

# **4 STEPS TO GETTING YOUR EX-BOYFRIEND BACK**



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## Introduction - How to Get Your Ex Back

Perhaps it was only a few hours, days or weeks ago when your ex ripped your heart out and took it with him as he walked out of your life. Now all you can think about is how to get him back, and yet despite all your attempts, he doesn't want to reconcile.

While there's no guarantee that you can get your ex back, the task isn't impossible - even if he's currently with another woman.

Sometimes it seems like men are impossible to understand. One day, they are telling you how much they love you and want to spend time with you. The next day, they pull back, act distant, don't call when they say they will, or say something incredibly insensitive.

This guide is about demystifying the cause of your breakup and provides a strategy for getting your man back.

## Step 1 - Recognize Your Fear and Grief

Next to the death of a loved one, the breakup of a serious relationship is one of the most painful experiences you'll face. Not only is one of the most important people in your life gone, but your future hopes and dreams have been shattered.

Breakups often leave us confused and fearful of who we are, where we're headed, and what's next. You might feel a roller coaster of negative emotions like disbelief, depression, sadness, anxiety, and anger before you start to heal. You might find it difficult to eat, sleep, or concentrate without breaking into tears.

Your friends have been telling you to give it time... that time heals everything... but that's not exactly comforting at this moment when you're overcome with grief. How can you move on and regain control of your life?

Before you do anything, realize that no guy is worth physically harming yourself, regardless of how bad you feel. Don't drown your sorrows in alcohol, isolate yourself from family and friends for long periods of time, or try to make yourself sick to prove how miserable you are. Those types of actions only keep you from moving on - and reinforce your ex's negative perception of you.

Instead, make yourself your top priority. Be strong and realize this is a new beginning for you. Here are a few ways to ease your breakup pain and get through this stage.

### 1 - Don't contact your ex

It's difficult to heal from a breakup when you're still in contact with your ex, so set a period of at least 30-60 days where you don't have any contact with your ex. That means stop all contact cold turkey - no phone calls, text messages, Facebook stalking, or face-to-face communication.

Breakups shift the power in a relationship, and right now, he has power over you. You need time to cope with your grief, regain your composure and think things through before you're ready to talk with him as an equal again. If you absolutely must see him in person, such as you have children or you work with him, then keep your contact brief and formal. Don't talk about the break-up or anything personal.

You might wonder why you shouldn't contact your ex for at least a month - isn't time of the essence in getting him back? He might move on and find someone else or he might forget about you altogether.

Spending time apart is actually a good thing. You want him to realize what living without you

is like - and perhaps forget the negative emotions that surround the breakup. By cutting contact with your ex, you force him to accept that the breakup is real and that he may have lost you for good.

Not contacting your ex also helps you heal from the breakup and plan your strategy for getting him back. Just after you've broken up, you become extremely emotional from the shock and may even start panicking. You think "Why did he do this to me?" and "Will the pain ever stop?" You might begin chasing your ex, begging him for another chance, calling or emailing repeatedly, Facebook stalking him, or asking mutual friends to mediate contact.

As you obsess over the loss of your ex, you start to neglect yourself, your home, and your work. You talk nonstop to your friends and family about the break-up, about how wonderful your ex was, and how you can't imagine life without him. You start to glorify your ex - talking up all the positives while forgetting all the things he did that drove you nuts.

While you praise your ex, you might also start to berate yourself. You see yourself as a loser who can't keep a boyfriend and managed to mess up the best relationship you've ever had. You convince yourself that you'll never love anyone else as much as you loved your ex, and that somehow the amount of suffering you're going through proves how much you loved him.

As more time passes, you start to realize that your breakup is real, and you may have lost your ex for good. You may feel angry because "he didn't know how good he had it" and "you can do so much better." You may try to convince yourself that you never loved him and that your ex was to blame for the relationship's demise. You feel betrayed that your ex didn't live up to his words - after all, how could someone who loved you and told you that you'd always be together turn around and hurt you so badly - and that leads to bitterness. Was it all a lie?

