

Freedom in four weeks

SO THE GUY YOU'RE CRUSHING ON DOESN'T FEEL THE SAME WAY? IT'S NOT THE END OF THE WORLD. GET OVER HIM IN 28 DAYS – IT'LL FLY BY!



- 1 Stay in your pyjamas, cry your eyes out and watch your fave movies. Let the grieving begin.
- 2 Mums really do know best, so if yours comes in for a cuddle, don't push her away. Then, when you feel comfortable, have a chat to her about it.
- 3 Start your own "recovery" journal and write out everything you want to say to him and everything you're feeling.
- 4 This really is it. He hasn't called and you're feeling down in the dumps, but it's still OK to cry.
- 5 Don't forget to eat – starving yourself will only make you feel worse (and it'll make your breath smell stale!).
- 6 Get off the couch and go for a run – you'll feel better if you get active. Try a run around the block, or some sit-ups.
- 7 Call in your support group for comfort. BFFs + Tim Tams + new-release comedies = a girl who's having too much of a good time to think about the fool who broke her heart.
- 8 Step away from the phone! Don't call him, don't text him... heck, don't even look at your phone! Constructive convos are still impossible ATM.
- 9 Have a shower (wash that hair!) and call the friends you neglected while you were pining over that guy!
- 10 Pamper yourself. Get a massage and a fake tan (one that's done by a credible beautician – turning orange will not help your self-esteem!).
- 11 Anyone else you know been hurt by a crush? Ask them for advice on how they got through it.
- 12 Say "hi" to him in a casual way, letting him know things don't need to be weird anymore.
- 13 If you're emotional from your first contact after he hurt you, have a cry (but make it a good one coz it'll be the last tears you'll shed over him).
- 14 Feel empowered that someone who truly deserves you is waiting for you in your future.
- 15 Time for an anger-management activity to let go of all that pent-up rage! Kickboxing, anyone?
- 16 Clean out your life – room included – and line your walls with pics of RPattz and Taylor Lautner. You can't deny both these guys are as dreamy as each other!
- 17 Improving your grades sounds boring, but it will boost your confidence and make you feel really accomplished!
- 18 Reward your hard work with a relaxed, but fun, girly night out with some great mates.
- 19 Him not liking you back *isn't* your fault, so get those thoughts out of your head... today!
- 20 Get together with a couple of friends and have that awesome bitch sesh you've been dying to have.
- 21 You're cool, calm and collected... 'til you run in to him. Be strong; you can cry at home. Notice how the tears are struggling to flow now? It's nearly over.
- 22 We all love something about ourselves, so list yours – and be honest!
- 23 Do something nice for someone who's been really supportive of you in your time of need.
- 24 Stop secretly stalking his Facebook page and deleting your history – effective immediately!
- 25 Do as Ne-Yo says and really own being Miss Independent. You'll love every minute of it!
- 26 A change is as good as a holiday, so get a haircut and treat yourself to some new clothes.
- 27 Going back and forth with your phone is not going to give you closure. Delete his number already!
- 28 There are plenty of other fish in the sea, so go fishing! If that doesn't work out, remember where you kept this.