

Breakups aren't easy. Whether you do the breaking up, or whether you are broken up with, it's always sad and it's always hard. There are inevitable stages of mourning, separation anxiety and inevitably, acceptance. Each of those stages comes with anger, and fear and sadness. And after going through all of it, one of the hardest parts can be gaining back your self confidence, your sense of empowerment, your independence.

Caroline Schaefer, features editor of Self Magazine, visited *The Early Show* to talk about what might be a good way to deal with some of your emotions while actually making some money and connecting with others in similar situations.

She's in charge of Self's relationship articles, and as a result is a great expert in the field.

She says the first and most important step of a breakup is to get your deck clean: Get rid of reminders, mementos, gifts and anything that can make you feel dragged down. The next most important step is to reach out and be aware of your own feelings, perhaps keeping a diary, keeping company with sympathetic friends.

Schaefer examined Web sites that can help along those lines. You have to get rid of stuff anyway -- perhaps an engagement ring from a wedding that fell apart, or the wedding dress for the day that never happened. How about the bracelet he gave you or the earrings you just can bear to give away? Well, as ex-cessories say, "Don't get mad, break even."

The Web sites Ex-cessories.com, Idonowidon't.com, and Exboyfriendjewelry.com offer you an opportunity to sell your stuff but, more importantly, to be a part of a community of people going through similar situations. Ex-wives, ex-fiances, ex-girlfriends, ex-everythings connect on these sites, post photos, read blogs, share stories and write about their experience. You can unload your stuff, make a little money and be a part of a supportive community.

TIPS

Check the laws in your state. In some states, it is illegal to sell your engagement ring due to the fact that an engagement is a legal promise. So if you want to sell your ring-just make sure you are in the clear.

If you are into selling with no community interaction, try ebay. It's self explanatory, private, and a good way to make cash.

Also, check out Self's forums by going to this page: <http://www.self.com/forums/>

EX-CESSORIES.COM

The story behind this site is familiar to almost everyone. Two women were cleaning their apartment for spring cleaning-and found a treasure trove of ex boyfriend memorabilia. Before long the day dissolved into tears and wine, and from there ex-cessories.com was born. One of them runs the site and the other even has another job.

For this site, they require appraisal for all items over \$500.00. For each sale they take a 5% commission. For appraisal you can go one of two routes-either have the site appraise it (you ship your goods to New Orleans where the site is based) which will cost you \$50. And the commission goes up to 7%. Or you can get it appraised yourself and send the site your certificate.

IDONOWIDON'T.COM

This particular site is started, developed and run by a man. He had the ring, the wedding all set up and his fiancée decided not to go through with it. So he started a site that is mostly connected to selling wedding items, dresses, rings, wedding bands etc.

On top of being able to sell these items, this site offers an opportunity to post outrageous canceled wedding stories, read blogs, and share with others. It does require you to begin a

membership in order to sign in. It offers advice on diamonds and how to appraise them-but you can sell items that have been appraised as well as items that don't.

EX BOYFRIEND JEWELRY.COM

The motto for this site? You don't want it, but he can't have it back. Here is the story of the site from the site itself:

"A couple of months ago I was trying to figure out what to do with some ex jewelry myself. I had some lovely necklaces and a wedding set (oops, better luck next time) that were not seeing themselves to the door if you know what I mean. I went to a pawnshop in a bad part of town where a lovely gentleman offered me \$75 dollars for the whole lot. I'm no doctor, but that just didn't sound right to me, so I politely declined and backed out of his establishment keeping my eyes on him the whole way.

My next stop was the consignment shop down the street. I leave them my jewelry with no guarantee that I'll ever get it back, they sell it (maybe they call me and tell me it's been sold, maybe not) and they take a percentage. Well, that sounded great, so I did it!

But, that leads me to EXBOYFRIENDJEWELRY.COM. I went to dinner at my parent's house around the same time and I said to my step-mom, Marie "I want a safe, reliable place to sell my exboyfriend jewelry" and she says to me "Let's start a website where people can sell their old jewelry." DING, DING, DING! Brilliant just called, they want their idea back! That is the origin of this site."

It is run by a young woman and her step mother. It does not take a commission-it's free, and they do not require an appraisal of items listed. There are blogs, testimonials, message boards, places where people can share their stories, and connect with one another. Unlike some of the other sites, this site sells jewelry AND bags, shoes, and handbags.