

The Black Book

Ultimate psychological tricks &
techniques to get your ex back.



**Attention: Do Not Read This Book Unless You Have
Already Read the Main "Pull Your Ex Back" Manual.**

All rights reserved.

Copyright © Ryan Hall and PullYourExBack.com

No part of this book may be reproduced or transmitted in any form or by any means, electrical or mechanical, including photocopying and recording, or by any information storage or retrieval system without permission in writing from the author.

Disclaimer:

This book is written for informational purposes only. The author has made every effort to make sure the information is complete and accurate. All attempts have been made to verify information at the time of this publication and the authors do not assume any responsibility for errors, omissions, or other interpretations of the subject matter. The publisher and author shall have neither liability nor responsibility to any person or entity with respect to any loss or damage caused or alleged to be caused directly or indirectly by this book.

TABLE OF CONTENTS

Chapter #1	
How To Get Your Ex To Do Anything.....	7
 Chapter #2	
How To Make Your Partner Forgive You For Almost Anything.....	12
 Chapter #3	
How To Get Your Partner To Give A Yes Response For Almost Anything.....	16
 Chapter #4	
The Little Known Dirty Tricks.....	19
 Chapter #5	
The Power of Social Proof.....	22
 Chapter #6	
How To Get a Date With Your Ex Even If They Are Reluctant.....	26
 Chapter #7	
How To Get Your Ex To Return Your Phone Calls.....	33
 Chapter #8	
The Note of Last Hope.....	37

A Friendly Warning-

A very common question I received from most of my friends and family regarding this book was...Why Am I sharing this information?

What if it gets misused?

Moreover, I always answer it by saying- It is a part of our life...We can try to deny it...But it's still a fact.

Human psychology is involved in our day-to-day life...Consider a child who cries every time he/she is told "NO" for something.

In most cases, crying often gets the child what he desires...With time the child learns that the best way to get his desire fulfilled is crying.

Now one can say that the child is trying to manipulate his parents via crying. But do people say that? NO!

They all know that it's a part of the child's growing up process.

The fact of the matter is all the news media, Politicians, Businesses and even everyday people use some form of psychological trickery in day-to-day life.

There is nothing evil about it...As long as you use it for fair means. I consider it a way of making life easier.

Still let me strongly warn you before we get started....

The words you are about to read might give you the ultimate power to control people...Yes that's right! You will be able to control anyone to your way of thinking.

Many people call it mind control and that can be a bit frightening...But I call it effective persuasion.

I have always been curious to know why people do what they do...What factors drive them towards doing certain things and not do certain things. The fact is that all humans take action based on the way they feel and not based on what they think and decide.

They always think...Try to decide and get a feeling. Moreover, the feeling is what either drives them towards or away from a certain goal.

With effective persuasion skills you can easily get your ex back, turn enemies into friends, easily land a dream job, change opinions, make anyone like you, change objections into acceptance...and even control people...Yup! I said it again. You can control people with this stuff.

Now, I am NOT suggesting you should use it to control

people. I am simply pointing out the possibilities and what it can really do for you.

But let me also point out that any wrong use of this can actually backfire...This stuff is like fire...It can be used to cook your food and can also be used to cook you. Therefore, be very careful.

The only reason I am sharing this stuff with you is because I know that rejection or breakup is a stressful, frustrating process to go through, and can be very disturbing.

I have been through what you are going through and I understand that an extra effort is needed to save a relationship in some cases...

Therefore I expect you to use this wisely and only when needed.

Now I leave it on you...So let's get to it.

1

How to Get Your Ex To Do Just About Anything

"People don't care how much you know--until they know how much you care."

-John C. Maxwell

Do you know that the majority of the decisions made by people are based on emotions?

Why do you think people stick to their habits of drinking and smoking when they already know it might kill them?

Why do you think an obese person keeps on overeating when he already knows he is obese?

Why do you think some people always end up doing the exact opposite of what's needed to be done when they already know what the right thing to do is?

If one was to follow common logic doing any of the above will only lead to massive pain. But people don't follow logic at all times...They always get driven by the way they feel...This is the reason why "I don't feel like it" Or "I feel like doing it" are some of the most commonly used lines.

There are only two types of feelings humans tend to experience regularly...The GOOD and the BAD.

Humans have a natural tendency to do more of anything that makes them feel "GOOD" and less of anything that makes them feel "BAD".

