

WHAT KIND OF EX ARE YOU?

TAKE THE QUIZ

1. What have you done with photos of the two of you?

- a. Cut his face out of them
- b. Put them on my Vision Board
- c. Deleted them from my FB page
- d. Put them in a photo album
- e. Boxed them up in the closet

2. What song do you have on repeat?

- a. Bad Blood – Taylor Swift
- b. I will always love you – Whitney Houston version
- c. Party in the USA – Miley Cyrus
- d. I'll be there for you – The Rembrandts
- e. F**kin' Perfect – P!nk

3. What do you most look forward to with your ex?

- a. Seeing him get dumped by the next woman
- b. When he overcomes his fear and recognizes we are soulmates
- c. Running into him when I'm out with my friends and a hot new guy
- d. Seeing him happy
- e. When he begs to have me back, and I say no thanks

4. What would you do if your ex was seeing someone new?

- a. Anonymously email the new woman a list of horrible things about him
- b. Curl up in bed and cry
- c. Call one of my friends to remind me why we broke up
- d. Congratulate him and ask how they met
- e. Take my SELF on a date

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5. What is your go-to comfort when you're feeling lonely?

- a. Driving past my ex's house, plotting revenge
- b. Eating ice cream while watching a Bridget Jones movie
- c. Calling my girls to commiserate
- d. Texting one of my exes for a little comfort and validation
- e. Hitting the gym

6. Which movie do you most relate to?

- a. Fatal Attraction
- b. Forgetting Sarah Marshall
- c. Thelma & Louise
- d. When Harry Met Sally
- e. Pride & Prejudice

7. If you ran into your ex, what would you be most likely to do?

- a. Take the opportunity tell him what an asshole he is.
- b. Nervously hope he comes over and says hi.
- c. Turn to one of my friends and laugh like we're having the best time.
- d. Ask him how he's been since we last talked.
- e. Ignore him and continue to flirt with the guy next to me.

8. How soon do you usually get over an ex?

- a. Immediately. I would never admit to still being hung up on them!
- b. He's the love of my life! I'll never get over him.
- c. By the time my squad and I are dressed up for a night out.
- d. I don't think about getting over him because we still talk on the regular.
- e. As soon as I've done some grieving and maybe a half-marathon.

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ANSWERS

1. If you chose mostly A's, you got "The PSYCHO": You cut your ex's face out of old photos and unfriend them on Facebook. Plotting revenge gets you through the day. There's no WAY a guy is gonna get away with wronging you!

How you might be stuck: Being a little psycho over an ex is SO common. It starts when you follow the perfectly normal impulse to give your all to someone you're crazy about. But if you invest more time and energy than you're getting back, it can create anger and resentment, which can drive you crazy! Next time around make sure you're on the same page as your date.

YOUR DETOX RITUAL: Get yourself somewhere quiet. Take a deep breath. Close your eyes and let the angry energy flow through you, without thinking. Take another deep breath and shake it off. Now make a plan to take yourself shopping. Yes, girl! Treat yo'self! Spend a little or a lot, but spend it on YOU.

When you invest in yourself, those who didn't invest in you lose their value!

2. If you chose mostly B's, you got "The PINER": Bridget Jones movies and ice cream are your Saturday night staples. You are not above driving by your ex's house or work, or going out to a bar you know they frequent, in hopes of running into them. You're sure all soulmates have gone through separations and your love story will still end in happily ever after!

How you might be stuck: Sometimes it's easier to sink down into yearning for someone than it is to stand up for what you're worth. You may have found someone wonderful, but the truth is, they aren't showing up for you. Pining away is romantic, but it's passive, and it can keep you stuck.

Continue to your detox ritual...

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ANSWERS

“The PINER,” continued:

YOUR DETOX RITUAL: Make 2 lists. First list all the things you love about your ex. Then read back over the list and say to yourself, “This or something better!” Second, make a list of the things about your ex that you didn’t really like (I know you can come up with something!). Then read back over that list and repeat your mantra, “This or something better!” Now put on your walking shoes and take a trip around the block. Love is on its way to you!

When you take your ex off his pedestal, you make room for someone on your loveseat!

3. If you chose mostly C’s, you got “TRIBAL”: You have a tight squad of kick-ass girlfriends who totally have your back when it comes to your ex woes. They’re always there when you need to cry on the phone, or be reminded of all the reasons you’re better off. And they’re always up for a night out.

How you might be stuck: A tribe can be an awesome support system, but tribal culture may be limiting your chances of finding the right guy. Check to see if there are any negative beliefs or group dynamics you may be stuck in. Maybe you guys always talk about how there are no good guys left, or go to the same tired bar, or one of you always ends up being the wing-woman every time you go out.

YOUR DETOX RITUAL: Make a list of any negative beliefs you have about finding your true love. Thoughts like, “There are no good guys available”, or “I’m never the chosen one”. Now turn those thoughts around to their opposites and write down the new positive thoughts. For the next week, look for evidence that the positive thoughts are actually more true!

When you break free from the pack, your path to love will appear!

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ANSWERS

4. If you chose mostly D's, you got "The BUDDY": You don't have exes, just besties you used to date. Most days you check in with each other via text or messenger, and they're your go-to when you need advice or help with some heavy lifting. And it feels good to know you've got a wedding date if you need one.

How you might be stuck: We all want someone to rely on and be close to. Holding on to an ex is a super common way to get a little bit of that support. But when you keep an ex around as your emotional fluffer, you're not leaving room for the real thing

YOUR DETOX RITUAL: Next time you talk to your ex, let him know you are making space in your life for a new relationship and you won't be as available as you have been. Then, when you feel the impulse to reach out, breathe and let the moment pass. New love is coming!

When you make room in your life, love fills the void!

5. If you chose mostly E's, you got "The SELF-LOVIN' SUPERSTAR": You don't have time for exes – you're too busy rocking your life. You don't let loneliness get you down for long before you're putting on your running shoes and heading out the door. You know that ultimately you are responsible for your own happiness, and you're devoted to taking care of yourself.

How you might be stuck: It's obviously awesome to rock the self-love, but is it possible in your self-reliance you've gotten a little closed off to receiving love and support from a guy?

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