

# Getting over break up

1 upvotes | 13 June, 2019 | by priapula

---

So lets say that you have recently broken up with a quality woman. Will fucking other hoes actually help you get over a break up? Also, is it worth it to dive lower and fuck a bitch with lower SMV than your ex? I feel like these might make it worse. Or should I monk mode for a bit?

---

Archived from [theredarchive.com](http://theredarchive.com)

---

## Comments

---

beefthathasredmiddle • 7 points • 13 June, 2019 08:59 PM

Take some time to improve yourself and foster emotional independence. Then hit up the dating scene.

AboveAll2017 • 1 point • 14 June, 2019 12:07 AM

Do this but also hit on women at the same time, just don't get into a relationship or put in too much effort. Focus on yourself but also practice TRP daily.

4thAndLong • 6 points • 13 June, 2019 09:29 PM

If you're SMV was higher than your ex's, it's quite easy to get over her. If not, you should focus on increasing your SMV, abundance, and "I'm the prize" mentality.

BrapsNotFaps 1 points 13 June, 2019 08:43 PM **[recovered]**

Best way to get over someone is to get under someone else.

Red\_Pill\_Brotherhood • 6 points • 13 June, 2019 09:03 PM

...get *in* someone else.

spider\_1337 • 2 points • 13 June, 2019 09:19 PM

It won't help you get over it but it will help. Its also good to get used to spinning plates again until you regain your emotional self control back

mickJagermeisterr • 1 point • 14 June, 2019 01:32 AM

Yes, it can be worth getting with a lower SMV girl since your ego will rise, at least at first, to try to forget the ex.

redpilllogin • 1 point • 14 June, 2019 02:09 AM

Fuck as many women as you possibly can while simultaneously working on yourself and improving the quality of your life in all aspects.