So simply put the reason why your ex left you was because

most of your acts gave birth to those bad negative feelings which they struggled to deal with.

And with time these feelings tend to get anchored....Here is an example-

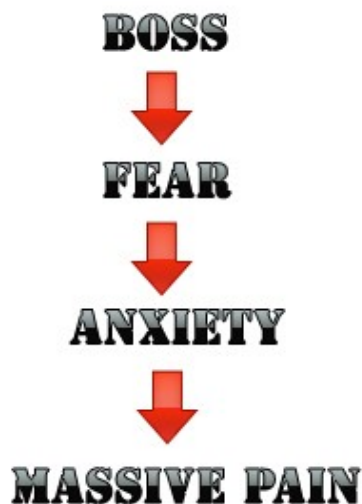
John goes to work everyday...Does his best at the job...But his boss is still not happy.

John's boss pushes him to do better every single day...Constantly warns him that he might be fired if his performance doesn't improve. So what does this do to John?

Let's get into John's head and see how he looks at this whole scenario.

John- *Oh Heck! It's Monday...I'll have to go to work again! Oh Boy! My boss is just too hard to handle...I don't know how I will manage today.*

So you see the pattern here? Whenever John thinks about his Boss, he experiences high levels of anxiety and fear, which are negative feelings.



Let's take another example-

Cindy is frustrated at Jeff because he always comes back late after work...She feels Jeff is not spending enough time with her...So she decides to call Jeff at work.

Cindy- *Hey! It's me...Are you going to be late again today?*

Jeff- *I have a lot of work here...I am not sure.*

Cindy- *This is what you say everyday...I know you will never change.*

Jeff- *Don't you understand I have work to do? I make money so that we can have a comfortable life...You just don't know how to appreciate my hard work do you?*

Cindy- *Oh Jeff! You are just too focused on yourself...It's always about you isn't it?*

Jeff- *I don't have time for this...I have to go. Bye!*

Every single time Cindy would call Jeff at work...Jeff would know she is going to nag him and he would associate pain to the event. Therefore, in other words...From Jeff's point of view...

CINDY'S CALL AT WORK



NAGGING



BIG BURDEN



MASSIVE PAIN

Do you understand where I am going with this? Jeff would try to avoid Cindy's calls as much as possible because he has anchored negative feelings to the event.

Now let's take this same example and do it the right way...

Cindy- *Hey! It's me...Sorry if I disturbed you...But I was just missing you and wanted to talk.*

Jeff- *Oh Honey! I am so sorry...I know I have been coming home late regularly...I know I haven't been keeping my promises.*

Cindy- *No No! I know it's real hard for you with all the increased work pressure...I know you are doing it so that both of us can have a comfortable life.*

Jeff- *I am really lucky to have such an understanding wife...I think I can leave early today...Let's go for a long drive.*

Cindy- *No it is ok! I just called to see how you were doing. I am really lucky to have such a hardworking husband who cares so much about me.*

Jeff- *Don't worry! I can take an early leave today. I'll be home by 6...Be ready...We are going out today!*

Cindy- *Ok! See you soon. Bye.*

Do you see the difference? This is what I call giving them the "**Gift of Good Feelings**".

Most individuals tend to give their partners the "**Burden of Bad feelings**" instead of the "**Gift of Good Feelings**".

Points to Remember...

- ✓ Emotions & Feelings are the foundations of action.
- ✓ Alter your actions to give your partner the gift of good feelings.
- ✓ Look at the situation from your partner's point of view.
- ✓ Show them that you understand what they are going through.
- ✓ Appreciate their efforts...Even if it's a small effort.
- ✓ Show them that you don't expect anything in return.



How to Make your Partner Forgive You For Almost Anything

One of the most common questions I get from my readers is- "**How can I get him/her back if I cheated?**"

Well in order to get started you must again look at the whole situation from your ex's point of view...Your ex must be feeling-

- (1) **Hurt**- Because you cheated.
- (2) **Used**- Because they never knew you were doing it behind their back with another partner.
- (3) **Rejected**- By cheating you have indirectly rejected them.

Once again, the feelings of being hurt, used and rejected fall into the category of bad & negative feelings.

Therefore in order to make them forgive you...You must turn this situation from Bad to Ok to better to good. So it works in 4 stages-

BAD > OK > BETTER > GOOD

Step 1- You must accept that you made a mistake- A lot of people try to deny even when they have been caught red-handed in the act of cheating. Therefore, the very first step is to admit to your mistake.

