

Should you get back together with your “Ex”?

This checklist should help you decide.



by Liberty Forrest

In my consulting work offering guidance or doing readings as a psychic and medium, I am often asked, "Will my ex and I get back together?"

It would seem to me that if people didn't make it into your present, there's a reason they're in the past. But let's take a closer look at this age-old question and see where you end up.

Did your "Ex" ever:

- Insult, demean or belittle you?
- Demand or expect sexual activity when you weren't interested?
- Limit your circle of friends?
- Make it clear he/she didn't like the way you dress?
- Bring up your flaws repeatedly?
- Throw your mistakes or most painful experiences in your face?
- Keep you from doing things you love?
- Withhold money, affection, or love as punishment?
- Not allow you to pursue a job or education?
- Swear at you?
- Call you names?
- Shove, punch, slap, restrain or kick you?
- Threaten you in any way?
- Threaten suicide if you were to leave him/her?
- Blame you for his/her behaviour or choices?
- Keep you from your family?
- Lie to you, especially to hide unacceptable behaviour within the confines of a relationship?
- Cheat on you?
- Flirt with others?
- Refuse to assist you when you needed help?
- Refuse to support you in challenging times?
- Repeatedly "forget" events or occasions that were important to you?
- Embarrass or humiliate you, especially in front of others?
- Force or pressure you into doing anything that hurt you or made you uncomfortable?
- Tease you to the point of tears?
- Insist or manipulate you into giving up anyone you love, or things you enjoy?
- Criticise you?
- Crush your dreams, ideas or goals?
- Deprive you of food, medical care or other essentials?
- Behave in a way that made you fear for your safety?

If you can say "yes" to any of these, your relationship has an element of dysfunction or abuse. **None of the above is acceptable in a healthy, balanced relationship. And the more often these behaviours occurred, the more toxic the relationship.**

"But I still love him/her!"

Sorry, that doesn't matter if you want to be happy. It doesn't matter how much he/she still loves you either. It doesn't matter if sometimes things were/are good between you.

The above behaviours are completely inappropriate (some of them are potentially downright deadly) and often escalate over time, while your sense of self-worth and self-esteem plummet.

And if children are witnessing these behaviours, they are being emotionally abused and the consequences will be long-term, highly toxic, and extremely destructive to their happiness and wellbeing. They will end up perpetuating the cycle because in their eyes, this is "normal."

You don't have to live like this. And neither do your children.

Are you ready to take control of your life and happiness? Is it time to heal these emotional wounds and start to feel better about yourself?

[Book your private consultation with me here](#) and let's work together to get you unstuck and moving forward in a happier, healthier way.

For a clear, direct look at control issues, [click here](#).

And for a powerful short story that will help you to understand the dynamics of an abusive or dysfunctional relationship, [click here](#).

Enjoy my inspirational videos and guidance on [my YouTube channel](#).

Award-winning author Liberty Forrest's professional background is in social work, counselling and hypnosis. She is also a certified homeopath, a Reiki Master, and a spiritual healer as well as an international psychic and medium. Visit libertyforrest.com for more information about Liberty.