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# Should You Stay Friends With Your Ex After A Relationship Has Ended?

Do you believe you could remain friends with your ex-spouse and also have a wonderful platonic relationship with him? Despite the fact that your love had not been able to survive, could you stay friends with your ex after your relationship has ended and simply delight in the fun man he is? Have pals that told you to just remain friends with your ex, however you think you still love him excessively to be just friends?

Whether we choose to believe it or not, staying friends with the ex is tough. During the breakdown post-mortem, friends and family will throw in their two cents. Some will go straight to the negative, saying that you should both part ways, turn over a new leaf and never look back. Others will adopt a more optimistic perspective. It's hard to remember that let go of the guy we've fallen in love with. Often in a relationship, we put our most hopes and dreams on the shoulders of that guy that when things end, those hopes and dreams are hard to let go of. They know whether you should stay friends with your ex or not, read this article to see what works and what fails.

## Slow Fizzle

Some relationships just fizzle out before any strong bond can even be forged. They're just there and firm, but nothing ever comes of it and then you decide to go your own way. They just don't really lend well to an ongoing relationship after the breakup. Since love isn't truly had a chance to form, you can just pull out of the passionate part of the relationship and remain friends.

## Too Many Hard Feelings

A long term relationship that has seen a lot of ups and downs can sometimes have a lot of baggage by the time it ends and that's why their own way. If you've been hurt, they've cheated, looking past all that and becoming friends can be difficult. If this is the case, until something you want to attempt, make sure you give yourself a lot of time to get over all the pain and distrust before you become his friend. If not, you run the risk of constantly bringing up the past and the future friendship will never truly be.

## Different Paths

I've known many couples who've simply drifted apart and had a part in their lives where their hearts and their relationship differ from that of their marriage. Nothing has gone dramatically wrong with the marriage, but they've just drifted and amicably grown apart. All the relationships and admirations of the years till marriage and their hearts and dreams for the other are still thriving. This is the best set up for remaining friends after a breakup that you can hope for.

## Still In Love

Some girls will remain friends with their ex after their relationship has ended simply to have someone who's still gaining his love. They won't think of a relationship, but they'll still have to

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Put the passion back by keeping close contact with their ex. This does work in some situations, but you have to allow the love to grow on its own rather than try to force it or push it back. Don't push him to feel what he needs to feel. Simply allow the friendship to help him what he's missing. If you're truly meant to be more than just friends with your ex, the love will somehow breakthrough and the romance will begin again.

### The Verdict

In a perfect world, it would be ideal for exes to remain friends. In reality, however, it rarely turns out to be a different story. Having an ex-partner in your life (at least for the first year after breaking up) is detrimental to your long-term well-being. You won't be able to move completely on and "quit" your addictions until you give yourself the chance to. This reason, no matter how good they were as friends before, is how important they were to you in your life by will ultimately prevent you from moving on and wholeheartedly starting the next chapter of your life.

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