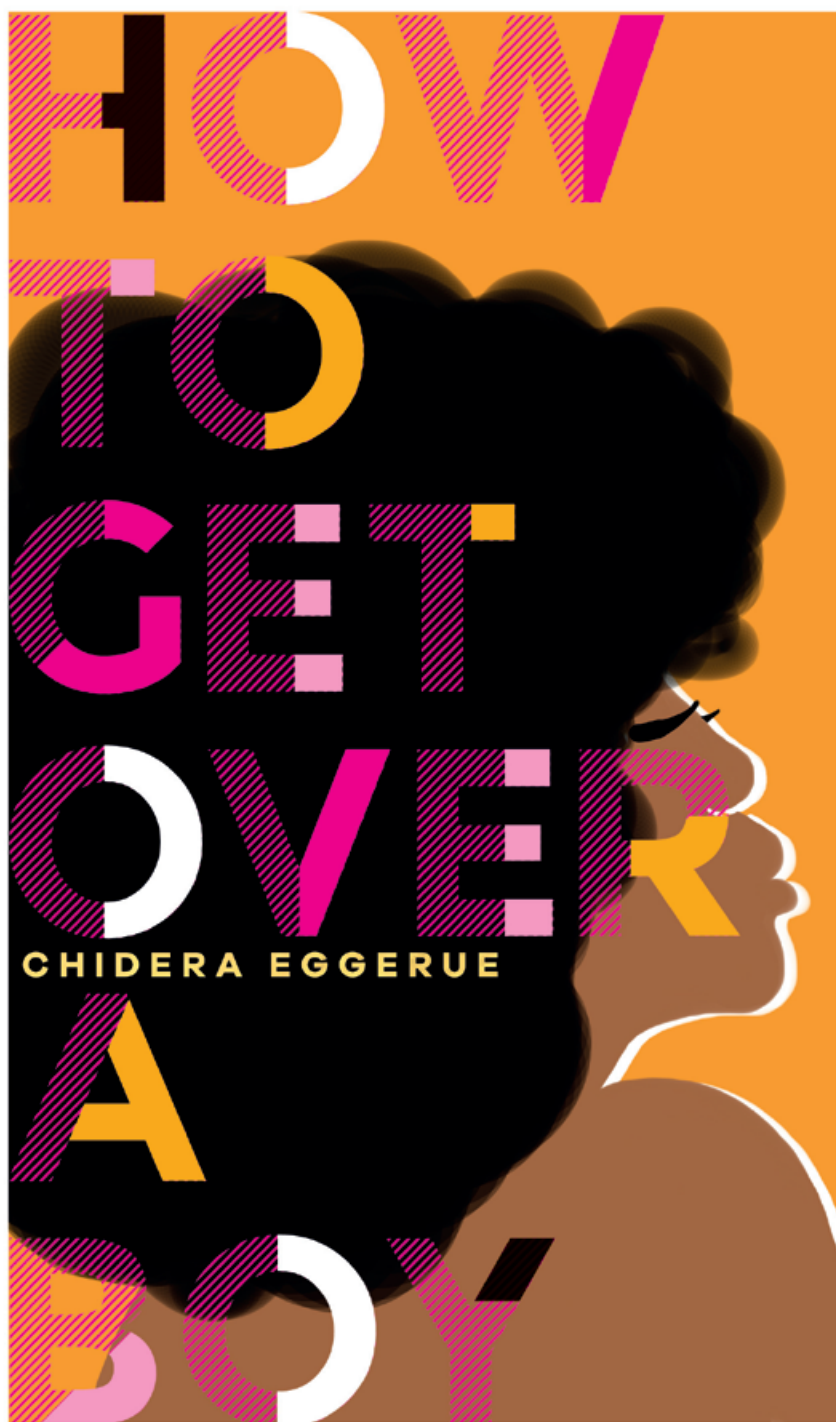


HOW
TO
GET
OVER
A
BOY

CHIDERA EGGERUE



Welcome to your sample of my new book **HOW TO GET OVER A BOY**. In this little booklet you'll find a recovery toolkit for when times are feeling a little rocky. With a 30 day calendar I hope this keeps you strong, and reminds you to always put **YOU** first.

Men are never the prize, you are.

Chidera

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11 Recovery Toolkit

This recovery toolkit will allow you to have something you can always refer to when the road feels a little rocky and you've lost your bearings.

