

# Your Ex's Birthday Doesn't Matter

The Rules Revisited | 30 January, 2016 | by Andrew

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One question I receive from readers frequently goes something like this:

*"My boyfriend broke up with me because of X, Y or Z reason. It has been tough, but [I've been following your advice](#), and I haven't contacted him at all since it happened. He texted me a couple times asking how I am, but I didn't reply. The thing is, his birthday is next week. It is OK to send him a message to say 'happy birthday'? I don't want him to think I am rude."*

The answer is definitively, absolutely, always, without a question "no."

I don't care that you've decided to "[remain friends](#)" or how close you still are. I don't care if he got you a huge present last year and you "feel the need to return the gesture." I don't care if you say "but we just broke up a couple days ago," or that "I always do that kind of thing for people I care about, and I still care about him." And I definitely don't care if you "just think it would be kind of mean not to."

Don't do it.

All of the above are rationalizations - mere excuses for remaining in contact with him, for trying to re-initiate something or seeing if he'll take the opportunity to re-initiate something given the chance. He isn't your boyfriend anymore, and as I [explain in my book](#), he really isn't a friend or acquaintance anymore either. He is an ex, you're single, and as long as you are keeping strings attached to him you aren't attaching new strings to someone else.

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1. [Book Release: Beyond the Breakup](#)
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