If you're going through this right now - that's a normal part of the grieving process. But your ex doesn't need to see this. Your ex doesn't care about the amount of suffering you're going through for him, and if you do try to contact him during this time, you're likely to make any one of the following mistakes that will drastically jeopardize your chances of getting back with him.

### **Mistake 1 - Acting out of anger.**

It's easy to hate your ex or make him out to be the bad guy. After all, how could someone who supposedly loved you turn around and hurt you so badly? Breakups feel like the ultimate rejection - they reduce your self-worth and make you feel unwanted, devalued, and unloved. You want to defend yourself, and maybe say or do something that will make him hurt as badly as you do. However, if you want to salvage any chance of reconciling with your ex, don't say things in the heat of the moment that you'll regret later. You can't take back things you said.

### **Mistake 2 - Begging him to stay.**

When someone pulls away from us, our natural reaction is to pursue. Yet the more you contact your ex, the more desperate you look and the more likely you'll be to do something foolish. Keep your self-esteem and integrity intact by not begging him to stay or groveling in front of him.

### **Mistake 3 - Thinking love is all you need.**

It's cliché but often true: you don't realize what you have until it's gone. Often, women can take a relationship for granted, only to realize just how much she loved her ex once he's gone. But when your ex breaks up with you, it's because of the way he's feeling when he's around you. It's not about your feelings - it's about his. You're not entitled to a relationship solely because of how deeply you care for him. Relationships require mutual love and support.

### **Mistake 4 - Trying to persuade him with logic to stay.**

Your ex left you because he no longer loves you. That means no amount of logic or reasoning will get him to change his feelings for you. You can't convince your ex to stay through debating the positives and negatives of staying with you, trying to appease him by buying gifts, or looking for ways to manipulate him such as by showing him how miserable and depressed you are now that he's gone.

## **2 - Focus on what you can control**

William James once said, "Whenever you're in conflict with someone, there is one factor that can make the difference between damaging your relationship and deepening it. That factor is attitude." You may not have control over how your ex currently feels about you, but you can control how you handle your breakup.

As much as you may want to manipulate or force your ex to come crawling back to you and grovel for your forgiveness, chances are, that won't happen. You can't control your ex's behavior.

What you can control is how you react to the breakup. When relationships fail, we often spend countless hours wondering where we went wrong... what we could have done to prevent this... whether something is wrong with us.

Realize that you are not a failure, and there's nothing wrong with you. When you think about it, most relationships fail. They come into our lives for a few weeks, months, or years, and then end when we realize we're not compatible with our partners, don't love them as much as someone else, or have different goals for the future.

Breakups are a natural progression towards finding the right person for you at this time in your life. Isn't it better to know now, rather than after investing more of your time and resources

into this person, that your relationship isn't going to work?

### **3 - Realize you are responsible for your own happiness**

Hollywood and Madison Avenue repeatedly condition us to believe that we are not good enough or complete as we are. We need the right person, product, or experience - usually whatever they're selling - to drastically improve our lives and find happiness.

Yet happiness isn't found outside ourselves. We can choose to be happy right now, regardless of our circumstances. Tonight, go outside and look up at the stars. No matter how badly you feel, you can still experience a sense of awe and beauty as you are reminded of just how big the universe is... and that the light you see has traveled from galaxies light years away to reach you.

We only have a small time on this Earth to enjoy all the wonderful things in life. Yes, sometimes bad things happen or people hurt us, but the world goes on... our lives go on. Know that you will get through this, just as you've gotten through other painful or difficult situations in your past.

### **4 - Be thankful for what you have**

When your pain feels suffocating, it's difficult to see the positives in life. Our mind seems to gravitate toward what's wrong with a situation... how things could be better... what we can do to fix things.

Yet, in any situation, there are plenty of things that are going well. What's right with your life, with the world around you, and with the people you interact with? What do you appreciate most right now? If you take a few moments, you can probably come up with a list of things to be thankful for - that you have supportive friends and family, that you have a place to stay, that you are healthy, that you have food to eat, that you live in the country you do, and that you have the opportunities you have.

When you're struggling to cope with heartache, it's difficult to see how your breakup can benefit you. Still, if you are open to the possibility that something positive can come out of this, you might be pleasantly surprised. Taking a step back and looking at your relationship in perspective can help you see things in a different light. Perhaps you'll learn something about yourself or your partner. Or maybe you'll even find someone who's better for you than the guy you were with.