Step 2- Show your ex that you understand how they feel- A major reason why some people never get forgiven is because they fail to acknowledge how their ex feels. You must express that you understand you have hurt them...This can be done by saying-

"You must be feeling so bad because of me..."

At this, they would either say..."Yes I am very hurt" or "Yes I am upset".

No matter what response you might get...You should still move on to the next step.

Step 3- Take complete responsibility for your fault-

This is the step where your ex would promote from stage 1 of feeling "BAD" to stage 2 feeling "OK".

Here is what you should say-

"It's all my fault...My stupidity has caused so much pain to you..."

Step 4- Show them that you are suffering too- This is the point where your ex would shift from the stage of feeling "OK" to feeling "Better" because now you will show them that you are hurt too.

If you were in a car accident and the driver who hit you suffered injuries as well...Your anger would automatically be diminished.

You would be angrier if the offender walked away without any injuries...As long as you know the offender is hurt...You will not react much because you know they suffered for their mistake.

Similarly...You have to show your ex that you did not get any pleasure out of this whole deal...You were hurt too.

Here is what you should say-

"I have been feeling so guilty after what I did...I am totally disgusted with myself...How could I hurt someone I

loved...."

Step 5- It wasn't all your fault- If you show up late for work and tell your boss that you woke up late...Will he believe you? Absolutely not!

However, if you were to tell him that you were right on time but there was a big traffic jam? Your boss will have no option but to forgive you...You see the chances of forgiveness double when the mistake took place due to reasons beyond your control.

Now let's apply that to this situation...You should say-

"My friends got me drunk that night" Or "I was so stupid that night, I drank too much"

When you say this, it means you weren't really in your senses when the whole act of cheating happened...And it was all under the influence of alcohol.

Step 6- You don't expect them to forgive you- This is the most vital step of the whole deal...You must show your ex that you don't expect them to forgive you...Because you know you have done something which can never be forgiven.

Therefore, you should say something along the lines of-

"I know that I can't make up for all the pain I have caused you...I have done something which is not even worthy of forgiveness...But still! I really want you to know I am sorry but I don't expect you to forgive me...I take this as punishment for hurting you. You are the best thing that ever happened to me and now I have ruined it all."

This is where reverse psychology gets into action and your ex will find it extremely hard "Not to forgive you"...But in certain cases it might not happen right away. You might have to give it a few days. After following, the above-mentioned steps make sure you leave your ex alone for the

next few days.

It gives them the required space to re-think the whole situation and increases your chances of being forgiven.

Points to Remember...

- ✓ *Your focus should be to pull your ex out of the bad or negative state of mind into a good or highly positive state of mind.*
- ✓ *Admitting to your mistakes is the best defence under this situation.*
- ✓ *Act as if you are ready to accept any consequences or punishments.*
- ✓ *Prove that you have not gained anything out of your actions.*
- ✓ *Assure your partner with solid evidence that such an act will never be repeated in the future.*
- ✓ *Show them that you have suffered tremendously due to your actions.*



How to Get Your Partner To give a yes response to Almost Anything!

Do you know that people normally tend to do what you expect them to do? They always try to live up to other people's **EXPECTATIONS**.

So the method I am going to share with you is pretty simple yet powerful...All you need is to form an expectation and your partner will do everything in his/her power to live up to it.

For example-

Jen fears that Gary might cheat on her some day...So she indirectly communicated to Gary that she expects him "NOT TO CHEAT". This is how she sealed the deal...

Jen- *You remember my old friend from college, Amy?*

Gary- *Yeh! What about her?*

Jen- *Her husband cheated on her.*

Gary- *Oh! But why?*

Jen- *Don't know...It didn't seem like her husband was that kind...But who knows nowadays.*

Gary- *Hmmm.*

Jen- *You know what? I am really lucky to have you as my husband...I know you have a very strong personality and you will never do such a thing to me...Even if some girl jumps on you.*

Gary- *Honey! I can't even think about doing such a thing. I very happy to have you as my wife as well.*

So you see the pattern here? Jen dropped a seed of expectation in Gary's mind and now even the thought of cheating would make Gary think twice. Jen formed an expectation and Gary will have to follow through.

Similarly, you can apply this same technique to your relationship in other ways...Let's take another example.

Beena wants Ben to buy her a nice expensive gift for her birthday...

