

Can't stop thinking about my ex

August 18, 2018 | 1 upvotes | by [InconspicuousWand](#)

This shit is pissing me off and it's been sometimes so I'm wondering is this ever going to go away.

I've been with tons of women so I have abundance. We dated and I actually left her because I didn't trust her. I knew it was better for both of us to go our separate ways. We split and after some plates and time I got another girlfriend. then me and her got back together but just sex. Then she said she didn't like it just being sex. She was sick of being hidden. So we parted again.

I'm still with my LTR and things are good but I can't stop thinking about my ex. I constantly wonder about her. I constantly want to hit her up. I don't even have social media anymore but I go on her page to see what she's doing. I know this isn't healthy but I can't help it.

What do I do. Is this ever going to stop?

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Comments

aaaGreg • 6 points • 18 August, 2018 09:37 PM

It'll pass with time. But you have to allow it to pass; stop lurking on her social media and accept that you will never contact this human again.

It'll pass bro

InconspicuousWand • 1 point • 18 August, 2018 09:39 PM

I keep telling myself that but damn it's been months.

aaaGreg • 5 points • 18 August, 2018 09:44 PM

Dude it took me like 5 to get over the one that led me to here. It's sucks but it will get easier. Eventually a day will pass and you don't even think of her. Then a week. Then she'll barely be a memory shortly after that.

Remove all the shit that reminds you of her from your life. And be sure you live your best life every fucking day. That's the way brother.

Rares5555 • 1 point • 18 August, 2018 11:45 PM

One time it lasted me a year. And I've had girls during that period.

InconspicuousWand • 1 point • 18 August, 2018 11:45 PM

Yea man I've had girls and a new girlfriend. Still I always think about her.

I'd say it's been 4-5 months

growinglats • 2 points • 18 August, 2018 10:12 PM

Never go to her social media again. "Thought replacement therapy" is a proven concept that works. Every time you find yourself thinking about her, immediately change the subject in your mind and start thinking about something that you decide on, like your career, school, the gym. Just choose something. It works.

W_O_M_B_A_T • 1 point • 18 August, 2018 09:57 PM

This is a milder version of a woman "committing suicide" by taking a bunch of sleeping pills. Self-sabotage because you think you need to wrangle attention or validation back to yourself.

If you want some drama, there are better ways of creating it.

red_philosopher • 1 point • 18 August, 2018 11:50 PM

That oneitis is serious business. Happens to the best of us. Delete her from *everything*. EVERYTHING.

earthmother92 • 1 point • 19 August, 2018 12:42 AM

Oneitis as fuck!

Block her from everything, fuck as many girls as you can and it will pass in time. Years or months but it will pass.