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Almost everyone on this planet must have been through this terrible experience of loosing the one they loved the most and the question that how do I get me over a broken heart or my heart is broken what do I do, pops as the first thing in the mind of the person every morning when they get up and think of him/her who left them broken heart. Life has been cruel and it has been so not only to you, but to almost everyone on this planet sometime or the other in their lifespan.

At such point of time of your life the real question that matters is how do I proceed alone after I lost my beloved and move on after a relationship gets rogue. No one has a courage to go on asking people that my heart is broken what do I do? There is a dark pit inside the one who lost something dear recently and filling that may take a lot of time.

Everyone's heart functions differently, someone might not even feel the difference and the other might take years to recover from the pain. So when someone says, 'I lost the love of my life' or 'Lost my beloved' be sure of one thing don't suggest to move on after a relationship untill you know the person very well.

So if you are hovering around the question, 'I lost the love of my life, my heart is broken what do I do?' or 'How do I get me over a broken heart and move on after a relationship', this is for you. Know yourself, what exactly do you feel and want? Does every passerby remind you of him/her and you don't know how to move on after a relationship? Does every morning start with a lump in your throat and a deep feeling that brings thick and painful tears to your eyes which refuse to stop for hours. If yes, get it over with. Time is the only solution for you. Be patient and wait, let the pain come out and wallow in his memories, but then know when to stop too. You don't have all the time in the world to think my heart is broken what do I do or how do I proceed alone?

Don't remind yourself that 'I lost my beloved' or 'I lost the love' all the time. There could be nothing more depressing than doing that, rather go on socialize and try to move on after a relationship. Don't think how do I proceed alone after I lost the love or lost my beloved or how do I get me over a broken heart, rather think of ways of keeping yourself busy like watching movies, working overtime, indulging in some hobbies like reading books or painting or writing, etc. Know for sure that asking questions like how do I get me over a broken heart or how do I proceed alone is not going to help for long, you have to take steps for your own self. Just be sure of understanding the fact well and good that the situations have changed and they are not going to get back to the definition of normal that you have. So get over it and let it go.

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Lets find a move on after a break (a komme videre efter et brud) and share your self with Network for broken hearts (a mit hjerte er knust)

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mit hjerte er knust, mit hjerte er knust hvad gÃ¸r jeg, hvordan kommer jeg mig over et knust hjerte, komme videre efter et forhold, hvordan kommer jeg videre alene, mistet den jeg elsker, mistet min

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