

THE MILLIONAIRE MATCHMAKER ON DE-FRIENDING YOUR EX ON INSTAGRAM AND WHEN TO START DATING AGAIN



BY RUTHIE FRIEDLANDER

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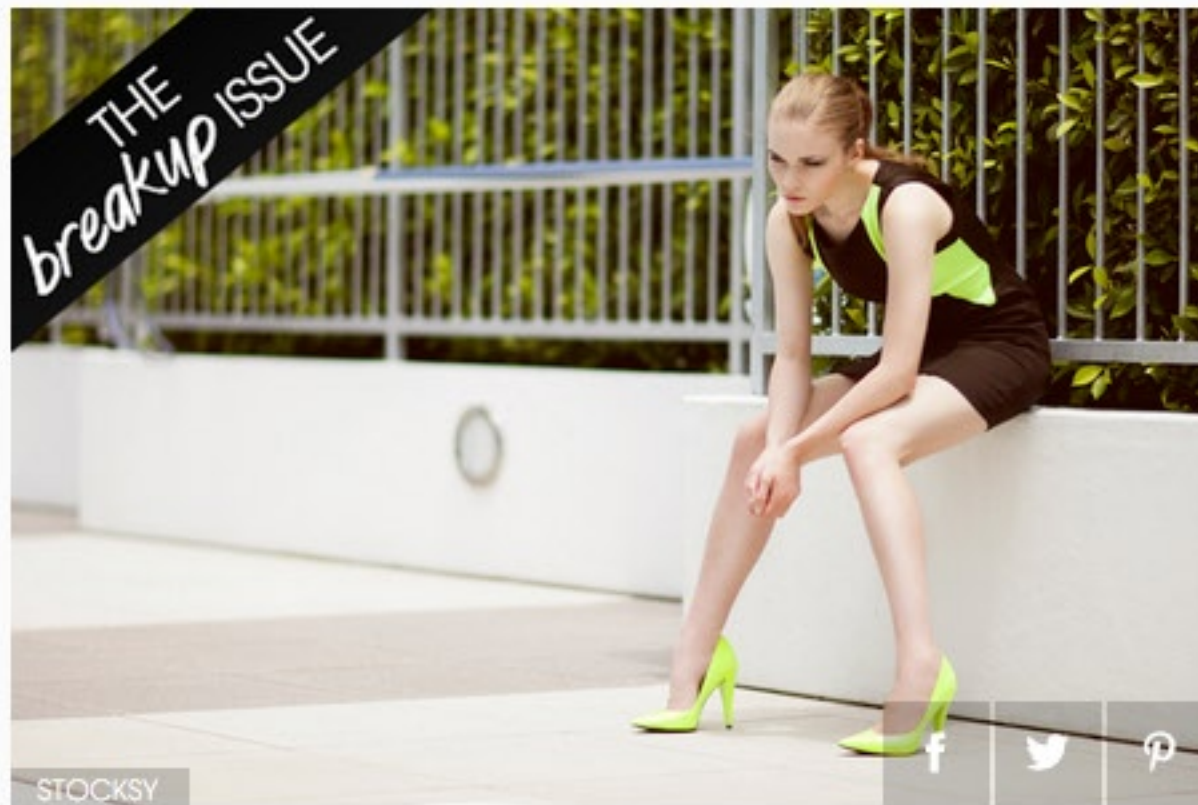


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*Did you know that, statistically speaking, December 11—exactly two weeks before Christmas Day—is the most popular day of the year for couples to break up? Whether the pressure of the impending holidays or the aftershock of a family-filled Thanksgiving is to blame, right now, this week, breakups are all around us. As a nod to splitting season, ELLE.com is tackling everything from the **most memorable celebrity uncouplings in history** to the **least painful ways to break up with people you're not technically dating**. Here, *The Millionaire Matchmaker's* Patti Stanger answers all of our post-breakup questions.*



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Patti Stanger tells it like it is. You only have to watch one episode of her hit Bravo! show *The Millionaire Matchmaker* to know that if you ask her a question, she's going to give it to you straight. So there seemed like no better person to enlist to help us answer your (and our) breakup questions, culled from Twitter, e-mail, and, well, our office chats. Here, the answers to five of our pressing breakup questions.

I just broke up with my boyfriend of four years and am considering cutting all my hair off. Is that a horrible idea? What are your thoughts on post-breakup transformations or dramatic changes?

Patti Says: Getting in shape is always the best revenge, but slow it down on cutting your hair or making a drastic change like tattoos or piercings, as that is way too extreme and, chances are you'll probably regret it. A fresh new look with highlights, reviving facials, and hitting the gym to get a rosy glow will make him beeline for your door to do a do-over!

What are some tricks for making sure you don't overeat/overdrink post breakup? I want to make sure my two best friends don't become Ben and Jerry! Help!

Patti Says: The secret is to fill up on fiber-rich foods you love. Adding chocolate to a yummy protein smoothie with chia seeds will pave the way to a slim body, but will also help curb your sweet cravings. Turning to healthy snacks like veggies and hummus or making a pot of chicken chili on the stove will fill you up all day, pushing cravings to the side. The key is making sure you have these foods in the fridge so when you start to crash, you have your go-to foods right in front of you!

My ex and I were best friends before we dated. We broke up and promised each other that we'd stay friends. Is this possible? Can we?

Patti Says: Yes! But only after you both start dating someone you each like. If you still have sexual feelings it will kill any opportunity with the new guy. Time really does heal all wounds, and it's best to wait six months before you grab cocktails to catch up. If you can look at him with the ickys, like, "What did I ever see in him?" then you know you can be friends!

I can't stop looking at my ex's Instagram. He recently posted a picture that I really think is about him missing me. Should I reach out?

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is about him missing me. Should I reach out?

Patti Says: No! No! No! Men are biologically wired to hunt, and if he isn't hunting you down, then the boy has no balls! Do you really want a guy who doesn't go after what he wants—meaning *you*? If it is meant to be, he will contact you. In the meantime, de-friend, delete, and stop looking. You're hurting your chances of meeting someone better!

How soon is too soon to start entering into a new, serious relationship?

Patti Says: As soon as you feel ready, but I think it can take 90 days to six months of dating detox if your heart was truly broken. The secret to getting out there is to make it a game with no strings attached. Pretend like you're just going to fill your entertainment quota for the evening. Look at your potential dates as gathering dating data. Each date helps refine what you are really looking for in a guy, plus, with no attachment it should be fun, not work. Men love girls who can take it or leave it at the door. If you are having fun and are appreciative that he bought you dinner, he will ask you out again. Just have fun with it!

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Patti Stanger is the star and executive producer of Bravo's hit docu-series [The Millionaire Matchmaker](#), currently in its eighth season. She is known for navigating her business dealings with intense passion, and for those that turn to her for help in the love department, she gives them nothing less than her soul in the quest to find them their perfect match. Her bluntness continues to garner her infamy, but no one can deny that Stanger has one of the biggest hearts in the matchmaking field and is often sought out for advice by other matchmaking professionals.



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