Ben- *So your birthday is just around the corner...Are you excited?*

Beena- *Yeh! Very excited...Actually I am looking forward to it...Because each year you have a very big surprise lined up for me. But you always end up spending too much...I don't want you to spend so much.*

Ben- *Oh Baby! I can do that much for the love of my life...Can't I?*

Beena- *Well...I know you...No matter what I say you will still have a big surprise lined up for me.*

So Beena formed up this expectation that it is going to be something big this year as well...Which would subconsciously force Ben to arrange something big. This is where he would make sure he over delivers because Beena has an expectation.

This technique works equally well in other areas of life as well.

Points to Remember...

- ✓ People always do what they are expected to do.
- ✓ People will always follow through on an expectation as long as you clearly specify in advance what you expect from them.
- ✓ Always give examples of how other people screwed up in the same situation. Giving such examples will increase your partner's level of commitment to your expectation. Due to which they are more likely to follow through with it.



The Dirty Tricks

Ok Now! This is the chapter where I am going to reveal all the dirty little tricks you can use right away to get your ex back or stop a breakup. But before we move on to it let me warn you once again...I do not take any responsibility for these. You will be using these at your own risk.

However, one thing is for certain...These tricks are damn effective & they work surprisingly well. Ready? Let's get to it.

Dirty Little Trick 1-

This is what I discovered by accident...I was sending an SMS to one of my friends but I ended up sending it to another number right below my friends number on my phone book.

That was a big "AHA" moment and I realized that this can be successfully used to get one's ex back or stop a breakup.

So this is what you should do...Send the following SMS to your ex-

"Yeh! It was so much fun...So you are picking me up tonight right?"

After reading this, your ex will probably send you a text back asking what are you talking about?

This is where you should text them back saying-

"Oh! Sorry...That was meant for someone else, but your name is right below that person's name in the phone book. I sent it to you by mistake."

Your ex will instantly get jealous and would start fearing that you are dating someone else...and would freak out thinking maybe you have moved on. Their insecurities would be triggered. They would want to know more and they would start desiring you again.

Here is how you can use this trick-

- ✓ **You can use this if your ex is completely trying to avoid you and is not answering your calls.**
- ✓ **Can be used as a conversation opener if you haven't talked to your ex in a while.**
- ✓ **Can be used to make your ex instantly desire you even if they are trying to avoid you.**
- ✓ **It can be used as a jealousy tactic to make your ex want you again.**

Dirty Little Trick 2-

If you have Myspace, Facebook or any other social profile online make sure you add as many people as possible. The trick here, is to increase the amount of people on your friend's list who are of the opposite gender.

Take things even further, by getting pictures with new people in highly social environments & upload it to your profile. The more you appear to be around new people of

the opposite gender, especially in photos, the more proof you give your ex that you already have a lot of people around you.

This will trigger your ex's insecurity and he/she will start thinking that maybe you have already moved on and your life is now better than what it used to be...So in a way they would feel you are happier without them.

Also by getting pictures in social environments they would start thinking that you are dating again and would fear that they are about to lose you.

Dirty Little Trick 3-

You should use this trick when your ex is not completely avoiding you but at the same time isn't showing much interest. This would work very well on the phone, email, messenger or even SMS.

While in conversation with your ex...You should ask them the following question-

"Where should one go on a first date?"

Just ask them the question...And let them answer. Your ex will definitely ask you why you are asking or the reason why you want to know?

At this just tell them that you just want to know and act real excited...But don't tell them anything.

This is another rare jealousy tactic where your ex might fear that maybe you are dating again.

I am sure you are all excited right now but be very careful with these tricks...Only use them when you absolutely need them & see no other option.



The Power of Social Proof

So what exactly is social proof? In the most simplest terms, humans naturally tend to do what other people are doing.

Here is an example- A set of 20 students were made to sit in a classroom and all of them were given a general survey with 2 choices namely A & B. 17 of those students were asked to choose A on purpose.

Each person was asked the question one by one and 17 people chose option A as they were told...Guess what the rest of the three people did? They chose A as well. But why?

Simply because humans tend to think in groups. They always tend to trust social sources more than they trust their own logical and rational thinking.

Now consider this...You are sitting in a movie theatre and all of a sudden, you see a group of people rushing out... Someone thinks that the building is on fire. What would you do? You would rush out too.

Why? Because you think, the building must be on fire when all these people are running out. Then you get outside just to realize that it was a prank played by someone.

