

Pull Your Ex Back

Guaranteed ways to bring your
Ex lover back into your life!

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Important Note- Throughout this book “He” and “She” have been used interchangeably. This was done to indicate that the techniques are not gender specific and apply to both the sexes.

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Let's Get Started-

It was early last year, I woke up one morning feeling absolutely sick to my stomach....It had been four days since she had broken up with me and I was what most would call a complete mess.

Moreover, the main issue was...I had no FRICKEN idea what to do in this situation...All I could think about was her. I constantly felt this empty feeling inside of me, which just kept on driving me crazy...Everything, just reminded me of her.

What I did next is something I still regret until this very day. I picked up the phone in the middle of the night and kept on calling her until the time she got so annoyed that she turned her phone off.

After that, she stopped answering my calls. All I could do was either email or SMS her. Nevertheless, no matter how many times I tried to E-mail or text her she would never respond.

This only added fuel to my level of desperation and here I was sitting in the corner of my little room constantly thinking about her. I stopped going out, lost my job and started eating whatever was on the table.

And I'll tell you another thing... it simply sucked.

In a nutshell, not only was I emotionally wrecked but now I was overeating and spoiling my health too. There were nights when I just couldn't sleep thinking what if she has found someone else? What if she settles down? What if I never see her again? What if this is the end of the road for me?

These "what ifs" were just driving me crazy...So I got on the internet and checked her Myspace and Facebook profiles. Her status mentioned "SINGLE" and she had more guys on her friends list than ever before.

The very fact that now she is talking to other guys was just too hard to swallow for me...I would say this was the first time I ever experienced a panic attack. I got this strange feeling in my gut and around my heart area...A strong feeling of sinking...I couldn't stand...Couldn't sit. Just didn't know what to do.

The more I thought about her being with someone else the more intense my pains got. I loved her way too much to see her go this way. It was a sad truth for me but what options did I have? I thought my situation was completely hopeless.

The same process continued for the next several days where I would wake up with this heavy load of emotions.....Struggling my way through the day while I would do nothing but think about her....There wasn't a day when I did not call or text her.

I wanted to maintain some level of self respect but the emotions were so strong that I couldn't help but call her.....But what I didn't realize was that I was digging a deep hole for myself and I was only making it deeper each and every single day.

My emotions had me wrapped up so hard that I didn't really know what I was doing....

The harder I tried the further away she seemed to be. I was willing to do anything to get her back at this point of time.....I would beg, plead or even kiss her feet if she would just talk to me for once. Little did I know how stupid I was back then.

Anyways...

Then Things Took A Twist...

There were some events that took place in my life during that phase which not only helped me to get her back but now I was better than ever before. I discovered some profound and life changing secrets that only a handful knew around the world.

You see the real issue is that "RELATIONSHIPS" isn't one of the subjects that is taught in school like math and science.

Put it this way...Will you be successfully able to drive a car when you get into it for the very first time? The answer is "NO"...Similarly most of us get into relationships without really understanding the core dynamics of it.

Being successful at relationship is a skill too.... And the good news is that...

“It’s all learnable.”

You can easily learn and master this area of your life just like any other area.

What you are about to discover will open up a whole new world of possibilities for you...Now you will be able to realize why things go wrong...What to do about it...How to control it...And how to always be in control.

Isn’t it great?

What I discovered was an absolute eye opener & it changed my life in a big, big way. It was so easy that I’m Genuinely Stumped at the power of these...But the strange thing is that most people would go through their life without even realizing these secrets.

However, it didn’t come easy to me...I learned all this through the long and brutal path of trial and error. All in all my entire struggle was a big pain in the rear end! But it was all worth it....

Give me a few days...And read this book word by word.

You will never be the same again...

Ready to get started?

Ok then! Let me take you by the hand and walk you through the contents of this book, step-by-step...

Chapter 1:

The Emotional Roller Coaster Phase

"Feelings are much like waves, we can't stop them from coming but we can choose which one to surf"

- Jonatan Mårtensson

I spent quite some time of my life REALLY educating myself on this issue...The very first challenge one faces while dealing with a breakup are their emotions.

What I realized was that your emotions are so vital that it would largely impact and even DETERMINE THE OUTCOME of whether you will be able to get your ex back or not.

And not only your ex...Your whole life is dependent upon your level of emotional mastery. The type of emotions you experience on a regular basis will eventually determine the quality of your actions.

I bet you wouldn't like to hear this but do you know that you don't want your ex back? No really! You don't want your ex back.

What you really want is the "Feelings and Emotions" you would experience when you will have your ex around you again. And the same thing applies to the rest of the things in your life as well. You don't want the new house, car or even money...But you want all those things because they give birth to this certain feeling inside of you.

Now understand this- Do you know that most of us are living our lives on autopilot mode? We are more or less victims? Our feelings and emotions are mainly determined by what happens around us. We do not decide how we really want to feel & often fall prey to our circumstances.

We get pushed into an emotional roller coaster which takes us through this

wild & crazy ride of emotions where we are not in the driver's seat. It would only make you feel stuck in this big hole of confusion and you would struggle to think straight or will not feel any sense of inner peace.

It can be so intense that it might make you "go crazy".

We get stuck in this "Black Zone" where we constantly regret the past and keep worrying about the future.

But the question I kept on asking myself is how can one get out of this?

I mean.....I was at that level of going almost "CRAZY".....I knew my emotions were playing games with me yet I didn't know what to do.

Aren't our emotions and the way we feel the major if not the only cause of all mental and even physical issues most of us have?

The discovery I made when trying to find a possible solution to this was absolutely startling...I went through chunks of information, tested several techniques and made a heck load of mistakes. And this is what it all boils down to...

"Your emotions are the result of your thoughts"

Yes...It's really this simple.

When we constantly think a certain thought and imagine the worst possible negative outcome, we often give birth to all these negative feelings inside of us. Here is how it works-

Your thoughts determine your feelings and your feelings determine your eventual actions.

THOUGHTS > FEELINGS > ACTIONS

The biggest thing, that is the hardest to break, that will stand in your way to getting back with your ex are your emotions and you cannot control the situation unless you control your thoughts.

Do you know that you might not even realize this but most of us are talking

to ourselves all the time? We often talk ourselves into doing certain things and at the same time not doing certain things?

So the reason why you are feeling so bad right now and have this big cloud of negative emotions is because.....

You are- **"Expecting The Worst"**

You are probably thinking-

- What if he never comes back to me?
- What if she is dating someone else?
- What if I never find anyone as good as my ex?
- I wouldn't be able to live without my ex.
- What if I end up lonely for the rest of my life?

And this just the beginning...The process of self-destruction and negative thought formation only grows with time. And guess what? You are responsible for all of it. You cannot blame your ex or even the situation. You are giving birth to all these thoughts, which are making you feel this way.

