Essential Tips for Rebound Relationships

After one relationship ends, it's often hard to process your emotions. Sometimes you feel like you never want to date again. Other times, you want to start dating right away. Then, you wonder if your first relationship after a big breakup is doomed. What's the solution moving forward? That depends on YOU! You can date again and have a healthy rebound relationship by following these tips!





- [ ] Understand the psychology behind rebound relationships. You may be feeling gried, anger and resentment. Your ego may be hurt. You may want to "show" your ex that you can live wi
- [ ] Avoid "settling" in a rebound relationship. Avoid staying in a rebound relationship that isn't working because you're scared of being alone again.
- [ ] Remember that your new partner won't be a copy of your last one. When you start dating again, you may want to reevaluate how you select a partner
- [ ] Take time to heal from your past relationship. Rebound relationships can blind you from dealin with your emotions. You want to hearl your emotional and mental wounds, so they don't
- [ ] Pay attention to signs that you may need more closure. Do you continue to talk about your ex with your new partner? The signs can also include the continuing desire to check up
- [ ] Rebound relationships can help you heal and overcome previous connections. However, it's vital that you handle them carefully!

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