

THINGS TO DO IF HE IS USING YOU

Allow yourself to feel all the emotions, and do not box them inside



Look at the relationship from a realistic point of view



Let him know that the relationship is not working out



Talk to him openly and in person about the status of where you stand together



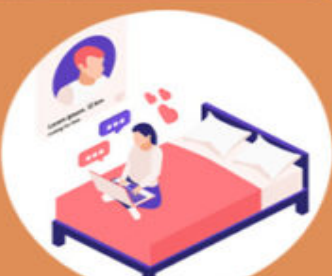
Do not accept lies



Do not let yourself be manipulated by him



Avoid talking to him late at night or replying to his text messages



Do not blame yourself for how things turned out to be

