

# Dealing with a Clingy Ex

MALIYAT ANIQA NOOR

Imagine trying to balance on a unicycle while simultaneously juggling razor sharp knives; do not underestimate the precarious predicament of having to deal with a clingy ex. His/her obsessive behaviour should not flatter you or worse, convince you to get back together. Let's say you're wise enough to know that you have to get rid of your ex. Now the problem is, you don't want to be a jerk but you don't want to appear too nice either. So, what *can* you do?

*Taylor Swift should be your role model...*

Make it clear to them and yourself that you guys are never ever ever ever getting back together. There is no need to be harsh but you must make the message clear to your ex. If you beat about the bush too much, your significant other may misinterpret your decision to break up as a pause or as a demand for more attention from him/her. If they still incessantly text or call you, don't encourage their clingy behaviour because you pity them. Instead of giving them false hope, be blunt about the fact that their actions are bothering you and are borderline creepy.

*...But don't write a song if you can help it*

Even after a mutual break-up, your ex might be badmouthing you in front of your common friends. This is classic vindictive clinginess. Now you might have a few choice remarks to make as well but I urge you to resist the temptation. Trust me, it only makes

you appear like a sore loser. Of course you can discuss the situation with your confidantes and take their advice, but putting up long statuses and making a reality show of your personal problems is not in your best interests. Even the people who are showing solidarity with you in the comments might be laughing at you behind your back. Your true friends will not be swayed by your ex's remarks about you, so don't fret about it.

*Know when it's time to go nuclear*

When the situation becomes unmanageable don't be scared to take action, but give your ex a warning before you block them out completely. On a more serious note, if you notice your ex is physically stalking you or is being uncomfortably erratic, then please get help as soon as

possible. Talk to your parents and complain to the police if you have to. Violent attacks are not uncommon.

Dealing with a clingy ex can be confusing and emotionally stressful. However before you deal with your ex, you have to tame your own wild sentiments. Reiterate the reasons you ended the relationship to start with. If you do decide to get back together, remember that there is a possibility your ex will always resent you for breaking up in the first place and might constantly bring it up in future arguments. On the other hand they might mend their ways and transform into the best partner ever. Yet chances of the latter happening are slim. Do you really need to take that chance when there are so many other fish in the sea?



## PDA – Where to draw the line

PRONSHIKARI

In most cases, the amount of public display of affection is proportional to the chances of breaking up. There, I said it. People tend to forget that in public, your hands are not Curiosity Rover and your significant other is not Mars. Love is a nice thing, so is displaying it but the sweetness can sometimes give our eyes diabetes. Here's a list of things you should avoid.

**Roving hands**

Holding hands is fine. In most cases, no one will be bothered. But when you're hanging out with friends and you and your SO are giggling at each other inside your bubble while your hands look for something everyone hopes you guys don't find. Don't be *that* couple, seriously. Carry hand-sanitizers if you're going to touch us with those hands. We know where they've been. WE'VE SEEN WHERE THEY'VE BEEN.

**Baby-talking**

It's cool that you and your SO have mastered the art of talking to each other with combinations of "nyums" and "mews" but we haven't. Quite honestly, it's awkward for people around you guys to see that. It's creepy. Oh God.

**Private-public discussions**

It's great that you guys are comfortable enough to discuss the ins and outs of each other in front of us, but it's still TMI. Your friends might love you guys but they don't love you in *that* way.

**Being social**

Crass Facebook statuses, timeline posts and pictures that should just be kept private often become public. The only thing this kind of behaviour might accomplish is getting your friends to 'Unfollow' you. It's just a reminder that no one likes to see those and if you care about what sort of image you project on your social media profile, it's valid.

**Being seen**

A lot of couples don't get to see each other often and they tend to think that no one's watching when their hands are under the table or God forbid, over the table. This is a gentle reminder that people have eyes; it's just that they don't want to look at you, especially old people. There's a reason why they hate the younger generation. Don't be *that* reason.

This article is highly opinionated and a lot of people won't agree with it but that's the beauty of being a human being: *we can have differing opinions*. Date responsibly.

### Public Displays of Affection: A Short Guide

**YES:**



**NO:**

