

"21 Most Important  
Keys to Getting Your  
Ex Back"

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**ATTENTION: DO NOT READ THIS BOOK UNLESS YOU HAVE ALREADY  
READ THE MAIN "PULL YOUR EX BACK" MANUAL.**

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1.

*“Do not chase them at any cost”*

The very reason why your ex walked away from you means that they are looking for some space...It doesn't really mean that they want to get rid of you completely. They are just seeking some space to get their own emotions in order. The best thing to do during the initial phases of the breakup is to let them have their way.

Trust me! Nothing would bother them more than the fact that you have already accepted the breakup and decided to move on.

2.

*“Pretend that you have already moved on”*

Even if you haven't you must pretend that you have already moved on. The last thing your ex would ever expect you to do is to move on so early. See the funny thing is that even if they did dump you they still have expectations from you.

And the best way to make them desire you again is not to fulfill their expectations....When their expectations would not be met they would always be a bit disturbed due to which they would seek your attention yet again!

3.

*“Demonstrate that you have moved on using the no contact rule”*

Please refer to the main book to understand the no contact rule in detail. Well the no contact rule simply means that you would avoid all sorts of contact with your ex until the time you are no longer emotionally needy.

When you successfully practice the no contact rule...You are more or less letting your ex know that you have already moved on and that would be the time when they would start feeling that they are starting to lose you.

4.

*“Install the feeling of loss in your ex's mind”*

Do you know that humans want things they can't easily have? The very fact that it's not easy to have you now would drive them to try twice as hard and at the same time they would fear losing you completely.

When you constantly chase your ex, you are letting them know that you need them, which gives them the feeling that they already have you. As long as they know that, they would never even bother to get you back.

But the moment they come to realize that you are starting to or have already moved on...They start feeling that they are starting to lose you now although they did not have the same feeling before.

The very fear of losing something you already had is a very strong driver, which would motivate them to pursue you once again. It is the same fear one gets when he knows that he is about to lose his job due to which he

does what he can to retain it.

5.

*“Convince yourself...Not your ex”*

Most people try to convince their ex into liking them once again...Let me assure you of something. You can never convince, force or pull your ex into liking you once again. The more you work towards making your ex like you the further away you would end up pushing them.

So does this mean they would never change their mind about you? Well NO.

Your ex would change the moment you change. Yes! It's really this simple. The only person you have to convince in yourself and no one else. The moment you accept the breakup and stop pushing against it you will automatically start doing what's required to be done in order to get your ex back.

The only person you have to work on is yourself and not your ex.

6.

*“Get rid of all the attraction killers”*

Neediness and desperation are known to be the two biggest attraction killers which would make it extremely hard for you to get your ex back.

As long as you demonstrate high levels of neediness and desperation, your ex would always try to avoid you as much as possible. By being needy, you are indirectly letting them know that you are the one who is

desperate to get them back.

Always remember that in a relationship the one who is needier than the other never gets to decide or have control. You will always be at the mercy of your ex's decision as long as you act needy.

7.

*"Your chances of getting your ex back are directly proportional to the level of your self-control"*

Who ever is the least emotional in the relationship and more in control of their emotions always get to have the upper hand. Your success or failure at getting your ex back would completely depend upon how well you deal with your own emotional challenges.

8.

*"Don't keep your ex on top of your priority list"*

You are definitely not on the right track if your ex is on the top of your priority list at the moment. They are keeping you just as an option therefore why are you keeping them as your main priority?

Don't give your ex the type of treatment they don't really deserve. You

should never give respect unless you are getting the same in return.

9.

*"You will have to get over them to get them back"*

Well this might seem like a very bizarre concept but the fact is that in order to get your ex back you must first get over them which means you must get rid of your emotional neediness.

As long as you are emotionally reactive and have a strong emotional attachment towards getting them back you will always struggle.

10.

*"Keep your options open"*

Never depend on your ex too much...Do not put all your hope in just getting them back. Go out and meet some new people. You will be pleasantly surprised what you have been missing out on.

11.

*"Don't keep any expectations"*

One of the major reasons why people get hurt is because they never get their expectations fulfilled.....There will be times when you might come to

know that your ex has started dating again.....This can be extremely heartbreaking.

But once you don't expect anything from your ex, you are automatically stripping your ex of all the power to hurt you. You will get to a point where your ex's actions would not determine the way you feel.

12.

*"The hungry don't get fed"*

This simply means that people who are the most desperate never get what they desire or have to work extremely hard for it. The higher the level of your desperation is the lesser your chances would be of getting your ex back.

The only way out of this is to be secure and non-needy. The one who has more always gets more. This is the reason why they always say the poor get poorer and the rich get richer.

13.

*"Understand that you desire your ex but don't need them"*

This is one concept most people have a hard time understanding. You must understand that you desire to be with your ex but this does not mean that you can't survive without them.

