

Dear Rosalie,

I understand what you are feeling but it's not a good reason to be always mad and sad because he broke up with you. If your ex-boyfriend really loved you as he said, he would have not broken up with you so quickly before talking with you of your time management problem. Have you talked with him of the situation and of your emotions? Because maybe he had problems or it could be a misunderstanding. So, try to talk with him and if it does not work, you can go discuss with your friends or a psychologist. They will help you to liberate yourself of bad feelings and besides they could give you some advice and tips. If all I recommended does not help you, you can try to do things that you are passionate about to put you in a good mood.

139 words