



SHOULD YOU STAY
FRIENDS WITH YOUR EX?



W O R K B O O K

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Katia Loisel is an internationally recognised Dating, Relationship and Body Language Expert, Founder of The Love Destination and host of the new TV series French Kiss: The Art and Science of Kissing, airing in 2018. She is the co-author of How To Get The Man/Woman You Want and has conducted a widely published five-year global study into dating and mating patterns. Katia has also produced a "How To" series on dating and kissing that received over 12 million views on YouTube alone.

Katia's broad knowledge on relationships and nonverbal communication has made her a sought after a media commentator, brand spokesperson and host, who has been interviewed over 1,000 times by media outlets worldwide, with regular segments on TV, in print and on the radio. She has also analysed the body language of countless celebrities and politicians in Australia and overseas.

Katia is also dynamic speaker and trainer, delighting, engaging, motivating and educating audiences. She has designed and conducted over a hundred keynote speeches, workshops and seminars and worked with thousands of people, helping people to tap into their inner body language expert, transform their relationships and attract the love they deserve.

She loves what she does and it shows: her vibrant, vivacious, bubbly personality, spot on analysis, content and expertise making her a hit with the audiences and the media alike. Katia is passionate about love and is on a global mission to help conquer loneliness, and inspire and empower women through everything love.

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LESSON 1

STAYING FRIENDS WITH YOUR EX ACCORDING TO SCIENCE

STAYING FRIENDS WITH YOUR EX ACCORDING TO SCIENCE

Whether you're the one who did the breaking up or the one on the receiving end, staying friends with your ex isn't always easy or a good idea. In this course we'll explore the pros and cons of staying friends with your ex, signs you are (and aren't ready) and the ex with benefits.

If they let you go, lingering feelings of hurt, disappointment or confusion or a desperate need to get them back for closure, an explanation or revenge can seriously get in the way of being friends. Although it tends to be easier to stay friends with your ex if you were the one who ended the relationship, the guilt can make things complicated, particularly if they were madly in love with you and you broke their heart

SO, WHAT DOES SCIENCE SAY ABOUT STAYING FRIENDS WITH YOUR EX?

Research tells us that there are four main reasons why people remain friends with their ex.

1. Practical reasons such as having children together or working together. In these situations, you often have to maintain a civil friendship where you can work towards a common goal.
2. Because we want to remain civil and want to be 'nice.'
3. We still have romantic feelings for them and still harbor the hope that we might get back together. We haven't gotten over the breakup or our attachment to our ex-partner.
4. We are feeling insecure and feel as though we can't live without them.

Research reveals that if we're working towards a common goal and staying friends for practical reasons, we can maintain a healthy fulfilling relationship. However, if we're staying friends with our ex to fill a void or because we still have feelings for them it's likely to create problems for us in the long term.



LESSON 2

THE PROS AND CONS OF STAYING FRIENDS WITH YOUR EX

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COSTS

REMAINING FRIENDS WITH YOUR EX CAN:

- ♥ Prevent you from moving on.
- ♥ Affect your self-esteem and self worth and keep you firmly stuck in the past and playing the 'what if' 'if only' game.
- ♥ Create problems in your new relationships and make your new partner feel insecure and jealous (especially if you compare them to your ex, keep bringing up your ex or spend too much time with them).
- ♥ Keep you emotionally unavailable.

PROS

REMAINING FRIENDS WITH YOUR EX CAN:

- ♥ Mean that you have a true friend for life, especially if your ex was your best friend (but be aware that you'll need to work at it and it won't be easy.)
- ♥ Give you security (after all if they've seen you at your best and very worst and they still value your friendship chances are they'll stick around).
- ♥ Give you invaluable, honest feedback from the opposite sex, which is very hard to come around!!!!



LESSON 3

IS YOUR EX STOPPING YOU FROM MOVING ON?

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Is your ex stopping you from moving on? If you're still not over them, have an ulterior motive (like secretly want to get them back, make them jealous, or get some revenge) are after closure or still spend your Saturday nights pouring over their letters and photos whilst drowning your sorrows with an entire bottle of bubbly (or 2L of ice-cream) then you aren't ready to stay friends with your ex (see bottom for more tips). On the other hand, if you've well and truly moved on, have no ulterior motives, feel happy and content within yourself and genuinely value their friendship a friendship might work.

HERE ARE THE TOP WAYS THAT STAYING FRIENDS WITH YOUR EX CAN STOP YOU FROM MEETING SOMEONE:

- ♥ You don't put yourself out there (after all why take a chance and put yourself on the line and up for rejection when you're having such a great time?!).
- ♥ Although technically single you may be emotionally unavailable because you're still emotionally invested with your ex.
- ♥ Given your history and level of physical intimacy, people who see you with your ex may assume you're in a relationship and are less likely to approach so you have less opportunity to connect with and meet new people.
- ♥ Whether you realize it or not because of your shared sexual and emotional history you may also exhibit many courtship gestures when you're with your ex, which will put most guys off.