You can see similar examples in the marketing world... When apple came out with the mp3 player named I-pod it quickly took the world by storm. What was so special about it? It was just a simple mp3 player. Something that most people had in their cell phones anyway.

Apple was smart enough to integrate social proof in their marketing campaigns, due to which it created mass influence, and as a result everyone was buying it.

Moreover, why were they buying it? Because their friends were buying it...And you had to have it since your friends had it too.

Now you might be thinking ok I understand all this but how exactly would this help me get my ex back?

Put it this way...Your ex will never be convinced as long as you keep on telling them that you have changed. They just wouldn't believe you because they have subconsciously accepted the fact that you might be saying it just to get them back.

But what if one of your friends says it? Do you know that your ex will believe it instantly because the information is coming from a third source?

Do you see how social proof is involved here? Your ex would think- Hey! If he(Your Friend) saw it then it must be true.

You can easily get a friend, family member or any other person to plant a seed of curiosity in your ex's mind.

Here is how to do this...Get one of your friend's to say any of the following statements in the presence of your ex...

"I spoke to (Your Name) yesterday...He looks so much better now. I don't know what he has done but he seems to be getting younger by the day."

"I saw (Your Name) the other day...He had this super hot girl next to him...Seems like he is dating again."

Oh my god! Did you see (Your Name) lately? She has lost so much weight. She looks so pretty now.

What's going on with (Your Name)...She seems so happy now. She never used to be this way before...I think she is having a lot more fun lately.

Do you get what I am trying to convey here...Statements like these said by one of your mutual friends would plant a strong seed of curiosity and your ex will get extra eager to know more about your life.

And this goes beyond just social proof...There are more reasons why this would have an extra impact...

- ✓ It's coming from a third source (Your friend) which would be more trustworthy.
- ✓ Now they know you have changed but they can't be a part of your new good life which would only raise their level of desperation.
- ✓ They would fear that they might not be good enough for you anymore because you have this new personality and they don't know if they would measure up to your new standards.
- ✓ They would fear that maybe someone new came into your life which led to this change...This would further

increase their worries that you might move on.

- ✓ Your ex will constantly bother your friend for crumbs of news from your new life.
- ✓ They will want to know if you are still interested in them or if you have really moved on.
- ✓ Eventually they would end up contacting you just to settle their curiosity.

Points to Remember...

- ✓ *Only do this with the friends that are trustworthy. There is a possibility that your friend might give away your secret therefore choose the right person for this.*
- ✓ *Keep the compliments believable. Ask your friend not to say anything that might come across as fishy.*

6

How To Get A Date With Your Ex Even if They Are Reluctant

There might be times when your ex might not show the kind of interest you were expecting them to show. In such cases...Most people lose hope and quit. This is where some situational understanding is required.

I get many mails from my readers telling me that their ex refused to go out and I always respond by saying- Your ex wasn't emotionally motivated to take action. Moreover, that is directly related to what you said and how you said it.

You see what you said or the way you said it just wasn't powerful enough to get your ex to take action...Due to which your proposal was turned down. In order to get your ex to take action you must first understand how this whole process works.



So your words will plant a thought in your ex's mind... Which would eventually give your ex a feelings which would be positive or negative and based on that your ex would take action.

Imagine you get the news that you won a million dollar lottery? What would be your immediate reaction? You will be blasting with joy and would race over to the lottery office to collect your money.

On the other hand imagine being called by one of your friends who always wants money from you...Would you avoid his/her call? If yes why?

You see the difference between the above two cases is quite simple...The events that took place led to a thought in your mind that got transformed into negative or positive feelings based on which you took the appropriate action. Positive feelings always drive the person towards taking action and negative feelings always drive the person towards inaction.

In order to get your ex to take action all you need to do is make sure that at the end of your interaction your ex is full of positive feelings which would drive him/her to give a yes response to your request.

The best way to do this is to use everything which would evoke positive feelings in your ex's mind.

The Deadline Trick-

Giving deadlines is known to be one of the strongest psychological tricks ever...In fact this trick works so well

that your ex would find no excuses or reasons to refuse. Several studies show that human beings don't like to be restricted...They do not like it if they are told they can not have something.

All you need to do here is just tell your ex that you are leaving the city and you want to meet them before you go.

By letting them know you are about to leave, You are already shutting a big door on them...Due to which they will fear that they may not see you again or this might be the last time.