Finally, realize that grief is a natural reaction to loss. It may take some time, but focus on making small steps towards recovery each day. Be patient, love yourself and recognize that you now have the freedom to do whatever you want, whenever you want, and with whom you want.

## Step 2 - Analyze What Went Wrong

During your period of no contact, it's time to think about what went wrong with your relationship and to learn from your past mistakes. If you get back together immediately, the underlying problems that drove you apart will continue to plague your relationship. Men and women have different expectations for relationships. For instance, men want to be respected and admired while women want to feel loved, listened to and appreciated.

Often as relationships progress, communication breaks down as problems accumulate. Break-ups are a two-way deal. Pinpoint and take responsibility for your part in what went wrong, and be honest with yourself - why do you really want to get back with your ex, especially now that he's made it clear he no longer wants you?

And if you give your relationship another chance, will you be able to recapture all the good from your relationship? Or will you quickly learn that your ex hasn't changed and that the two of you still aren't compatible? Before you consider jumping back into a relationship with your ex, consider these questions:

1) **What caused the break-up?** If you've been together for any length of time, your break-up probably wasn't spontaneous. Did a major deal breaker like infidelity occur? What worked in your relationship? What didn't work? Do the issues or circumstances that drove you apart still exist?

2) **What was good about your relationship?** What attracted you to your partner? How did he make you a better person? What did he do to show you he loved you (like regular communication, emotional closeness, great sex, date nights, weekends away, etc.)

3) **Do you really want to get back together?** What do you want? Were you happy in your relationship? Did you argue a lot? Do you feel there were far more good times than bad? How have you changed for the better since your breakup?

4) **Do you feel your ex accepts you for who you are?** Did you feel like you always had to change yourself to appeal to your ex? Were you always trying too hard or giving too much to hold onto him?

5) **Do your family and friends tell you that you could do better?** Sure, you're the one who is in the relationship, but sometimes third-party opinions are more objective than your own. Is your ex really good for you? Do you feel you've lowered your standards to date him?

6) **Do you love your ex or is reconciling a way to avoid dealing with fear and uncertainty?** Are you afraid of being single? Do you long for the routine that your ex provided? Is your ego still

bruised from your ex leaving? Being rejected can drastically skew your interest level in your ex, as can feelings of having no other options or uncertainty about the future.

7) **How will things be different this time around?** If you simply try to pick things up where you left off without analyzing why your previous relationship failed, you'll likely find that things haven't changed. Where can each of you improve? How can you better handle conflicts or solve problems that arise? Where does your ex fit into your vision for your future - and does he share that vision?

Second chances can work, but only if you are completely honest about why your relationship failed the first time. And because your ex is currently out of your life, it's up to you to start the change process. You can't control what your ex does, but you can control yourself. Promising you'll "change" or that you'll "work" on things won't cut it if you are truly interested in reconciling. You must start now - what can you do or change so that if you do get back together, your relationship has a chance to survive?

## Step 3 - Improve Yourself

When you are part of a relationship for so long, it's easy to lose aspects of yourself or to give up hobbies and activities you enjoy for the sake of the relationship. Breakups can shatter your self-confidence and make you feel unwanted and unloved, so use this time to rediscover yourself. Maybe you let yourself go physically or stopped doing something you loved. Now is a great time to hit the gym, start eating better or treat yourself to a spa day to improve your appearance and quickly boost your self-confidence. Buy a new outfit or two. Take up a hobby you've neglected or try something new. Renew old friendships or volunteer. Now that you have plenty of time to yourself, have fun, learn to enjoy your free time and start loving yourself again.

If you hope to win your ex back, you need to be truthful. Are you really the same woman your man fell in love with? Of course, people change over time, but if you want your ex to want you again, you need to work on improving yourself. Here are four things you must master before you try to win back your ex:

1) **Get your body back** - Physical attraction is extremely important to guys, but having a healthy, fit body will make you feel great and boost your self-confidence. Hit the gym. Start eating healthy. Head to your local salon for a makeover. When you see your ex, you want him to think, "Wow, she looks great!"

