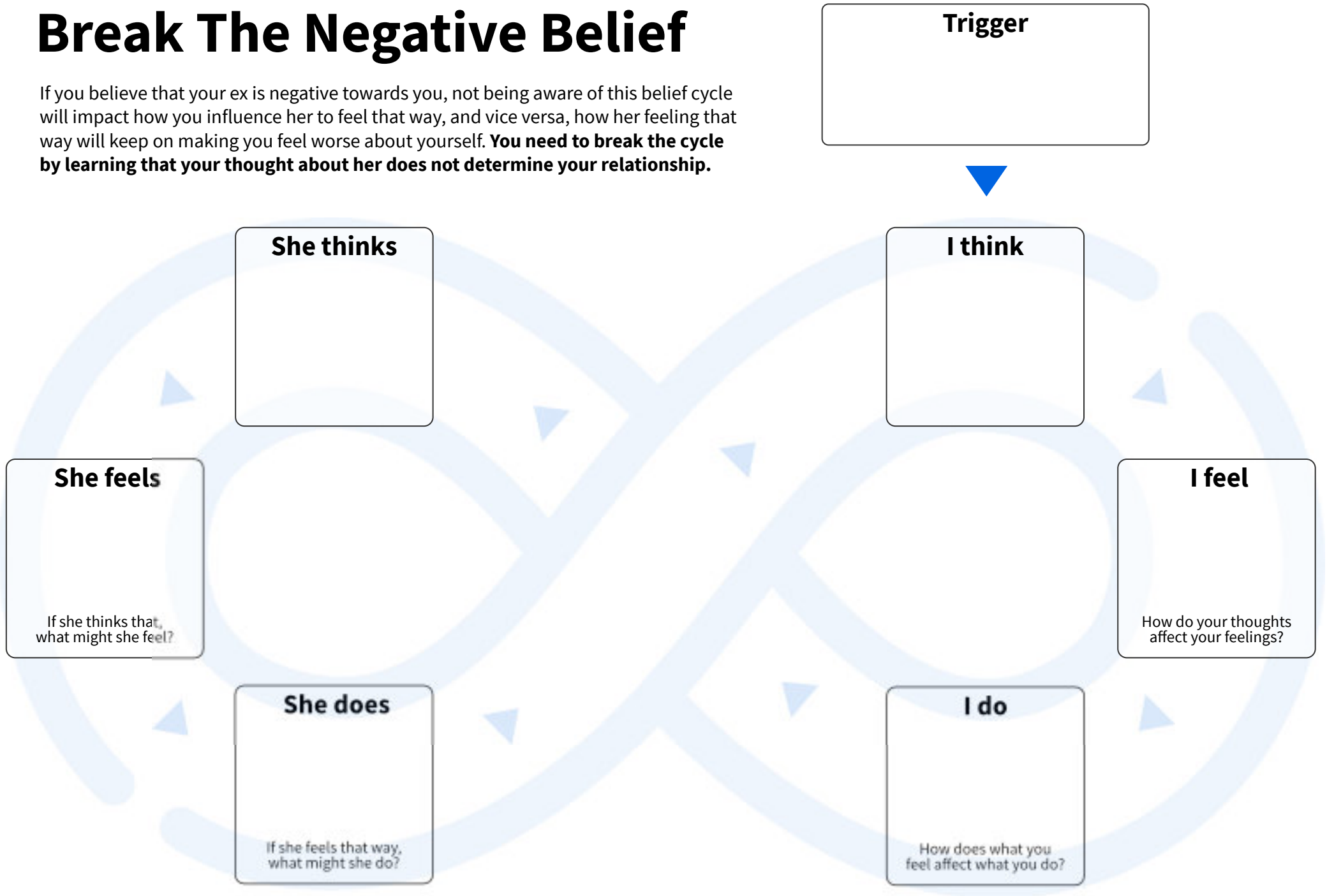


Break The Negative Belief

If you believe that your ex is negative towards you, not being aware of this belief cycle will impact how you influence her to feel that way, and vice versa, how her feeling that way will keep on making you feel worse about yourself. **You need to break the cycle by learning that your thought about her does not determine your relationship.**



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