And YOU are in CONTROL of your thoughts.

We often make the situation worse than what it really is...And this is all done by constantly expecting the worst possible outcome.

The thing that holds you back is paralysis of analysis – You analyze the whole situation to the extent where it almost drives you NUTS.

Now let me give you a reality check- It's a very well known fact that humans can get over a loved one's death so what makes you say that you can't get over or even live without your ex? Always remember that you did not come into this world with them therefore you can live without them.

And let me give you a million-dollar secret- You will get your ex back the moment you get over the fear of losing them. The one who is the least emotional will always have control over the other in the relationship. The reason why you are in such a miserable position is because you are more

emotional than your ex regarding the breakup.

Therefore, it all sums down to your emotions and how effectively you control them. I was at a stage where I told myself...This is it! I wouldn't call her no matter what...Who the hell does she think she is?

I promised myself that this time I would control myself.

And guess what happened?

After a few hours here, I was calling her yet again!

I am sure you pretty much know what I am talking about. We tend to get stuck in this emotional cycle and often go through it several times. We keep on making the same mistakes over and over again yet we do know what we really have to do.

We know the type of feelings we want to experience yet we keep on doing the things, which just hammer us into the deadly dark zone of negative emotions yet again. And why do we do this?

Here is the golden answer in just one WORD-

"INSECURITY"

Let me explain it to you in a way which would completely make you understand why you are feeling this way...There are several human needs some of which are....

- (1) Security or Safety.
- (2) Effectiveness and Control.
- (3) Positive identity and Self-Esteem.
- (4) Acceptance and Love.
- (5) Significance and Appreciation.

Humans tend to feel happy as long as most of these needs are satisfied

but you would feel awful if some of these needs aren't met. Let us study this in detail...

(1) Security or Safety- Your feeling of security or safety was instantly lost the moment your ex left you. Now instead of security you have this strange sense of uncertainty where you are not sure about your eventual outcome. Therefore, this need is not being met.

(2) Effectiveness and Control- You are not in the position of control since you are the one trying to get your ex back while your ex doesn't have any real interest in getting back which means that they are in the position of control right now. Therefore this need is not being met either.

(3) Positive Identity and Self-Esteem- The day your ex left you your self-esteem hit rock bottom because first you did not expect it coming and at the same time rejection is a direct killer of self-esteem. So this need isn't being met anyway.

(4) Acceptance and Love- We all seek love and acceptance from people around us. A child learns the value of love early on and thrives on it. Love is considered to be one of the strongest human needs and most people make great attempts to obtain it from their environment. This need is not being met for you at the moment because the love of your life has left you.

(5) Significance and Appreciation- We all want to know that we are worth something...We all want to feel the feeling of being something special in the society. One of the major reasons why a lot of relationships breakup is because one or both of the partners just did not appreciate each other...The moment your relationship ended you felt an instant lack of appreciation and total loss of the feeling of significance.

So as you can see none of the above needs are being fulfilled due to which you desperately desire to get back with your ex...You will start feeling a sense of inner peace when most or all of these needs are met.

It's more like being fired from a job you loved where now you have a shattered sense of security and don't really know whether you are going to get another one or not. Now even though the odds might not be in your favor but it doesn't mean that it's not reparable.

Now you understand how the mechanism of your emotions functions.

Understanding the problem means that half your problem is already solved. In the following chapters I will discuss some of the most remarkable techniques using, which you will be able to control your emotions at all times.

It will provide you with the unique power to be in control.

Move on to the next chapter and let's get down to serious business now.

Chapter 2:

So Why Did it All End?

Now this is the big question!

I was beating my head against the wall thinking why the heck did she leave me? I did all I could...I did everything in my power to please her...What else could a woman want in a man?

Today! All I know is I was SOOOO disgustingly WRONG!

There is a great saying that goes- "Everyman's way is right in his own eyes"...

My ways were always right to me...I always thought I was doing the right things...yet I made all the classic mistakes...I failed to realize her needs and desires. She had certain expectations which just were not being met. She wanted me to do certain things which I wasn't doing.

Breakup came as a big surprise to me because I didn't see any real reason why she would want to do so yet she was suffering in the relationship since a long time. Your ex did not decide to breakup with you within a day.....They must have been feeling a sense of bondage since a long time yet you never came to know of it because you were more focused on yourself....You gave your needs a higher priority than your ex's.

Love is known to be unconditional.....The moment you start putting up conditions then it isn't love anymore....It more or less becomes a transaction. We see examples of conditional love all around us.

One should not need their partner to shower them with materialistic things...Take them on a tour around the world or worship them like a god to show that they love them. If that's the case then it's just not love. It's a transaction...As long as the terms of the transaction are being met, there will be love but if not...There will be conflict.

You see love is all about ACCEPTANCE....

It's accepting your partner the way they are and not trying to change them.

This is the main reason why in the present day and age the divorce rate is all time high...

You might try to change your husband or wife into your way of thinking but they would keep on doing what they have always done just to show you that you don't really control them.

When you follow the concept of unconditional love, you would naturally be willing to do things for your partner and would accept them the way they are...And the good thing is your partner would be willing to do things for you only because you don't really want them to change and have accepted them the way they are.

You see...This is the way it should really be...But unfortunately, this is not the concept most people follow or even understand.

I don't mean to be rude but the main reason why you are dealing with the breakup is because you don't follow or even understand the above-mentioned concept.

However, unconditional love is only one of the areas where most people go wrong...What's even more interesting is that there are other major reasons why people breakup. There are certain things people do in the impulse of the moment without even thinking about it's eventual outcome.

This is the area where you need a deep understanding of what these behaviors mean and how they affect your relationship. Some of the most common reasons which always lead to a breakup are...

(1) Being controlling- In order to satisfy one's own insecurities people often tend to grab control of the relationship. They just want their partner to do, be and act the way they please.

People try too hard to be right all the time by forcing their opinions on their

partner.....It also means forcing certain acts which your partner isn't really comfortable with.....Having demands which might be too hard to handle for your partner.

Individuals who try to control the relationship often Give no chance of any explanations to their partner.....They would constantly use "GUILT" and "BLAME" to make their partner feel awful just to make themselves feel happy.

People try to feel right by making their partner feel wrong as much as possible.

This controlling nature often suffocates a person to the extent where they would feel the relationship has become a living hell and would seek to get out of it sooner or later.

(2) Jealousy Issues- Havelock Ellis Said- *"Jealousy, that dragon which slays love under the pretence of keeping it alive."*

All I know about jealousy is that it's the worst possible emotion you can go through. It leads to nothing but destruction on every level...Jealousy is never healthy no matter how big or small it might be. Jealousy would push you into a controlling behavior where you would try to control everything your partner does.....Again as mentioned above it would only suffocate your partner where they would eventually leave you.

