

Lingering feelings for ex-LTR despite fucking other girls

5 upvotes | 10 July, 2019 | by mountainbiker178

It's been 4 months since I broke up with my LTR of 3 years, because she crossed some boundaries. Additionally, she wanted marriage and I didn't, so I thought I should let her go to find a beta. Fyi, we're both 42, divorced with kids.

Since the breakup, I've fucked 5 girls, following the GFTOG advice (go fuck ten other girls). I've turned 3 of them into plates or fwb.

The problem I'm having is that, if I'm honest, I still kind of have oneitis or something. My mind keeps going back to all the good stuff (ignoring the bad stuff). I was hoping that all the sex I'm having with other girls would nuke those feelings, but it's not working (yet?).

Am I just being impatient and there's really something magical about the number 10 in the GFTOG advice?

Is the only way to truly get rid of these feelings by getting into another LTR, thereby replacing the old feelings with new ones?

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Comments

LostInVayne • 10 points • 10 July, 2019 10:03 PM

Let me first say that following a certain "advice" to get over a certain situation isn't the approach you want to go about. You want to fuck other girls because you have a dick that requires some fucking and sucking. From what I know, this pattern only makes your situation worse, because even if you're fucking multiple bitches you're just doing it to forget about a girl, it may work later on but nothing inherent about you changed, you won't learn anything of this experience. Now that takes me to my second thought, which is the more you think about your ex the more your brain is wired to think about her, you're creating a continuous circle of vapid negative emotions. You deal with this by simply not thinking about her. Every time a thought of your ex pops up, just realize you're making the situation worse, feeding your brain junk thought that is only making your ONEITIS stronger.

mountainbiker178[S] • 3 points • 10 July, 2019 10:06 PM

the more you think about your ex the more your brain is wired to think about her, you're creating a continuous circle of vapid negative emotions.

Boom! There it is. Thank you!

Incidentally, that would also explain why getting a new LTR would fix the issue. Profound.

[deleted] • 3 points • 11 July, 2019 01:33 AM

I've also found it helps to 'embrace the stew'. Work on accepting and internalizing the reality:

she's not yours, your turn is over

AWALT

she's fucking other guys already

Etc. It'll hurt, and 4 months is *nothing* in the context of such a long relationship, but it'll hurt less over time until you have embraced and truly dealt with reality.

Also yes, standard advice. fuck more girls, work out, spend time on hobbies, study/put time into your career, read more, do cool stuff with your friends etc

Irtotallynotrobot • 8 points • 10 July, 2019 11:21 PM

It takes about a year to get over oneitis. It'll take time but you'll get through it.

boy_named_su • 4 points • 10 July, 2019 09:49 PM

I am of that opinion.

Been a year and a half since my ex. Fucked 9 chicks since then. Still think about her regularly.

The only thing that accelerated me forgetting about her was catching feels for a plate a few months ago

I_sort_by_new_fam • 0 points • 25 October, 2019 03:41 PM

You're attracted to plates? Forks too?

asorals • 3 points • 10 July, 2019 09:54 PM

I had a breakup from a 3 year LTR about 8 months ago now. I straight away went out to fuck other women, it

helped temporarily. But there was a void missing within my life. You need to find a purpose, a drive of some sort, that's what helped me.

savageblunder • 3 points • 11 July, 2019 12:24 AM

Yeah. Keep fucking bruh & lift. Fuck hat wives shit

I_sort_by_new_fam • 1 point • 25 October, 2019 03:42 PM

Fuck spelling too!

HurricaneHugues • 1 point • 10 July, 2019 10:21 PM

Give yourself some time to forget her. If you want to rish things, call her and tell her yes you want to marry her, and go through with it. You can either learn from advice ppl give you or personal experience.

I_sort_by_new_fam • 0 points • 25 October, 2019 03:40 PM

Go fuck ten other girls is terrible advice if you're not emotionally ready