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By Joshua Bailey Updated September 22, 2017 Sony PlayStation Portable (PSP) can play ISO gaming files from his memory stick. This means that you can carry a variety of different types of games on one memory stick. Many times when you download a PSP game on Windows, it comes in EXE format. This means that it is a self-extracted file that will extract the ISO file from within it when it is launched. Find the EXE file on your computer. Click the right button on the EXE file, and the menu will appear. Click Extract All to open a new dialog box. Click OK and Close to extract the contents of the EXE file into the same folder it is already in. You'll see the ISO file. Connect the PSP to your computer with a USB cable and select USB Connection from the PSP menu. Click start on your computer's desktop and click the computer button. Double-click on the PSP drive. Drag the ISO file from Step 3 to the PSP ISO folder. Click O to disconnect the PSP from your computer after the transmission is complete. Choose from the PSP menu to play. Sanchi Oberoi/Getty Images I've never sufficiently mastered the art of on-and-off-again relationships. Call me small, but my ex blocked the moment we decided that we would rather watch stranger things with Rando Tinder matches than each other... aka, we're breaking up. Yes, I not only block their phone number, Snapchat, Instagram, and Venmo, but also their mother, father, cousins, and first class teacher. This pretty much kills any chance of reconciliation from me and my ex (who may still be waiting on his text to be delivered). This content is imported from an embedded name. You can find the same content in a different format, or you may be able to find more information on your website. This, my friends, is called rule No Contact- and to be honest, has it helped me move on from all my past relationships (well, more like situationships) relatively faster than my friends who still text their ex y up? At 2 a.m. do. Rule No Contact where you don't call, text, or message the former anyway after a breakup. It involves not talking to your friends or family about them or breaking up yourself, says dating and breakup coach Lee Wilson. There's also no deadline either. If it works for you to have a monthly No Contact rule, do your thing. If you want to be like me and forever cut them out of your life forever, go for it. Do it as long as you need to, Wilson says. However, it can be effing hard to master this rule. It takes a lot of willpower and personal restraint, especially if you see your ex in your favorite dive bar. If you're considering giving it a shot, here's what seven women had to say about their experiences with rule No Contact and why it might be the best choice when going on. That hundred percent helped me. I couldn't to someone just because it was convenient or because things got difficult. If I hadn't cut things off completely, I'd have gone back to at least he kept talking to him. - Sela, 24 I do it every time. Remove their numbers and unfollow them-no temptations! Suck all the poison. - Katie, 28 It definitely hurts more, but it allowed us both to heal and grow without succumbing to the temptation to fall back into things. - Kate, 21 I completely cut it out of my life because I knew I couldn't handle having just a part of it. - Cassandra, 26 I'm currently trying it, but it's not sticking. This makes it more difficult for me to move on. I was the one who offered to go a few months without talking, so I deleted his number and muted all his social channels. But from time to time he writes to me, and it confuses me. It definitely makes it harder to get over it and every time it stretches and we talk a little bit, I feel like I'm starting all over again with my feelings. -Ciara, 24 I did it and it helped. Without letting him in again, I was able to discover again. -Alex, 27 I decided to make rule No Contact for six months because we wanted different things. It would be very troublesome to stay in touch knowing that we wanted two different things. It hurts because it's hard to throw anything cold turkey, but it was a good choice because it showed me that I could be on my own and be happy without being in touch with him or with it to be a part of my daily life. - Kayleigh, 25 Now, if you just can't seem to delete (or block) your ex long enough before the fros' starts calling them again, that's fine - you're not alone. Try changing your name on your phone so you are reminded what you are doing anytime you pull up their contact. When you see your ex's name, it can still bring sadness to your life or literally make your heart tremble, says clinical psychologist Tricia Wolanin, PsyD. So I recommend temporarily changing the name in the