But by being jealous you are also conveying many messages to your partner...You are telling them that...

- You don't really trust them.
- You fear that they might leave you.
- You can't accept them the way they are and they must change.
- You are insecure.

Jealousy would push you into this crazy act of constant trial to track your partner's actions...You might get extremely possessive and would constantly doubt your partner's actions.

You might constantly ask your partner questions regarding who they spoke

to....Who they were with....What did they really do during the day. To you it might seem as if you are just being careful and are doing the right thing because you care for your partner...But to your partner it would seem like bondage.

You must understand that this is not a sign of care and love but a sign of deep level of Insecurity.

(3) Being too needy- People often get into relationships thinking their wives or husbands would take good care of them but this is not true. You will only become an extra burden to your partner if you act too needy towards them.

By being too needy, you are already demonstrating that you are very afraid of abandonment and you are scared that your partner might leave you.

Being too needy will make you more and more demanding where you will expect a lot from your partner, which would only make your partner, feel burdened. You are more or less expecting your partner to deal with your problems. Moreover, the fact is that no one can solve these but you yourself.

(4) Focusing on yourself too much- Now this would be plain selfish. A relationship is a mutual agreement between two souls based on the conditions of love. You must understand that in a relationship you must be willing to give something to get something and that would never happen, as long as you are focused on yourself at all times.

Being too focused on your own needs would always leave your partner in the strange zone of feeling constant unhappiness, sadness and loneliness.

One must focus on their partner's interests as much as they focus on their own. When the needs and desires of both the partners are properly attended to...The relationship can be defined as a healthy one.

(5) Being toxic- Some relationships die together with time instead of growing together...There are people out there who constantly criticize their partners on every level possible. They would always tell their partners what they can't do, what they are bad at, why they will never grow and the list

just goes on.

This only breeds negativity in the relationship where the partner being victimized seeks freedom and looks to get out of the relationship.

Arguing in public...Attempts to make her feel stupid...Being overly jealous...Verbal or physical abuse are some of the few signs of a toxic relationship.

(6) Setting very high expectations- You will always experience pain whenever your expectations aren't met specially from the one you love. You can never change the character of a person no matter how much you might try. Therefore, disappointments will always be there as long as you have expectations.

Almost everyone out there tends to have a picture of their dream mate....There is a list of things we all want to see in our potential mate....Often when we enter into a relationship thinking our mate would meet these expectations but with time only realize they are quite the opposite of what we expected and this is where the blunder starts.

This would only push you into a behavior where you would constantly try to change your partner in order to have your expectations met...And no matter what amount of pressure you might apply, you will always struggle to change your partner.

(7) Cheating- Now this is the most obvious one but let me ask you a question before we move on.....Are you trying to get your ex back after you cheated on them? If yes? Then I want you to ask yourself this question-

Why did you cheat in the first place?

The answer is very obvious that some of your needs were not being met...You were not fully satisfied with your relationship...There was something missing and that's why you did what you did.

Therefore before you think about getting back together you must make up your mind.....Maybe you just want to get back because that's what you feel is the right thing to do right now....Maybe you are seeking significance....Or

you just need emotional revenge.

But it's better that you think about it twice since cheating on your partner even once means you have already rejected them. Analyze the whole situation and try to figure out whether it will harm or benefit you in the long term. If you feel getting back together, is the best option then move on to the next chapter and read on...

Chapter: 3

The Most Important Rule- "No contact"

This is where the rubber meets the road...

Trust me! The following lines you are about to read will be the most vital of all...I hope you are paying close attention here.

Let me ask you a question...What happens if you try to put off a burning flame using your bare hands? Well obviously, it is going to burn you. RIGHT? But would it actually put off the flame? The answer is NO! But it sure will give you enough burns, which might take months or even years to heal.

Trying to contact your ex right after few days of the breakup is pretty much like trying to put off a flame with bare hands...It would do nothing but cause emotional pain to you.

The smart thing to do would be to let the fire burn till the time it runs out of fuel....Which means wait till the time your ex is in the right emotional state....But trust me it will not be within the next few days or even weeks.

I am asking you to do what I did...Trust me! This really works.

I want you "NOT" to initiate any sort of contact with your ex for at least 25 days or more...I did it for 25 days but you can make your own dead line.

Now let me explain something to you first...Getting your ex back would not be as easy as getting them when you first met them. That was a time when you knew nothing about her and she knew nothing about you.

Now they more or less know a lot about you...So using any sort of sneaky or clever tactics wouldn't get you too far. But this rule still works very well.

Now you might be wondering how will this "No contact rule" help you?

Well it will help you in more ways than you can possibly imagine. Here is what it will do for you-

- Allows you to get into a stable emotional state and helps with the pain.
- Your ex would start missing you even if they don't want to and they would start getting a strong desire to have you back.
- Your ex would start fearing that maybe they might lose you. Human psychology is quite funny I would say...People don't value the things they have no matter how precious or important as long as they know they have them. But the moment they realize they are about to lose it all that's when they value it more than ever before.
- You are rejecting them back by showing them you don't really care about the breakup and you have already moved on. Here is when your ex would start thinking was this all I meant to him? They would start feeling a sense of rejection where they would get this feeling of loss of significance.
- It would instantly get them jealous. They might start fearing that you have already found someone new....They would make up all negative possibilities in their mind fearing that you have found someone new which would drive them completely nuts.
- It will allow you to get out of the desperation zone and will give the control back in your hands.
- It will give birth to a sense of insecurity in your ex's mind where they would feel what you have been feeling all this time. This is where the tables would be turned and you will be in position of control.

More or less, you are demonstrating all the standard signs of an attractive person which would pull your ex back into your life again.

You are indirectly telling them-

- I have already moved on.
- I don't need your attention or approval.
- My world doesn't revolve around you.

- It's your loss not mine.
- I can and will find someone better than you.
- I am not thinking about you anymore.

A point to be noted here is that you should never tell your ex that you are not going to contact them for the next few days...It would only work well when your ex has no idea regarding your plans.

Now here is the hard part- How to survive these brutal 25 days?

Well let me be honest with you- For me it just wasn't easy. Period!

I constantly fought with myself day in and day out. There were times when I felt lonely...Sad...Depressed. There were times when I just wanted to pick that phone up and call her...There were times when I felt like spying on her to see what she is really doing.

You see had I done any such things it would have been the end of the road for me. But I managed some how.

But here is the good news...

You don't have to go through all the hard work. During my struggle, I came up with certain techniques, which would not only help you control your emotions but would give you the ultimate peace of mind almost instantly.

Move on to the next chapter and see how it's done...

Chapter: 4

Putting it All Into Action... "The Instant Shift Technique"

Well you know what to do now but the question is "HOW"?

