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How To: Dump Her Gently

It's been long enough, pal. Now get yourself a clean break, not a boiled bunny.

Maxim, Jun 2004

1. AFTER A COUPLE OF DATES

Ignoring a girl you've just started seeing can actually spare her feelings hell, that's what caller ID is *for*. If she's desperate enough to pursue you, you'll have to do some mild blowing off. Call when she's not home, letting her down with an ego-booster like, "I had a great time with you at dinner/skiing in Mongolia/lancing your boils! I wish work weren't so insane right now. I'll call you soon." Or send an e-mail to that effect and ignore her response. Unless said "new girl" is your boss, in which case spend that extra alone-time updating your résumé.

2. AFTER A COUPLE OF MONTHS

It gets trickier once there's a pattern of hanging out. Full disclosure can only hurt you when you're breaking up, says April Masini, author of *Date Out of Your League*. Try the ol' "I'm getting back with my ex" chestnut: Say you like her but can't move on until you give your old flame one last chance. She'll be sad, but she'll admire your romantic streak. If you're into honesty, be nice, taking cues from the 400 times you've been dumped. (Though "Your dick's too small" won't fly) hopefully.) Stick to your decision: One booty call and you're back in her web.

3. AFTER A COUPLE OF YEARS

The biggest mistake is putting off the inevitable. A girlfriend will home in on your awkward-than-usual silences, asking questions like, "What's wrong?" and, "Why doesn't my key work?" Repeat after *its not you; its me*. It's the gold standard cliché for a reason. Make it clear you adore her strengths but you aren't compatible and you can walk away with positive feelings, says Jenn Berman Ph.D., an optimistic Los Angeles based marriage therapist. She refuses to admit you're inferior? Prove it by sleeping with everyone she knows, starting with her mother.

4. AFTER A COUPLE OF KIDS



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- 2 Brittany Lee
- 3 Raquel Alessi
- 4 Eva Mendes
- 5 Diana Falzone
- 6 Adrienne Palicki
- 7 Jamie-Lynn Sigler
- 8 F--ck Da Eagles Heather
- 9 Eva Longoria
- 10 Trish Stratus

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It seemed like a good idea at first, but she just never regained her figure after that fourth baby. These things happen; don't blame yourself. Save your family the pain of a drawn-out good-bye. Be noble, gradually reducing eye contact, then slink away in the night. If you wake up the kids, say you're going out to buy presents and you'll be back soon, you promise.

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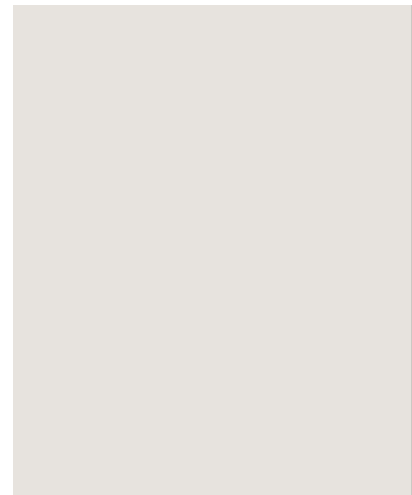
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