This would be a great incentive for them to take action now...Because they know they won't get another chance to act in the future.

The Curiosity Builder Trick-

Humans want instant gratification...They don't like to wait.

Take for instance, how people get into debt. People end up with debt, simply because they spend the money they don't have to buy the things they think they need. So what does this all boil down to? People aren't patient enough to wait till tomorrow.

That's why they pay 30-40% extra as interest on the loan they took to buy a new car right away instead of waiting till the time they have saved enough money to buy it. They might get into huge debts due to this but they still do it because they want instant gratification.

When people are told that they can't have it now...It

invokes a very strong psychological motivation to get it. We see an example of this in many TV dramas where a secret is just about to be revealed...Where all of a sudden...A message pops up-

To be continued...

Now you might hate the fact that you have to wait till tomorrow to discover the rest of the story but it will give you enough emotional charge and curiosity that you will definitely tune in the very next day too.

Similarly you can use this same technique on your ex... Make up an interesting story and get your ex curious. Once you see your ex is building interest...Pause and say...

"Oh! I totally forgot...I need to rush. It's a long story! We can't do this on the phone...How about coffee this Friday?"

Or another way of doing this would be to tell your ex that something amazing has happened in your life and you are having an absolute blast...Say something along the lines of-

"So many amazing things have been going on in my life...I would love to share it with you...It's a long story so we can't do it on the phone. How about we meet at xyz place?"

All the above statements would evoke strong positive curiosity and intent due to which your ex will be forced to take affirmative action.

The 3rd person trick-

There might be times when your ex would be reluctant to meet you one-on-one. Under these cases it's always best to ask one of your mutual friends to join the meeting. While in conversation with your ex drop in this line-

Oh...Sandy wants you to come to this new place this weekend. She specially asked me to call you...Do you want to come?

Having a 3rd person in the meeting would be a lot less threatening to your ex and the chances of getting a yes increase.

You can either plan this with your mutual friend and tell him/her to leave early where you and your ex can get some privacy or you can isolate your ex during the meeting where you would get a shot to discuss further things.

The Expectations trick-

This trick works extremely well if your ex has good relations with your family. Your ex can easily refuse you but would find it very hard to turn down a request made by your family.

A good way to use this trick is to let your ex know that your mother or dad wants to meet him or you can use a family function excuse. You can say that it's a family members birthday and your mother expects your ex to come to the event.

The reason why this trick is effective is because most people have this positive impression on their partners parents...And to save this positive impression they would follow through with the request.

Make it extra easy-

Humans are lazy by nature...We believe in taking shortcuts. People don't want to do things themselves...They would rather have everything ready made.

Your ex will never take positive action unless you make it extremely easy for them. Do it in a way that your ex will have to make minimal or no effort at all.

For example-

Do not choose a meeting point which is too far from where your ex lives instead choose a meeting point your ex likes and also Choose a day which fits into your ex's schedule.

The easier it is the lesser objections your ex would have in meeting you.

Seal the deal tactic-

If your ex made a commitment towards meeting you it does not mean that they will actually meet you. They might come up with last minute objections and decide to cancel on the day of meeting.

A great way to ensure this does not happen is to let them know that you have put off other important tasks just to meet them. For example- Tell them that you will take some time off work...Delay an important task or cancel a crucial

meeting just to see them.

This way everytime your ex will think about coming up with an objection he/she would get this emotional block of disturbance...Due to which they would feel guilty and will smoothly follow through with their commitment.



How to Get Your Ex To Return Your Phone Calls

One of the major reasons why your ex might not be returning your phone calls may be due to the fact that you are doing everything which is triggering negative thoughts in their mind.

We have already discussed in the first chapter how humans react positively to the gift of good feelings and negatively to the burden of bad feelings. Therefore if you have not succeeded in getting your ex to return your phone calls so far then you have definitely been burdening them with bad feelings.

The most common mistake people make is trying to force their ex in some way or the other to return their calls. For example-

John...Please call me...It's an emergency.

Jen...I am missing you so much. Please call me back.

You see such approaches do not work as your ex feels the extra burden and will only end up getting annoyed if you keep on leaving them message after message which people normally do.

You see the key to getting your calls returned is to appeal to two elements namely- Curiosity and positivity.

You will have to make your ex curious in a positive manner if you want your phone calls returned and the best way to do this is to leave a highly positive message which involves an incentive for your ex.

