that you still want a connection, no matter how miniscule. But how long are you going to hold on to a dead relationship, especially electronically?

Again, you need utter and complete separation to heal. Gazing (or stalking) their socials will NOT help you, in no way, shape or form. On top of the fact, that if they are posting a new boo, that will probably hurt you. **BE STRONG.** Get off their social media accounts, **NOW.**

**a.**

### **Block But Only If You HAVE To.**

I'm not a proponent of blocking people. It gives them the impression they are more powerful than they are. But if that's what you **NEED** to do, do it.

**b.**

### **Don't Creep On Their New Boo's Page.**

It'll make you feel pathetic and desperate. And what if you mistakenly like a pic.??? You will be **MORTIFIED**. Plus, we all know social media is a warped version of reality so don't bother comparing yourself to them.

**c.**

### **Stop Using Your Friend's Account. You Ain't Slick.**

No one's dumb here. Stop looking at the ex's account, no matter whose account you are using, even burner accounts.

## Step 4: Get Rid Of Their Stuff.

If your ex has given you any gifts that hold sentimental value, throw it away. Give it away. Sell it. Burn it. Whatever it takes, get it from your sight. Like the old adage says, "out of sight, out of mind." Again, you need time to heal and constant reminders will not help the cause, so be strong and get rid of it.

If you have items that belong to the ex and you feel like being kind, pack it up nicely and leave it on the porch, stoop, whatever. Time the pickup so you are not home. You do not have to be present to reunite them with their things. Needing closure is a myth. What you need to do is move on.



*Always  
Worthy of  
Love!*



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**Step 5: Don't Beat Yourself. Treat Yourself!**

Have you been skipping your wax appointments and letting your cuticles go astray over this bum who dumped you? Oh please! The best revenge (which also doubles as a way to pull your next and best partner) is to make sure you look and feel your best. Look good and exude such confidence that they regret their decision AND you'll be better suited to attract a better partner. So make sure you treat yourself to any and all goods and/or services you can afford.

This may include external beautification as well as internal work. You have to reflect on some of the poor decisions you made in former relationships. You are not 100% innocent so allow yourself to learn from your mistakes. You may consider using this time to invest in yourself educationally or with a career move. Whatever you decide to do, be sure it results in a better version of you. A version of which you can be proud.

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## About the Author



Relationship Coach, Alison Wellington has been counseling clients for over 10 years.

Most recently, due to her own love story, Alison has decided to dedicate her talents to work directly with women 35+ who are looking for guidance in finding the partner she deserves. Please email her at [Info@AlignwithAlison.com](mailto:Info@AlignwithAlison.com) for inquires.