

Moving On After A Bad Relationship

A lot of women today suffer breakups with their men at some point in their lives, and it's never easy. No matter how well these relationships start out, it always seems to fall apart just when everything's ready to settle down. But how come some women get long fine with their future relationships while other women never seem to get out of the depression? What do happy women do that unhappy women don't?

The thing with these unhappy women is that they never seem to stop thinking about what went wrong in their relationships, or at least what they did wrong that made the relationship take a turn for the worse. They never do arrive at a good reason, and end up blaming themselves for the incident. When they do try to move on, they do so with the notion that something is terribly wrong with them. Naturally, these women are never the best types to be with, and it's likely that their next relationships are doomed to fail from the start.

On the other hand, the "happy" women do the opposite. Instead of thinking what went wrong in their past relationship, they focus on what went right. When they do, it's easy to realize that understanding men isn't like spearing fish in a barrel – the minds of men work in certain ways, and there are certain actions and behaviors that make these men "tick" and go after you.

I'm sure you've heard the frustrated complaint: "Men! They're all the same!" time and again. It's actually quite true, but not merely in the negative sense. All men have a mechanism that can be worked to your advantage if you simply know how.

Being one of these "happy" women involves getting rid of any unhealthy ideas about men, such as the idea that they're simply all jocks who are dating only for the sex. This is a good example of the misgivings you get from previous relationships, and they only serve as barriers to better relationships in the future.

When you approach a new relationship with an open mind, it's easy to see that there are certain things that make men seem to be more attracted to you. For instance, when talking with each other, he seems more interested when you take his point of view into consideration, but less interested when you're only talking about your take on things. If you buy him a shirt that you like, he doesn't seem to be as happy as when you buy him a shirt that he likes. Get the gist?

It's this simple practice of knowing what makes him tick – and doing something about it – that makes a man see you as someone more than the bimbos and airheads he has dated before. Combined with the common sense not to rush into the relationship, you'll soon find that it'll be him who'll be trying to move the relationship to the next level.

Keep in mind, however, that knowing is only the first part of things. Know the right way of putting your knowledge into action, and you'll be headed into the best relationship of your life.

About the Author

Aaron Adams specializes in relationship matters for women. Visit <http://www.datingquestionsforwomen.com> for more advice [on dating after a breakup](#).
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