2) **Regain your social life** - Reconnect with old friends/family that you've been neglecting or find ways to meet new people. Take up old hobbies you've put aside due to lack of time - or try something new that you've always wanted to explore.

3) **Build your self-confidence** - Recognize that you can live without your ex, and that things really aren't so bad. A great way to do this is to casually date at least three different guys. While it may seem counter-intuitive, the best way to get your ex back is to accept the break-up and be ok with starting a new life without him. Positive male attention will help you feel better - and remind you that others still want and desire you. That doesn't mean that you should immediately jump into a rebound relationship to make yourself feel better, but casually meeting new men online or during a speed dating session can help you put your relationship with your ex into perspective. There are a lot of other great guys out there. Perhaps one of them is better suited for you.

### Dealing with anger

Once you understand the cause of your breakup, it's common to feel anger - either toward yourself, your ex, or even your situation. Perhaps your ex didn't try hard enough in your relationship. Maybe he was distant or wasn't affectionate. Maybe he was possessive. Whatever the reason, if you hope to get back with your ex, you'll need to forgive yourself and your ex for the breakup. Until you can forgive yourself and your ex for any past mistakes - including the hurt and betrayal you feel from the breakup - you're not ready to re-establish contact with your ex.

## Step 4 - Getting Back Together With Your Ex

If you've done the previous three steps and still want to rekindle things with your ex, now is the time to make contact. Call him to see how he's doing. You'll want to keep the conversation positive and brief - this isn't the time to beg, debate his breakup decision, or bring up past baggage.

It's up to you to re-attract your man like you did when you two were first dating. Don't dwell on past drama or act negative. If things were really as great as you believe they were, spending those 30-60 days apart should have helped your ex to see just how good things were with you.

Casually ask him if he wants to meet up for coffee or lunch. Hopefully, he'll agree, but if he says "no," don't take it personally. Maybe he had a bad day, has other priorities right now, or just isn't ready to talk with you. Maintain a positive, friendly attitude, and in time, he'll be more likely to call you in the future.

### Meeting your ex

If your ex does agree to coffee, you'll need to be at the top of your game when you see him. That means be friendly, happy and confident when you're around him. Here are some do's and don'ts for that initial meeting

#### *Do's - How to Flirt With Your Ex*

- 1) **Look your best** - Change something about your looks so that your ex is sure to notice how great you look. This might be losing weight, getting a new hairstyle, wearing your make up differently, or buying some new clothes.
- 2) **Be confident** - Watch your posture when you're around your ex. Keep your shoulders back and think to yourself "I'm gorgeous." Be proud that you're a great catch, and it will show in your body language and intrigue your ex. You want to convey that you are a confident, friendly woman with or without your ex.
- 3) **Flaunt your femininity** - Highlight your best features, such as your curvy body, your eyes and lips, or your toned legs. What did your ex love best about your body? Wear clothes that accentuate that part. Consider wearing flowing skirts or high heels. When your ex can't stay away, bat your eyelashes at him or casually play with your hair while you talk with him.
- 4) **Smile and look happy** - Smiling shows him you are open to interacting with him and invites him to approach you. Smiling automatically makes you look more attractive, and it says to your ex that you're having a great time and you're fun to be around.

5) **Watch his body language** - Look for indicators of interest (IOIs) showing that your ex may be receptive to you. These include making prolonged eye contact, smiling warmly, initiating a conversation, orienting his body towards you, leaning closer to you, or touching you. If he's standing with arms crossed and refuses to make eye contact, he's not interested in flirting.

6) **Mirror his behavior** - Watch what he does and subtly mirror his actions. If he leans forward, lean forward a few seconds later. If he takes a sip of his drink, pick up your glass. If he changes the tone or pace of his voice, do the same when you speak. By mirroring his behavior, he will begin to think the two of you are "in sync" and connected.

7) **Be positive** - Keep your interaction upbeat, positive and fun. He may still have some negative feelings towards you, so you want to make sure every time he's around you, he now associates you with excitement and having a good time.

### **Don'ts - Avoid these Behaviors With Your Ex**

1) **Flattering your ex** - One or two compliments are ok, but don't pour on the charm. Keep things light. You don't want to look like an adoring puppy that still pines for him.