The day I decided to put the "No contact rule" into action, I thought it wouldn't be too difficult but within the very first hour of implementation I felt this strong inner urge, to call her up...I had this small inner battle going on for a few minutes before something suddenly caught my attention.

There was a loud noise outside my apartment and I rushed to the balcony to see what's really going on. There was an accident at the corner of the street....I really couldn't see what was going on but for the next 30 minutes or so I was totally immersed in trying to find out what happened.

Eventually I found out that this car rammed into a bike rider...Luckily no one was seriously injured...But that's not the point here.

Did you notice what I noticed?

Well no prizes for guessing. During those 30 minutes, I had no thoughts of my ex...Heck I didn't even know she existed.

So what is the big secret here? Well in simple terms, what we focus on mostly tends to grow and eventually determines the way we feel.

I really wanted to put my own thoughts into observation. So I took out a pen and a paper and started writing what I think about at most times of the day. I would report a set of thoughts every half an hour just to get an accurate analysis.

To my surprise...The only thing I was focusing on throughout the day was

my ex....

And how bad the breakup was....

How awful my life is going to be from now on....

Man I miss her so much....

She must be out with some other guy right now (This one got me real depressed within seconds)....

And this is probably what you have been doing all this time. So let me present to you my secret technique, which got me out of all this mental torture.

I call it the "**Instant Shift Technique**".

What you really have to do is whenever you feel that you are thinking about your ex or anything related to your ex...Shift your focus to something else within the very first 10 seconds.

Don't wait...Don't delay...Don't make Excuses. Just do it!

And yes 10 seconds is the ultimate deadline. If you can't think of something in the first 10 seconds then try again...Keep doing it till the time you find something else to focus on.

I would say anything would do but the thoughts about your ex or anything, which reminds you of your ex.

But people often say that they don't consciously choose their thoughts...It just happens to them. Well I have a great solution for this too.

Focus on the way you are feeling right now...Are you feeling good or bad? Happy or sad? Up or down? Positive or Negative?

If you are feeling good, happy, up and positive then you are thinking the right things...But if you are feeling sad, down and depressed then your thoughts are not in the right order. During this situation, you must instantly apply the "Instant Shift technique".

Here is a list of things you should focus on (None of these should involve your ex)-

- (1) An event in the past where you felt completely unstoppable. Re-live that moment and feel the feelings.
- (2) A day in the past where you just couldn't stop laughing.
- (3) Make a list of things you are thankful for. You might think that there is nothing to thank for at the moment...But if this is what you are thinking then you are on the wrong track again. We all have something to be thankful for...Just look around and you will find many things.
- (4) Get up and start dancing. Well this might seem a bit silly but let me tell you it really puts you in the right mood instantly.

But this is just a small list...I am sure you have a bigger one and you get the idea of what I mean though.

But this is not it...Just like a to-do list there is a not-to-do list as well...

Here are the things you must not do-

- (1) Checking your E-mail 100 times a day expecting a response from your ex.
- (2) Going on their Myspace, Facebook or any other online profile your ex has trying to see how big their friends list is now.
- (3) Keeping things around you that remind you of your ex. I would say get rid of anything and everything which reminds you of him as fast as possible.

You will struggle with this for the first few days...Let me give you a very logical reason why that happens...

Many books of psychology state that human beings have two minds- The conscious and the subconscious.

Our conscious mind is our "awareness"...Whatever we do right now would be controlled by our conscious mind. This is the mind we have complete control over.

And then there is the subconscious mind...This is more like a database of all the experiences we have had throughout our life. The subconscious mind takes in everything may it be positive or negative...Healthy or harmful...Good or bad. It's all in there.

Whatever is in your subconscious mind...would be played back to you randomly from time to time...For example- When you wake up early morning with a dark cloud of negative emotions...Feeling absolutely awful...Do you feel you consciously chose it?

Does it mean you went to bed wishing and hoping that you want to feel awful the very next morning? Absolutely not!

It's your subconscious mind in action...It is coming up with random thoughts either good or bad which are determining your feelings. And the fact is that it mostly comes up with the things you always consciously think about most of the times.

Therefore, with time you have trained your subconscious mind to think about certain things.

It's like a muscle...The more you train it the stronger it gets.

So when you constantly keep on thinking about your ex day in and day out...You are programming your subconscious mind to do the same.

Have you ever been in a situation where you consciously wanted to do something but felt this strong emotional block where you just couldn't do it? Although you knew, it was the right thing to do at that moment but you just couldn't do it? Well that's where your subconscious is controlling you again.

Your job should be to train your subconscious mind into focusing on the things you want to focus on. And that's where my "Instant Shift Technique" really helps. By shifting your focus from what you don't want towards what

you do want over the next few days would program your subconscious into thinking positive things, which would eventually get you the desired outcome.

But one thing you must understand is that if you are not working towards what you want...Your subconscious is already working towards getting things that you don't want.

The concept is simple- Either you control it or it controls you. The choice is yours...

Once you apply the "Instant shift technique", you will have to follow through with it till the time you feel better and don't experience any breakup pains.

You will realize that the intensity of your pains will decrease with each day as long as you stay on track with this technique....You will get to a point where you would not feel any pains anymore.

There will be times when you might get stuck but during those phases, you must ensure you ask yourself the right questions. Asking yourself the right questions is the best possible way to get unstuck and be back on track again.

Whenever you feel you are stuck and can't seem to get this technique into action you must ask yourself the following questions-

Q 1- What will I lose if I don't do this now?

Example answer- I might never see my ex ever again...Life is short and I might end up wasting too many years sulking over the breakup.

Q 2- Will thinking about my ex right now help me in any way?

Example answer- No! It will only add further pain, which would grow with time.

Q 3- What will I gain by taking action now?

Example answer- Possibly your ex. I will be able to get over all the pain and would live life the way I want to live it.

It would be better to write them down instead of just going over them in your mind....That way you can easily recap whenever you are going through an emotional block.

You should stop dabbling with half measures and get this area handled once and for all...You better do it right now! Yes...Now means now.

Seriously! Trust me on this one. If you are not going to do it now...you will never do it at all.

Martin Luther quotes this in one of his very famous sayings...He said-

"How soon not now becomes never".

Just remember that the more you delay the more you are training your subconscious mind to make you feel awful each and every second of the day.

Chapter: 5

The Deciding Phase- Do You Really Want them Back?

Let me tell you a story about my friend Bob...

Bob and I have known each other for several years but a few months back his girlfriend broke up with him. As usual, he was devastated just like me...

Each of us have our own personal reasons why we want to get out ex's back...But let me tell you something interesting. Bob did get to patch up with his ex 38 days after applying my techniques...They finally got back together and I assumed they would be happy now.