What's the worst thing, which can ever happen in life? According to many, it's death. And people get over even the death of a loved one therefore what makes you say that you will never get over your ex?



14.

*“When your ex shows interest- Become a challenge...”*

Getting your ex interested is only half the battle won...The next thing you must do is to act like a challenge. As long as your ex has to work for your attention they would always try extra hard to get it.

You always value the things you pay for more than the things you get for free.

15.

*“Either you control the situation or it controls you”*

This means that not taking action right away would only mean massive pain for you...Sitting at one place all day long thinking about your ex would only make you further miserable. You must follow the plan mentioned in the main “Pull your ex back” manual right away.

You only have two options under this situation...You either get to take action and control the situation or give up and let the situation treat you like a victim.

Do not choose temporary convenience for long-term pain. Be strong and stick to the plan.

16.

## *"Never worry about competition"*

If you know that your ex is dating someone else then it can trigger a lot of insecurities where you might get strong urges to get in touch with them again or even spy on them at times. You see this only means that you still have insecurity issues.

Let me tell you that as long as you maintain high levels of self-control and show your ex that you don't really care who they are with the tables will turn within seconds.

If you accidentally run into your ex while they are on a date then you do not avoid them or get highly agitated over the fact that they are with someone else. Smile...And greet them and their date nicely. Make sure that you seem very calm and happy but make sure you don't spend too much time with them. Just give your greetings and make an early exit.

You see when you don't really react negatively it would give your ex the indication that you have already accepted the breakup and probably moved on. Now even though they dumped you this would never be too easy for them to swallow.

They would still think what made you get over them so fast... And this very thought would keep on spinning in their head day and night.

17.

*"Be extremely happy but don't tell anyone why"*

This seems to work very well when you keep in touch with your ex's friends....The best way to double the influence is to let your ex know about your reality through a third person because that way they would not find it hard to believe.

Act extremely happy as if you have found a totally new life and make it obvious that you are happy. This would really get your ex thinking and he/she will try to figure out the real reason behind your happiness.

You see it would get them highly curious to know what's the real reason behind your happiness...They would get insecure thinking that maybe you have found someone new and that person is the reason for your happiness.

18.

*"Never be just friends with your ex"*

This is one mistake a lot of people end up making....Often times they break the no contact rule and get in touch with their ex too early. They might get into a conversation with you once again but this doesn't really mean that they want to be back with you or they like you the way they used to before.

They might ask you to just be friends and almost every person out there tends to fall for this....You see when they ask you to be just friends it means that they want to keep you around just as a backup plan while they go out and look for better people.

You see you would be stuck in the friend's zone while they go out and date new people.

Do not be a back up or a second option for your ex...the only way to get out of this is to follow the no contact rule yet again.

19.

*"Understand that it's not an obligation for your ex to come back to you"*

Most people get highly disappointed when they don't really witness any real reaction from their ex after the breakup. Understand that it's an option for your ex and not an absolute necessity.

Most people try to force or convince their ex to come back to them but you see this is like trying to sell them something they don't really want to buy. How do you feel when a salesperson at your door keeps showing up everyday trying to sell you stuff you don't want to buy...Wouldn't you avoid him as much as possible? You see your job here is to make sure you don't end up being like that salesman.

Instead of working on your ex, you must work on yourself. Get your own self in the right order and the rest of the things will fall in the right order as well.

Work on making yourself more attractive and your ex will automatically be attracted towards you once again.

20.

## *"Have no fear of loss"*

After the breakup, most people feel that they went through a big loss and they might struggle to deal with it for the rest of their life.

Let me ask you this question- Did you come to this planet with your ex? Well obviously no. You see when you were not born with them you can easily live without them. How can you lose something you never had in the first place?

Just remember that this feeling of loss is only temporary and it will go away with time. When you have no fear of loss...Then you have nothing to lose...And when you have, nothing to lose you wouldn't really worry much about getting your ex back because emotionally you have already moved on.

This is the time when you will be in the position of power and would have greater chances of getting your ex back.

21.

## *"Points to stick on the wall"*

- "Spend more time looking for answers than crying over the problem."
- "Temporary pain will ensure lifetime gain."
- "You will have to do uncomfortable things right now to ensure lifelong comfort."
- "Don't let your emotions dictate your actions."
- "Learn to make it happen rather than let it happen."

- “You will have to risk something to gain something. You will have to risk losing your ex in order to gain him back.”
- “Getting your ex back would mean relief but not peace of mind.”
- “Learn from your past mistakes instead of feeling guilty over it.”
- “The one's who don't do what they need to do will always suffer.”
- “Have high expectations from yourself and not others.”

Always remember that getting your ex back is all about doing the right things at the right times even when you don't feel like doing it.