

How to Get Over a Break Up – Quiz

How many of these symptoms do you have? If you're not sure then I'd suggest you answer 'yes' as it's very likely a piece of you is having a hard time admitting to how upset you really are. Check all that apply. (you can print out this quiz and fill in the blocks)

- Do you feel like you've got this big, aching, hole inside you where your love used to live?
- Are you so sad inside that you find yourself bursting into tears whilst going about your day?
- Do you wonder if anyone really understands just how much pain you are in over this break up?
- Are you crying yourself to sleep or waking up not wanting to get out of bed?
- Are you having a hard time sleeping or staying asleep?
- Are you avoiding certain places or people in fear that it will be too painful?
- Do you fear that you'll never get over this wretched feeling
- Do you feel like all your favourite dreams have just died
- Are you stuck in either starving or stuffing yourself with food in a way you know is unhealthy?
- Are you having fantasies about getting back, or getting even with, your ex?
- Do you think about your ex more than you want to?
- Do you fear you're talking with your friends about your ex more than you should be?
- Does the idea of your ex having a relationship with someone else upset you?
- Do you fantasise about letting your ex know exactly how angry/hurt you are?
- Are you busy blaming your ex for the failure of your relationship?
- Do you feel any need to get even with your ex?
- Are you having a hard time concentrating on your day?
- Do you catch yourself sighing a lot?
- Do your insides feel knotted up or tight?
- Are you still wondering if you really should have broken up?

Your score: score 1 point for each tick.

What does your score mean?

Score 1-5

The good news is that you're going to be over this before you know it. All you need to do is read the rest of this article and you'll be feeling better in no time at all. You really don't need to buy the program if you've answered truthfully. Just read the free

advice below, most importantly pay attention to the First Step about changing your focus. Sorry you're sad but you're gonna be ok very soon.

Score 6-10

Your break-up is definitely impacting your life and the level of grief you're experiencing means the relationship was still important to you. The good news is you don't need to buy the program or call me for coaching about your heartbreak. If you read the three step process below and pay special attention to Step Two you'll be feeling better in a couple of days and over your grief within weeks. Good luck, I'm sorry you're struggling but you're going to be ok.

Score 11-20

If you've answered yes to more than 10 of those questions then I hate to say it but you're clinically heartbroken. That's the exact test I run potential clients through in order to find out just how much pain they are in when coping with a break up. Let me begin by saying what I always say. I'm really sorry you're in so much pain and I know that you probably feel very alone with it. This kind of pain cuts a vicious rut deep inside that's very hard to get out of on your own.

I've worked with thousands of people in your position. I've even been in your position and I know that no matter what I say here it won't even begin to touch just how empty you feel inside. That's the reason I'm writing this article and I'm going to give away as much **free information** on how to get over a break up as possible to help you right now.

By the way, if you're **scoring over 15** then I wouldn't spend too much time reading the rest of this page. In fact I suggest you totally ignore the section on Your Fantastic Future as you're probably in no place to think about it yet. I'd encourage you to just get on and **purchase the program**, who knows it might just save your life.

Return to: <http://after-a-break-up.info/how-to-get-over-a-break-up-fast.htm>