But strangely enough Bob called me again 3 weeks later telling me that they have broken up again.....I was shocked!

Bob told me that his girlfriend kept on saying- "You still haven't changed..."

So she actually got back together expecting a change in bob...She was not ready to accept bob the way he was. And this is just one side of the story...Bob felt the same way towards her. There are certain things she did which bob just couldn't stand...And both of them wondered why they always ended up in an argument.

You see they loved each other yet couldn't stand each other. This really confused me and I started to study core reasons why this was happening.

I realized that there is a big difference between attraction and acceptance...You might be attracted to someone but that doesn't really mean you will accept them the way they are.

Bob and his girlfriend were attracted to each other yet they couldn't accept

each other.

What I have realized is that no matter what amount of energy you might put in you simply cannot change someone's character or internal nature.

You might try too hard to make your partner understand but they might always end up doing what they have always done.....You might want to make them see things the way you see them but they will end up understanding what they have always understood.

So even if you do get back together what's the use? You see at this point you must ask yourself this question- In what ways will it benefit me if I get back with my ex?

Take out a pen and a paper and answer the following questions- Yes/No....

Q1- Has your relationship always been a struggle?

- If your answer is yes and you feel it's always been a struggle then let me tell you it will always be a struggle till the time either your ex changes or you change. The question you must ask yourself is will your ex change? If not...Will you be willing to be in a relationship where you are just meeting the needs of your ex and yours aren't being met?

Q2- Did you used to have constant arguments and were there times when if felt as if your ex will never understand you?

- Arguments can be extremely destructive if they happen quite a lot in a relationship. It's one of the hardest things you might have to deal with in a relationship. No one wins in an argument and it often leads to more pain, hatred and anger towards one another. If you were to get back with your ex, would this really change?

Q3- Was the relationship holding you back from doing certain things you have always wanted to do?

- Have you been holding back a dream, aspiration or a need because of your ex? Are there things you always wanted to do but never did them just to keep your ex happy? If this is the case then you really aren't

growing...You are just surviving.

**Q4- What were most of your days like when you were with your ex?
Good, Ok or Bad?**

-And this can be determined based on the way you used to feel on most days. If you only used to experience negative emotions on most days including feelings of boredom, dryness, occasional sadness and anger then it's really not worth the hassle I would say.

Q5- Have they always been critical towards you?

-Now this is the most vital part. You must ask yourself this question again and again. Did your ex help you grow or did they drag you further down? Did they encourage you or discourage you? Do they point out more of your good aspects or were highly critical and make you feel bad about yourself?

Q6- Was there a lack of trust in the relationship?

- A relationship can never survive unless there is trust between the two partners. Lack of trust will always lead to doubts, which would end the relationship sooner or later.

Q7- Have they ever argued with you in public places or around friends?

-Not only is this disrespectful but can be highly embarrassing as well...Has your ex ever done this? Have they ever argued with you in public? Do they normally disrespect you in public?

Q8- Do you find it hard to explain your feelings to them?

- Have you often struggled to really make them understand at times? Have you ever suppressed your emotions and feelings only because your ex just wouldn't understand you?

Q9- Have you ever felt that there was something missing in the

relationship?

- I would say this is the most important question you must ask yourself. The very feeling that there was something missing means your gut is telling you something just doesn't seem to be right about this relationship.

If you answered most of the above with a "Yes"...Then let me tell you that getting back together wouldn't really work too well.

Maybe you are trying to get back together just based on the impulse of the moment....Or you can't swallow the fact that they dumped you or you just fear that you might never find someone else so why not go back to what I had at least.

You are standing in the neutral zone right now...

The choice is yours again.....But let me warn you before we move on....You might succeed in getting your ex back but are you sure that is something you wouldn't regret later on?

After using the "Instant shift technique" for a few days, you will get the power to control your emotions and I would say that would be the time when you should decide what you really want to do.

Here are some of the most common misconceptions people suffer from-

- I'll never find anyone else.
- I can't survive without my ex.
- No one will love me as much as my ex did.
- I am too old to find someone new.
- I'll never find anyone as good as my ex.

There are more than 6 billion people on this planet who come in all shapes, sizes and ages.....If you feel that you wouldn't find someone else then you are strongly mistaken...If you still feel that you want to get back with your ex then move on to the next chapter.....

Chapter: 6

Getting Into Your Ex's Shoes

In order to really understand what's going on you must understand the type of emotional states your ex is going through right now...What you may NOT realize is that your ex is not thinking what you think they are thinking.

Unless you completely figure out what emotional states they are going through...You will always struggle to get their attention.

This is one area where you must Think VERY CAREFULLY.....I know exactly how you feel.....You know exactly how you feel but do you know how your ex is feeling right now?

In order to know what's really going on you must look at the things the way your ex is looking at them...You must try to get into their shoes.

You might not even realize this but in their world you might be the most annoying thing at the moment...Yet you might keep going in circles of confusion trying to figure out why they are avoiding you.

So let's step into your ex's shoes for the time being and really see what they are going through right now...Let's see the whole picture from their point of view-

You- "I really love you...Please come back"

Your ex- *"I am already sick of listening to this again and again.....He says this all the time yet does nothing to prove it"*.

You- "I can't live without you...I really need you to come back"

Your ex- *"Oh boy! This is just getting too much to handle. This isn't the*

person I fell in love with. He is just getting worse by the minute."

You- "Are you dating someone else?"

Your ex- *"Why should I tell you what I am doing? Aren't we done already? See this is the reason why I left you... You are just too jealous and possessive."*

You- "I feel miserable because you left me"

Your ex- *"See! This is the reason why I left you... You just don't admit to your own mistakes. You always have a reason to blame me. Boy was I so right!"*

You- "Please come back...I have really changed"

Your ex- *"Yeh! This is what you said the last time as well and several times before that. You always say you changed but it's all empty talk."*

You- "Talk to me please...We can work it out"

Your ex- *"This is such a burden... Can't you just leave me alone for the time being?"*

Are you really starting to "get it"? Can you see now that your ex has a completely different set of needs and desires?

In other words, do you realize that what you have been doing until now has only pushed them away?

Let me tell you something that took me several days of brutal pain to realize...It can be summed up into one simple sentence.

"Your ex doesn't care whether you like them, love them or even think about them"

Yes, I know it's hard to swallow but this is the truth of the moment. This is the fact that is just too hard to accept for many people.

There is a saying by David de Angelo which goes- *"Attraction isn't a*

choice"....Which means we don't really choose the way we want to feel towards someone....It's either there or it just isn't.

However, here is the real thing- The level of attraction or desire your ex will experience towards you will be directly proportional to your actions.