The thirty-day no-contact rule

Recovering from a breakup on a more practical basis can be likened to getting over an addiction. You go through periods of major withdrawal where you become overwhelmed by a cocktail of emotions, including guilt, fear, randomly missing him, and suddenly feeling like what he did to you 'wasn't that bad'. You start to play the mental showreel of all your good times (even if you only had a few), and suddenly you can't remember why you left. Feeling this cluster of imbalanced emotions can be very confusing and irritating, but all hope is not lost. Contrary to popular belief, breakups don't actually have to be hard. We assign so much spiritual and emotional value to these men, that by the time we finally distance ourselves from them, we feel distant from ourselves. And that's really heartbreaking, because no man is worth losing yourself over. Ever. They say it takes about thirty days to break a habit. Texting your ex, stalking his profile from your second account, deliberately asking your mutual friends certain questions to get updates on his life and his new girl – it all needs to stop.

So right now, go cold turkey, block his number on whatever messaging app you use, remove him from all your social media. Maintaining little corridors of access to him means he's still on a pedestal. It also means your value system when it comes to men is warped, because naturally you're going to keep comparing new guys to him as long as he holds this much space in your head. You want to evict him from that space so that someone new can blow you away when the time is right! This guy is not the be-all and end-all of your experiences with men, and the outcome of your situation with him really doesn't have to define your future relationships.

This thirty-day period of making yourself the centre of your world has a 100 per cent success rate, because by the time you get to day thirty, if it's done honestly and correctly, you will have either a) met a new guy or b) found a whole heap of new reasons to love your healing self. But the thirty-day no-contact rule must be adhered to strictly, and if you break the pact with yourself, you must start all the way from the beginning – which might feel like torture.



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The reward system

But there's a reward system you can use to keep yourself motivated. Here are some suggestions:

Buy yourself an advent calendar, and for each day you don't look at his profile or engage with him in any capacity, enjoy the treat for that day. If you can't afford an advent calendar or can't find one in the shops, make yourself a journal – on each successful day, write something amazing about yourself, and on a day where you did trip up, write something that reminds you of why you started doing this thirty-day challenge. Getting into the habit of saying nice things about yourself prepares you to become so used to compliments that you aren't dangerously swooned when others recognise your greatness.

Every ten days that pass without you breaking the rule, take yourself on a really nice solo date to an upscale bar, or your favourite club or restaurant, and imagine the room is full of men who are all waiting to be picked by you, the goddess. For even spicier results, wear something red so you feel even sexier. Getting into the habit of going out to bars and social environments alone will not just put you in a position of meeting new people, it will also quell your fear of being alone. There's nothing more powerful than a woman who knows how to hold her own in a room full of strangers.

Or, if you feel ready, each time you make it to the ten-day mark, why don't you try practising your new confidence on your dating apps and let yourself be taken out? By the time the thirty-day window ends, you will have gone on three different dates with three new guys, which will significantly lower the hype around the man you've been thinking of. You never know: one of these guys could end up being far more interesting, way hotter and maybe even richer.

As you get closer to the end of the thirty-day period, why not have a spa booked to mark the last day? It will be a period of reflection, relaxation, and remembering how far you've come within just a month of leaving a situation that could have dragged your life in a completely different direction. You deserve to meet the woman you're destined to become: take the time to do so.

Set a reminder on your phone every couple of days that says **'It's time to finally choose yourself for once. Don't let him win!'**

When it gets hard, ask yourself: **At what point will I be the victor here? When will I finally walk away with my head held high? This must end at some point – why not now?**

Are you fed up with thinking about that guy every minute of every waking hour, when he doesn't even reply to your texts?

Are you reeling from the pain of a break-up, unsure of where to turn?

Are you single and looking to be happy with your choices in the face of society's constant questioning?

Bestselling author and icon Chidera Eggerue, aka The Slumflower, has been there. Now she is ready to share her story and help you to reframe the stale goal of finding a man. Discover new ways of thinking for every part of your dating life, and recognise that men only hold as much power in our romantic lives as we grant them.

For too long, society has placed men on a pedestal, implying that they are a prize for women to scrap over and win.

Men are NEVER the prize.

You are.

Let The Slumflower show you why.

Hardie Grant

QUADRILLE