phone to pathetic or idiot. Hey, whatever's up to the job to stop you from calling or writing, right? It will look very similar to your beginning of Happiness-TRUST. This content is created and supported by a third party and is imported to this page to help users provide their email addresses. You may be able to find more information about this and similar content piano.io MTV Ex on the beach is back with season 3. While there is a brand new cast, the show still promises the same messy drama as singles trying to find love while living in the house with their exes. In previous seasons, the production has been fooling contestants into coming on the show. However, this season, all singles knew what they signed up for, and want to get into a new relationship, while closing the door on the past. Ex on the Beach singles cast are multi-platinum selling singer Aubrey O'Day, Big Brother star Mark Jansen, rapper Mechie Harris, singer Cameron Armstrong, actor Billy Ralich, Are You One? Kenya Scott and Geles Rodriguez, twin artists Lexi and Ellie Kaplan, and challenge Devin Walker. Whose exes are already being washed up on Keep reading to find out! In this photo illustrations the music television logo is displayed on the smartphone of Alvin Chan / SOPA Images / LightRocket via Getty Images Connections already made on Ex on the Beach Season 3 premiere When the singles first met, Big Brother alumni, Mark could not stop talking about his ex, Elena. He told anyone who would listen to why they broke up and other problems they had in their relationship. Other singles were angry, namely Geles and Devin, that Mark would not talk about anything else. However, he couldn't stop smiling at Aubrey, who said he and Billy had the biggest chests she'd ever seen. Kenya and Mechie hit it almost immediately. Kenya called him her snack and he told the confession that he liked her personality. The two stayed steamed for the day and they hooked up that night. Geles and Cameron also had an almost immediate connection. However, Geles' ex, Anthony, recently cheated on her and Cameron is now living with his ex-girlfriend. Despite this, Geles claimed that she fell in love on the first night similar to Are You the One? Season 6, where she fell for her no-match, Anthony, very quickly. Singles go on their first date in a new twist, shortly after meeting each other, contestants have to crush the person using a tablet. If the other person also crushes them, then the two will enjoy the dates together. Someone dressed as a shark, presumably the owner Romeo Miller, came to the house and delivered a bottle with the results of the crush of the match. Newly formed couples go on dates Geles and Cameron, Mechie and Kenya, Devin and Kaplan twins, and Mark and Aubrey. On their date, the couple sat in large plastic bubbles by the pool and shared a bottle of champagne. Mechie and Kenya and Devin and the twins had a great date and learned more about each other without interruptions. However, Geles and Cameron, Mark and Aubrey were unlucky. Two former introductions to Ex on the Beach Season 3 premiere of Geles almost immediately asked Cameron if he wanted marriage and children and then grilled him about his life as an ex-girlfriend. While the questions took the singer by surprise, he admitted that he liked Geles. Even though Aubrey wasn't a fan of Mark's costume, she still thinks he's a good guy and wants to get to know him. However, Mark admitted that his ex would go crazy if she sees him talking to her. Elena and Anthony, the former Mark and Geles, burst their bubbles, crashing and destroying the date. Elena admitted that she still loves Mark, and her main reason for entering the house is to get him back. When she sat between Mark and Aubrey, singer Danity Kane first confused her with the waitress until Elena introduced herself. The moment was so embarrassing for Elena that she drank straight from a bottle of champagne. Then Aubrey volunteered to leave so that former lovers could speak. Mark didn't want to have a conversation about their relationship, so she asked Xanax before telling everyone she wanted to go home. Anthony came to the house to break down any connection Geles made because she exposed him as a scammer on the internet. The second time after Anthony sat down, Geles accused him of breaking her heart and crying. While Cameron thinks she should still have feelings for him, he still checked it out. In the confession, Geles admitted that she still has feelings for Anthony, but wants to keep learning things with Cameron. The developing couple also spent the night together. To see if Elena or Anthony will ruin their former newfound connections, watch Ex on the Beach Tuesdays at 8pm EST on MTV! Mtv!

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