EXERCISE

It's time to get really honest about your feelings (or lack of feelings for your ex).

If you could turn back time, would you still want to break up with your ex?

Do you secretly hope that you and your ex will get back together?

Have you ever dropped plans so that you could spend time with you ex?

Do you still get any of your emotional or physical needs met from your ex?

They might change his mind and he might not, but holding out hope prevents you from moving on with your life and keeps you firmly stuck in the past and playing the 'what if' or 'if only' game. If only I'd been more attentive, given him more sex, hadn't changed, lost those ten kilos...It's not easy to hear (especially if you were married or have children together) but in order to stay sane (and perhaps get him back) you need to accept that it's over and get on with your life as soon as possible. You're not going to get over him if you're secretly willing the phone to ring or wearing out the receive button on your email. The sooner you take action to regain your life the sooner you'll heal and the more attractive you'll be (he'll be more likely to want you if he thinks you don't need him).



LESSON 4

ARE YOU READY TO BE FRIENDS WITH YOUR EX?

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YOU NEED A BREAK FROM YOUR EX (AND PROBABLY SHOULDN'T REMAIN FRIENDS WITH THEM) IF:

- ♥ You're still grieving the relationship, feeling angry, hurt, confused or need answers, NOW!!!
- ♥ You're secretly hoping you'll get back together (and you think that they'll come to their senses).
- ♥ You find yourself trying to impress them, still want to look your best 'for them' or appear funny, intelligent etc. in order to impress.
- ♥ You can't bear the thought of living your life without them.
- ♥ You crave 'alone' time with them and try to arrange it so that there's no one else around.
- ♥ You want to be friends out of guilt for breaking up with them.
- ♥ You get jealous if they mention another girl/guy.
- ♥ You find yourself prying their friends or family for info.
- ♥ You're stalking them.
- ♥ You're cyber stalking them. If you're constantly checking their updates on Facebook etc, you need to move on... now!!

YOU'RE READY TO BE FRIENDS WITH EX IF:

- 📍 You really value their friendship not just the convenience of having them around.
- 📍 You've resolved any anger, hurt, confusion and are ready to move on.
- 📍 You're ready to see other people
- 📍 You can cope with seeing them in a relationship (with someone other than you!)
- 📍 You can accept that you will no longer come first (or even tenth) in their life.
- 📍 You can accept that there may be periods (like when they or you meet someone new) when you won't see each other.

EXERCISE

Go through the lists above and either tick or cross each one. Be honest, did you tick any in the first list? If you did, it may be too soon for you and your ex-partner to be friends. It can be difficult to limit contact if you have children together or work together, but it is important that you put some space between you and work on healing yourself first.



LESSON 5

HOOKING UP WITH YOUR EX. THE EX WITH BENEFITS

HOOKING YOU WITH YOUR EX. THE EX WITH BENEFITS

Hooking up with an ex can feel like snuggling into your favorite warm comfy blanket. Reassuring, safe, within arm's length and the ultimate feel good boost. They acknowledge and accept you, have seen you at your best and worst and have shared amazing moments together.

This is why hooking up with an ex is fraught with danger. No strings attached, or so you think. Kissing is a sensual smorgasbord that activates all five of our senses and sends a direct signal to the emotional brain or Limbic sensual centers associated with love, lust and passion. Hooking up sends our neural networks into overdrive releasing a surge of neurotransmitters and hormones including the 'cuddle hormone' oxytocin, dopamine, serotonin, oxytocin, phenylethylamine and norepinephrine. This chemical cocktail and in particular the rush of dopamine that triggers the dopamine system in the brain associated with pleasure, addiction and reward, sends us into a euphoric (and slightly obsessive) high. A good kiss has also been shown to make someone appear more attractive.

The novelty of 'going back' when you know you probably shouldn't only heightens the experience of excitement, desire and dopamine triggered euphoria. All of a sudden, you can't stop thinking about that one person you thought you could live without. This can cause issues if you're still grieving the relationship, feeling angry, hurt, confused or you're secretly hoping you'll get back together.

Hooking up with your ex can also bring other not so positive feelings, such as confusion or shame to the surface. A study by researchers at the University of Almeria, Spain (2014) on friends with benefits found that the most frequent emotions experienced during hookups between friends were happiness, feeling desired, satisfied, excitement and confusion.

A casual on-again-off-again romance with your ex can become addictive and can be a warning sign that there are some issues between you and with yourself that need to be dealt with.

The 'on-again-off-again' romance cycle take you on a rollercoaster of emotions, triggering the dopamine system in the brain associated with addiction and pleasure. What starts off as a seemingly harmless hook up can become an addiction and can be very unhealthy. You broke up for a reason and either you like each other enough to be together or you need to communicate with your ex and deal with the underlying issues or move on.

Whilst it may seem harmless enough, hooking up with your ex keeps you emotionally unavailable for other relationships and can prevent you from moving. It can also affect your self-esteem and self-worth and keep you firmly stuck in the past and playing the 'what if' 'if only' game.