2) **Slouch or look depressed** - If you act depressed or moody around your ex, he's much more likely to think "What did I ever see in her? She's such a negative person" than "She's really hurting. She must have really loved me. Maybe I made a mistake."

3) **Sleeping with your ex** - When you see your ex again, chances are, the chemistry between you two will still be there. It will be tempting to give in to breakup sex. Don't do it. Sleeping with your ex just gives him no-strings-attached physical intimacy. It doesn't mean he still loves you or wants to get back together with you. It's just sex.

4) **Bringing up the breakup** - Flirting is a fun way to get someone's attention and make them feel good. You can't do that if you both are tense or thinking about all the problems you had in the past. Keep your conversation casual and quickly change the subject if he starts to talk about your breakup.

Flirting with your ex is the first step to rekindling your relationship, so keep things fun. Watch your ex for signs that he's still interested, and respond to him with the same degree of affection he gives you. How you respond is key to whether you two get back together. Be casual and upbeat whenever you're around him. Never act angry, sad, depressed or rude when talking with him. Don't bring up anything about the breakup, your past relationship, or who he's spending time with now. And most importantly, make sure he's the one initiating any talk about getting back together.

As you start to see your ex more regularly, you may be tempted to pick up things where you left off. This is a crucial period that will determine whether you and your ex get back together. Don't try to jump back into where you were in the old relationship. That relationship is gone. If you hope to reconcile and stay together, you and your ex will need to create a new, improved relationship. Date your ex like you would date someone new. Get to know him all over again and make new memories.

Eventually, you'll have to address your breakup with your ex, but don't do so until you're regularly meeting up with your ex and things are going well. Discuss how each of you can change for the better and how you can resolve any lingering problems or disagreements.

## Here's What You Need to Do Next!



I hope you found the contents of this guide valuable. If you are looking for a more-thorough step-by-step guide to getting your ex back, I highly recommend Mirabelle Summers and Amy Waterman's great ebook, "[2nd Chance - How To Win Back The Love Of Your Ex.](#)"

Let's face it, if you and your partner have broken up and you want them back, you are going to need to do something pretty special to convince your ex that it's worth another chance, and that things are going to be different this time.

The problem with getting your ex back is that often your first instincts are the ones that are likely to do the most damage. Begging, crying, pleading, threatening, getting another partner to make them jealous, doing anything to get the attention you are craving, are all things that are going to reinforce the fact that the breakup was the right thing to do.

That's why Mirabelle Summers' "[2nd Chance - How To Win Back The Love Of Your Ex](#)" is different. Summers has come up with a 6-step program that is going to take you from getting through the immediate grief, to thinking about what happened, all before initiating contact,

knowing what to talk about, and steps for putting love into practice. Here's just a small sample of the powerful techniques you'll discover in this ebook.

- A step-by-step plan to get over the painful emotions you're currently feeling
- Tips to regain your personal power AND a clearer perspective
- How to uncover what went wrong so that you won't ever make that mistake again
- Why forgiveness is so crucial to getting a second chance
- The Push-Pull Theory of Attraction and how it can help you attract your ex
- How to navigate the Post-Split Danger Zone
- How to determine when you're ready to contact your ex again
- 5 tips on what to do when you bump into your ex
- Message-writing tips for emails and texts
- 5 ways that people TRY to win back their ex but fail
- How to deal with an emotionless or uncommunicative ex
- What to do if your ex is seeing someone else
- How to reinitiate physical intimacy
- How to rebuild your relationship stronger than before

If you want to win back the love of your ex, there is no room for mistakes or techniques that are going to do more damage than good. You need to develop a considered and genuine approach to winning your ex back, and that's exactly what Mirabelle Summers' "[2nd Chance - How To Win Back The Love Of Your Ex](#)" will do. It's the first place I would turn to rescue a relationship.

But don't take my word for it, see for yourself! Check out the ebook and much more at:

<http://www.attractaguy.com/exback>

I promise you will learn something from this ebook, and it may be the best investment you have ever made! Win back your ex and rebuild your love. Do it right this time!