

# HOW TO SURVIVE IF YOU RUN INTO YOUR EX

Running into your ex at a party can be problematic for many reasons: lingering affection, pain over being dumped, unresolved emotions, passionate memories, or poor selection of your current date.

**1 Do not avert your gaze.**

Look him in the eye and smile. Shying away from eye contact only diminishes your power. Keep someone's gaze and you keep control.

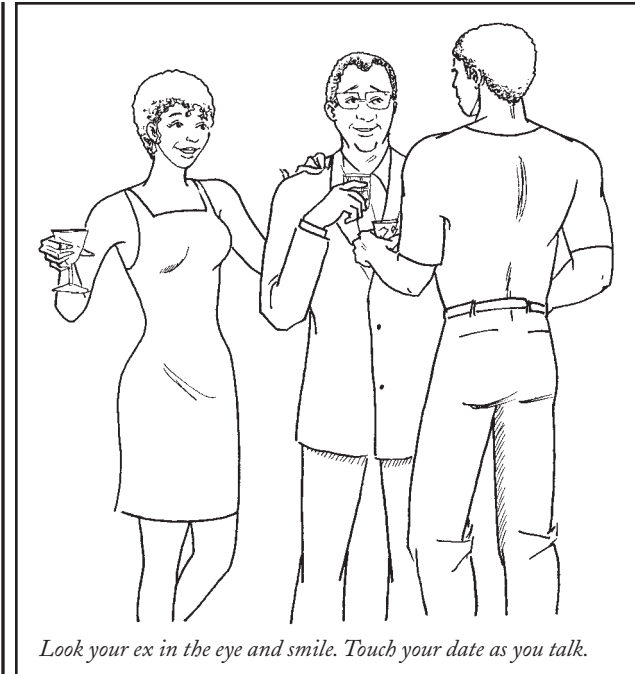
**2 Be nice.**

**3 Do not sit.**

Do not let yourself get stuck in a corner or on a couch with your ex. Remain standing and be ready to move.

**4 Take charge of the conversation.**

Start by mentioning something that you noticed earlier in the day. This keeps the dialogue fresh and superficial and in your control, and helps you to avoid complimenting or talking about the ex. Be upbeat—enthusiasm is a handy tool. Breezing by someone indicates you are not fazed or upset.



**5 Introduce your date and send clear signals that this is who you are with now.**

Touch your date as you converse with your ex, making it clear that you have moved on.

**6 Keep your conversation short and sweet.**

Tell your ex that you are “meeting friends,” but that it was nice to see him. Or, tug your date's arm and say, “Oh look, there's Sally. I want you to meet her.”

**7 Move on.**