Which means what you do will either pull your ex towards you or would push them further away. Now first let's see why your ex lost attraction towards you...Here is a list of common attraction killers-

Lacking self love- People who lack self-love constantly doubt themselves followed by intense feelings of unworthiness, shame and constant self-denial. People who lack self-love will always have major issues not only in their relationships but in almost all areas of life.

When you lack self-love, you will always seek approval, validation and opinions of others. You will never feel good about yourself unless someone else tells you that you are good. So more or less the way you are going to feel will depend upon someone else's thoughts.

Now let me ask you this...How would you like to be around someone like this? How would you like to be around someone who is so miserable that they need your opinion all the time? Expects you to deal with their problems? Who tend to spread negativity like a virus? Who will be dependent upon you for everything?

Wouldn't it feel like a big burden? Wouldn't you try to get rid of someone like this as fast as possible? You see this is probably what your ex is trying to do. Now you get the idea of what they are going through...By chasing them around you are showing them that you lack self-love.

Demonstrating high levels of desperation- There is a saying which goes- *"The hungry never gets fed easily"*...As long as you show them that you are desperate you are automatically giving your power away.

You are subconsciously telling them that they control you and you are dependent on their final verdict.

So let's think of it this way...I remember, as a kid I always wanted a

bicycle...There wasn't a day when I wouldn't think about having it.

I would go to bed thinking about it...used to wake up having the thoughts of it. Then one day my dad finally bought me one...I was over the moon.

I felt really GOOD about it for the first week or so...but after that I actually got used to the bike...I only used it for the first few months and it sat in the garage day and night for the rest of the period. I didn't even notice it was there...

Do you see where I am trying to get?

By acting all, needy and desperate you are telling your ex that they already have you. You are already sitting in the garage waiting for them to come drive you around.

We only value things as long as we don't have them therefore by being desperate you are letting your ex know that they already have you.....Why do you feel your ex would even desire you when you are doing such an awful thing?

I don't know why it is this way but this is the way human psychology functions...We want what we can't have and don't value what we already have.

Being Too Clingy or giving your ex too much attention- Again by doing this you are already telling your ex that they are in the position of power and you are the needy one. They would never desire you as long as you keep on showing them that they already have you.

Under this situation you must implement the "No contact rule" right away...Don't wait...Don't delay...Just do it.

I wrote this book not only to stop you from making the mistakes I made but also to show you some of the most key actions you must take in order to make your ex desire you again.

So let me show you how you can turn the tables and use these essential actions that would drive your ex back into your life...

Here are some powerful attraction builders-

People desire things they can't easily have- This is where the "No contact rule" works awfully well. When you cut off contact with your ex without giving any explanations, excuses or justifications it would really get your ex into the thinking mode. They would start thinking about you even if they don't want to.

Here is the thought process your ex would go through-

- Where did she go all of a sudden?
- Why did she stop calling me?
- Did she move on already?
- Did she find someone new?
- Should I call her and find out?

Do you understand pattern here? Do you get where I am going with this?

They would go through the same set of feelings and emotions you went through. Therefore, you are more or less turning the tables and getting the power back.

A feeling of loss can be deadly- As long as you kept on troubling your ex with calls, emails and text messages...They knew that you wanted them...But by putting the "No contact rule" into action, you are demonstrating that you aren't really as needy as they thought you were.

So now you have reversed the roles and the tables are now turned... Now the very fact of losing you would be too hard to deal with for your ex and you will witness them pursuing you within no time.

You see now they fear that they have lost you completely. Humans tend to take things for granted as long as they have them but the moment they realize they are about to Lose it all...They do every possible thing to save it.

As long as you keep them hungry they would keep coming for more- Even if they are dating someone new they would not be able to swallow

the fact that you have already moved on.....Even though they were the one's who got rid of you in the first place.

Doing this is like telling them that they didn't really mean that much to you that's why it didn't really take you long to move on with your life.

They would constantly ask themselves is this all I meant to her? Is this all she loved me?

They would constantly keep on thinking the same thing over and over again...

You have got them to a point where their level of curiosity is triggered to an exponential level...That would force them to come up with all sorts of stories in their mind, which would virtually drive them crazy.

This would only add to their already heightened level of curiosity and they think about getting back with you.

What you have done here is you have planted this thought into their subconscious mind which would keep on troubling them day and night even if they want to avoid it.....Just like the way you were struggling to deal with your emotions at the beginning.....They would have to deal with the same thing now.

Chapter: 7

Getting the Power Back-"The Main Process"

Power is not really about getting your ex back but being in total control of your own emotions.....It's all about getting out of that dreaded phase of desperation.

THIS is where things get really interesting....

You might not notice this early on.....But small things done regularly can make a BIG difference in the results you get with your ex....All you need to do is to master yourself and the rest will fall into place automatically.

So what exactly is this going to do for you?

For you.... this is going to be VERY exciting.

The stronger you get with time the least emotional attachment you would have towards your ex. You would be out of the approval-seeking zone and would be back in the driver's seat.

You will finally say GOODBYE to your core challenges like insecurity, fear, anxiety & depression that are acting as roadblocks to your eventual success.

What will this do to your ex?

This will make your ex constantly wonder what you're up to, whether they will ever see you again or not...This will make them miss you even if they don't want to. They will get to a stage where the unpredictability of the situation will completely chew their brains out.

They would struggle to deal with the fact that you have stopped chasing them around and the moment they get into this mind frame, you

automatically get the power and eventual control.

You will no longer have to depend on your ex's reactions. Rather they would be the one desperately seeking a reaction from you now.

You must understand how things work here...Instead of constantly focusing on what your ex is doing you should rather focus on yourself.

I would say forget your about ex's feedback and do what's mentioned in this book whether you get the desired results early on or not. As long as you consistently follow the plan there is absolutely no way you wouldn't have things the way you want them to be.

There will be situations and times in between where you might be tempted to do things, which would be in direct conflict with the plan, but this is where you have to be careful. Once you get off the train, it might be too late to get back on it...Therefore learn to act and follow the plan.

If you don't act you right now you will automatically be acted upon by the intensity of the situation. You better control it or else it will control you.

A very important point you must take into notice here is that you should not do anything when you are highly emotional which means- Angry, sad, depressed, jealous or any other similar negative emotion....Wait till the time you are more calm and have a settled mind. Any decision made under the influence of negative emotions will always end up being one of the worst decisions of your life, which you might regret later on.

The single best thing you can do to get your ex back would be to maintain a high level of self-control...That's it!

Remember that...

"The one who is scared to lose the other will never control the relationship"

As long as you are scared to lose him you will never be in control...You are being driven by your insecurity and neediness...Getting the control back has very little to do with your ex and more to do with yourself.

You have to get rid of your fears and inner insecurity demons, which always end up talking you into doing the wrong things at the wrong times. And this can be only done by effectively practicing-

"The no contact rule and the Instant shift technique..."