Here is a sample message-

Hi Kate...It's me John. Just wanted to let you know that you have helped me transform into a totally new person. You might not know this but indirectly you have helped me in more ways than you can realize. I truly appreciate what you did for me. Please give me a call when you get back I would like to personally thank you.

With this message you are not only building curiosity but also giving your ex the gift of good feelings by appreciating them for what they did. You see this message is clearly stating it's core purpose and its not one of those needy or desperate messages which would only annoy or make your ex worry. But there are some things you still need to take into account....

Make sure your message is not confusing...

Generating curiosity has nothing to do with confusing the person in this case...Always send messages which clearly define their purpose.

The last thing you want in this situation is for your ex to be confused as once they realize you are trying gimmicks on them they would instantly go back to the defensive mode and you will be avoided more than ever before.

Make sure you do not leave any confusing messages such as...

Oh My God...It's an emergency call me etc. First you are not stating what the emergency is and at the same time it sounds pretty fishy.

But when you use the other message by telling them how thankful you are...They are more likely to return your phone call.

This is because they aren't exactly sure what they did for you due to which which you want to thank them. This is triggering their curiosity positively which would motivate them to call you back.

Make it clear that you have something good in store for them...

This goes back to the same concept of giving them the gift of good feelings...As a kid my father called me from work one day...Telling me he has a big surprise in store for me that evening.

Since I heard there was something exciting on the way...I was positively curious all day to know what it was. I just couldn't wait for my dad to get back home and tell me what it was.

You see it was clearly stated in his message that he has something good for me...Therefore you need to do the same. You will have to let your ex know that you want to thank them for something they did as it will positively charge them to return your call.

Points to Remember...

- ✓ Your message should communicate that you don't need anything from your ex...Rather you just want to thank them. This will instantly force your ex to put their defences down.
- ✓ No matter how interesting the message is unless you make it clear it won't get you the desired result.
- ✓ Make sure you do not sound desperate while recording the message...The way you say it also counts.
- ✓ Do not leave more than one message...Sending several messages will only work against you.



The Note of Last Hope

There are times in life when no matter what you do things just don't go your way...The same might be true when it comes to getting your ex back. It might seem that there is no chance and things might not be in your favor.

But there is a stunning technique which will turn the tables within seconds. A sufi poet once said- If all doors close before you...A secret one will open which will show you a secret way no other eyes have ever seen.

This is where my note of last hope comes in...No matter how awful your situation might be...No matter how bad you screwed up...No matter how hopeless it seems. This trick will do the patch work.

When you have tried everything else and nothing has worked...Write a handwritten card or a letter to your ex.

What you write in the letter will determine your chances with your ex therefore it is absolutely crucial

that you write the right thing. But what is the right thing here?

Let me break it down so that you understand it better..

Your letter should follow this pattern-

- 1- Lighten their load by accepting the breakup.
- 2- An apology in case you did something wrong.
- 3- Tell them that you realized your mistakes.
- 4- Trigger their curiosity by telling them something exciting happened in your life.
- 5- Close on a highly positive note.

Here is a sample letter for you-

Kate,

Just wanted to let you know that you were absolutely right about the breakup... Now I know that it was the right thing to do. You are a wonderful person and you deserve the best. I am sorry for having messed it all up.

I went through a pretty exciting transformation...A lot of amazing things have been happening lately. I would love to tell you about it some time.

Anyway I just wanted to thank you for everything and hope we can be friends in the future.

Bob

This letter contains all the most essential ingredients needed to be emotionally appealing to your ex.

This will instantly trigger your ex's mind and would create a situation of emotional confusion which would drive them towards you in order to know more about your life.

The best thing about writing a letter is that it always gets read no matter what...Getting in touch via phone, email or Sms might not get your message read but writing a personalized letter always works.

Another reason why this is very effective is because it acts as a constant reminder and every time your ex will see it laying on the table some place it will really trigger their curiosity and they would think about you.

The more they think about you the more they would desire to get back with you.

Points to Remember...

- ✓ *Only use this trick when nothing else has worked.*
- ✓ *Do not apologize unless you made a mistake which deserved an apology. Or else it might make you come across as desperate.*

- ✓ Keep your letter short and up to the point.. A long detailed letter would only make you sound desperate and this might work against you.
- ✓ Do not send more than one letter. Some people keep on sending letters after letters thinking it would work in their favor but this only further annoys your ex.