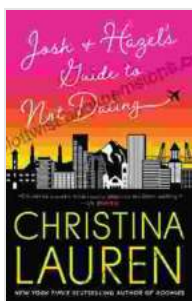


Josh and Hazel's Guide to Not Dating: A Comprehensive Guide to Navigating the Tricky Waters of Friendship

Breaking up is never easy, but it can be especially difficult when you have to stay friends with your ex. If you're struggling to navigate the tricky waters of friendship after a breakup, then you need Josh and Hazel's Guide to Not Dating.



Josh and Hazel's Guide to Not Dating by Christina Lauren

★★★★☆ 4.5 out of 5
Language : English
File size : 6544 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 318 pages



This comprehensive guide will help you:

- Understand the importance of respecting your ex's boundaries
- Find new activities to do with each other
- Rebuild your lives as friends

Respecting Your Ex's Boundaries

One of the most important things you can do after a breakup is to respect your ex's boundaries. This means giving them the space they need to heal and move on.

Here are some tips for respecting your ex's boundaries:

- Don't contact them unless they reach out to you first.
- Don't show up at their house or workplace unannounced.
- Don't try to talk about the breakup or your relationship.
- If you see them in public, be polite but brief.

Finding New Activities to Do With Each Other

Once you've given your ex some space, you can start to rebuild your relationship as friends. One of the best ways to do this is to find new activities to do with each other.

Here are some ideas for activities you can do with your ex:

- Go for a walk or hike.
- See a movie.
- Go out to dinner.
- Play a game.
- Volunteer together.

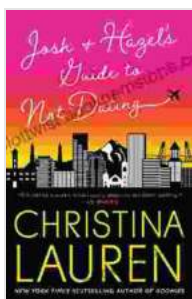
Rebuilding Your Lives as Friends

Rebuilding your lives as friends takes time and effort. But if you're both committed to the process, it's possible to have a strong and lasting friendship after a breakup.

Here are some tips for rebuilding your lives as friends:

- Be patient. It takes time to heal from a breakup.
- Be understanding. Your ex may need some space and time.
- Be supportive. Let your ex know that you're there for them.
- Be yourself. Don't try to be someone you're not.
- Have fun. Spend time on things that you both enjoy.

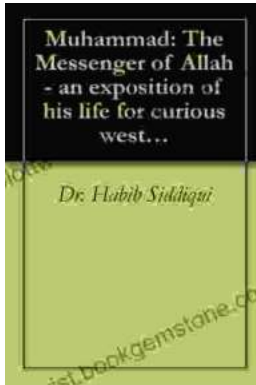
Breaking up is never easy, but it doesn't have to mean the end of your friendship. With time and effort, you can rebuild your lives as friends and enjoy a strong and lasting relationship.



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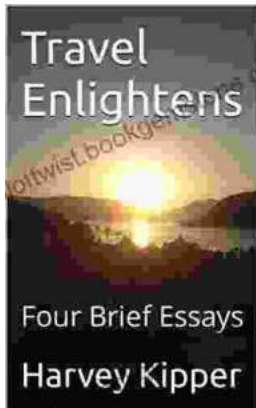
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