So far you have allowed your ex to dictate all the conditions and you have been following them like a chicken dabbling around with it's head chopped off...Now it's your turn to flip the game and make them dance to your tunes.

So here is how we are going to do it while you are on the "No contact rule"...

- A change in overall personality and looks.
- Killing the negative inner self-talk.
- Developing a new sense of self-confidence.
- Get life back on track.
- Start dating again (I'll tell you why this is important in a moment....)

As long as you stick to the above mentioned keys you will have no issues in not only getting your ex back but you will also have a greater control over your emotions and will never struggle with them even in other areas of your life EVER.

Why can I say this with such confidence? Well simply put I have been through it all.....From being shattered, down and depressed to being a super confident, fearless guy who is ready to take on any challenges life might throw at him.....

I decided to take control of my life and it all started with a simple decision and commitment...Now it's your turn...Ready? Let's get down to it...

Let's go back a few months or years....Go back to the time when you had just met your ex.....Grab a piece of paper and pen.....Write down all the things your ex used to like about you right at the beginning.....

Was it the way you looked?

Was it your self-confidence?

Was it the things you used to talk about?

What was it? I am sure you have a list of your own...

It's a very well known fact that individuals are on their best behavior during the initial few days or months of the relationship...With time as you get to know your partner too well the motivation to maintain the same level of impression goes down.

You might be thinking...

OK, all this is true. So what??

I already know her too well. Why do I need to act as if we have just met at all times? Can't I just be myself?

Well there is nothing wrong with being yourself...But you must understand that you should not stop doing the things you used to do right at the beginning of the relationship.

Amazingly, most people neglect this area and wonder why their partner finds them boring all of a sudden.

All you really have to do right now is to rewind a bit and become what you really used to be.

Our feelings are normally connected to the good and the bad times we had in the past...Has it ever occurred to you that a certain thing, smell or word reminds you of a great time you had in the past?

Isn't it so strong that you can in fact picture it all over again in your mind with crystal clarity and feel the feelings as if it was happening for real?

You see this happens because your feelings were anchored to everything that reminds you of that time. That's why getting back into your old confident self where you had just met your ex will actually remind your ex of the good times spent in the past.

They would be subconsciously forced to feel all the feelings they used to have towards you, which would plant a seed of desire in their mind..., they would be in a situation where they can't help but subconsciously feel attracted towards you yet again.

In order to do this you will have to start working on yourself FIRST-

All this time you have been feeding your body with all the mental and physical garbage one can possibly imagine.....Now it's time to detoxify yourself.

During the next 25 days or more, I want you to totally focus on yourself...Nothing else but yourself. This is the time you would spend bettering yourself and treating your body like a temple instead of abusing it by feeding it the wrong foods, cigarettes or alcohol.

Have you been feeling a sense of loss of interest in doing day-to-day activities? Have you been over-eating or is there a loss of appetite altogether? Are you having a hard time sleeping at night? Are you going through a strong level of energy loss?

If you are experiencing any of these symptoms then you must follow the below mentioned steps right away-

(1) **Don't sit at one place all day long**- Locking yourself in a room and cutting yourself out from the outside world will only make your situation worse. When you are sitting at one place all day long, you will be urged to think more and more about your ex, which would only increase the pain and make you feel worse with time....

The real issue is that the more you do this the more you would want to do it...With time you would lose all motivation to get out and focus on other things in life. Your brain can't handle too much at a time therefore when you go out your brain will automatically be distracted due to various happenings around you.

Therefore, the bottom line is that you must not give your brain any chance to focus on your ex.

Just move yourself....Go for a walk...Go for a long drive...Go shopping....Do what it takes to get you moving and out of the house.

(2) **You need exercise-** Even if you don't feel it I am telling you that you **SERIOUSLY** need it.....This is the perfect time to really get your body moving.

You will see an instant shift in your levels of energy and emotions the day you start exercising. Do you know that exercise is known to be one of the biggest stress busters?

No matter how rotten your mood might be there is absolutely no way, you will not feel better after a nice workout. Do you know that your body has a natural mechanism to make you feel good?

There is a hormone in the human body known as the "Endorphin Hormone"...Also known as the feel good hormone in common terms. This hormone is so effective that it leads to instant pain and stress relief in your body. When you exercise, your body will produce more endorphins that will naturally make you feel good.

Most people feel that exercising is hard and might be very painful but that's not the case...You feel it's too hard because you are probably trying to do too much too early...Learn to take baby steps.

Start small and build up...Never do too much right away, as that would indeed strain your body out.

Not only would exercising lead to production of these natural painkillers known as endorphins but will also give you a nice new sexy body.

Whether you want to lose or gain weight...Look better or just feel better...Exercising is the ultimate way to do so.

You really don't have to hit the gym to exercise...There are some great exercises you can do around your house-

- Simple walking/Jogging.

- Going up and down the stairs.
- Dancing (Easiest and the most fun to do).
- Yoga (Can really calm your mind within seconds).

But I would say playing a some kind of sport worked real well for me since not only do you get your workout but at the same time your mind remains distracted since you are in a social environment with other people....Some of the sports you can play with your friends include-

- Basketball.
- Tennis.
- Swimming.
- Frisbee (I played this a lot with the kids next door...I found this to be the ultimate stress buster and the most fun activity).

On the other hand, if you are very serious about losing weight or gaining muscle and have some time in your hands then it's highly recommended that you join a gym.

The good thing about working out in the gym is that you have the advantage to be in a social environment where there is lots of activity and you get a higher chance to keep your mind off your ex.

(3) The type of foods you consume determine your moods- Do you know that there are foods, which can naturally make you, feel good or bad?

If you are constantly feeling bad and having strange mood swings then you are probably on the wrong diet. Here is a list of foods, which will constantly keep you in a state of depression-

- High doses of caffeine.
- Sodas, fries, cheeseburgers or other junk foods.
- Alcohol.
- Foods, which contain large amount of fats or sugars.

Being regular on these foods will only make you feel down even when you don't really know the cause of feeling down.

These are the type of foods you should either cut down on or avoid altogether at least for the time being. On the other hand, there are foods, which are known as instant "Mood Lifters"...These foods include-

Blueberries- They have the highest anti-oxidant capacity...It is one of the strongest way to boost up your immune system. These are known to be very effective against stress therefore whenever you feel your stress levels are high just grab a bunch of blueberries and munch away.

Almonds- Almonds are known to be very effective when trying to deal with a high panic situation. They are very effective in bringing down your blood pressure and will enhance flow of oxygen throughout your body.

Carrots- This is a natural health enhancer and provides your body with some of the most essential vitamins like pro-vitamin A, B3, C and E.

Spinach- Spinach has abundance of magnesium. Magnesium is a mineral that helps keep you body in a calm stress free mode.

Cranberries- Cranberries contain large quantities of antioxidants and are extremely helpful in preventing urinary tract infections, heart disease, cancer, stroke and viral infections.

Oranges- Oranges have an abundance supply of vitamin C. Moreover, vitamin C is known to be a very effective tool to strengthen your immune system. Your immune system loses a lot of it's strength during the time your body is under stress and this would help to keep it under control.

Beetroot- It improves the quality of blood, it is effective in every type of weakness as it instantly vitalizes the body and is also known to be very effective against cancer.

(4) **Kill the inner enemy**- We all have an enemy within us.....It's the voice which constantly tells us that we will never get anywhere in life.....It's the voice which only reminds us of our past failures and constantly scares us

of the future we haven't seen yet. It's the voice, which doesn't let us sleep at night.

There's something I want you to understand...

During the time when you are practicing the no contact rule....There might be moments when this enemy would knock on your door and try to drain you down....The instant shift technique should be used right away but let me give you one more thing which will make it extremely easy for you.

I used a process, which cemented positivity into my mind....

When I was practicing the no contact rule I used to start my day with something that used to make the whole deal real easy for me.....It used to give me a lot of food for thought and with time programmed me to only focus on the positive.

I always used to wake up listening to 30 minutes of motivational messages. Reading wouldn't really appeal to you since listening or watching tends to influence our senses more...All I am saying here is that you must listen to or watch 30 minutes of motivational material every day.

There are several motivational and self-help gurus out there who have their material available all over the place...But if you are not willing to spend money then you can always go to [youtube.com](https://www.youtube.com) or other video sharing sites & check out some stuff on motivation and self-help. These sites have millions of videos, which will charge you up with energy within a matter of a few seconds.

I had my own personal collection and used to go on youtube every day and would watch all sorts of inspirational and motivational videos.

I understood that it's all about how well one deals with the negative emotions and this is one thing, which made everything as easy as walk in the park for me.

This is one habit I still have...I still start my day listening positive messages without fail. Your mind needs food too and that food would be in the form of thoughts...I would say feed your mind the same way you feed your body.

As long as you feed your mind with the right thoughts and messages it will always bring you the kind of results you desire in life...But you see consistency is the key again here.

Nothing would happen within a day....You can't stop working out after you have lost weight thinking you will never be fat again....Let me tell you something- Not only will you gain all the weight back but now it will take twice the effort to lose it again.

Similarly, you can't water a plant one day and think it will survive...You will have to constantly water it each & every single day or it will eventually die.

The same concept applies to your brain...The moment you stop feeding your mind with the positive stuff the negative stuff will automatically take over and you will have to struggle harder than ever before.

(5) **Get a makeover-** Push yourself to get out of the house and go shop for some new clothes....Try something you have never tried before...You see this is your time to do what you want without needing approval from anyone else.

Go to some of the best places to shop and check out the latest trend....Buy yourself something new.....Give yourself a total makeover. You don't really have to spend too much money but make sure that you don't try to fit yourself into anything, which makes it very obvious that you are in a depressed state.

You will feel a new thrill and a refreshed state of self-confidence when you focus on bettering yourself this way.

Next...Get a new hairstyle

This part made a radical change in my personality...You see when I was with her I was just not trying anything new. I kept on doing what I always did...No wonder why there was no excitement.

Trust me getting a new hairstyle or maybe changing your hair color will give you an enormous boost in self-confidence. I strongly suggest that you

must give this one a fair shot, as you will be pleasantly surprised.

How will all this influence your ex? Well this will raise up several questions in their mind....First of all they would see you in this brand new personality with high levels of self confidence.

This would instantly make them question as to what is the reason for all this?

*She seems very happy...Does it mean she wasn't too happy with me?
Does it mean she is with someone else?*

Wow! She is looking better than ever...I wonder whether she is still single.

She's not really paying attention towards me. She seems all-different now...Why wasn't she this way with me?

They would have several questions and would seek instant answers. The very mystery of not knowing everything about you now would drive them crazy.

This will probably stun and shake your ex up...The main question your ex will certainly have is how is she- So Calm, Unaffected, and In Control?

Throughout your journey to get your ex back, you need to adapt the mannerisms of a confident, attractive and secure individual. You have to develop this magnetic mindset that would lead your ex to experience the emotional states you want them to experience, which would eventually make your ex desire you yet again.

Chapter: 8

An Important decision- "Let's Date Again"

Most people don't really realize the power of this but often when you date other people, your chances of getting your ex back increase...WHY? Well simply put now not only would your ex be jealous but their fear of losing you would be greater than ever before.

You see the good part is that as long as your ex gets jealous it means that he still has feelings towards you and probably wants you back. There should be absolutely no reason to be jealous unless there are some feelings there...

Think of it this way- As kids we all used to play with toys.....It used to amuse us.....And then we get to a point where this toy no longer had our interest & we move on to another toy.....

But this is where it gets real interesting....

The moment we realized that someone else is playing with our old toy we desire it more than ever before because now we are about to lose it altogether...It might sound strange but this is how the human psychology actually functions...

It leads to a strong feeling of loss and anxiety....

The main reason why your ex wasn't even paying attention towards you was because they always thought that they had you...And even if your ex thought, they never liked you...The very fact of seeing you with someone else would drive them crazy with anticipation.

Now along with taking good care of yourself it's time for you to really get

out there and meet some new people.

Oftentimes people are scared when it comes to the matter of dating again...They fear that they might lose their ex altogether...They tend to get into this strange guilt mode.

If this is what you are going through early on then there is nothing to worry about...Just go out and make some friends for the time being.

You don't really have to get into a relationship with someone. Just get yourself out and meet new people for the time being as you never know what's really out there.

Modern dating is pretty easy...There are thousands of dating and social networking sites out there where you can easily find new people.

Let me tell you what I did which really got my ex insecure and she was burning to be with me again.....She was on my friends list on yahoo messenger.....So I used to go online everyday and I would put my status on "ONLINE MODE" for most part of the day yet I did not message her.

Then I went to my Myspace and Facebook profiles...Changed my status to single & started adding girls like crazy...My friends list grew almost overnight.

I talked to several girls on there and even went out with some...Had an absolute blast!

After about 17 days of practicing the no contact and going regularly on yahoo yet not messaging my ex...All of a sudden, I received a message from her.

She typed- *How r ya doing?*

I instantly got a stream of excitement run through my body...I felt ecstatic. But I knew that I had to control myself.....Losing control under this situation might throw me back to square one.....I had to resist the temptation and stick to the plan.

So instead of typing to her right away, which would indicate as if I was sitting here, waiting for her I waited for about 10 minutes then responded by saying- *Greattttttt!* And nothing after that.

So basically, I conveyed to her that I am happier than ever and I am not even thinking about her anymore. And by telling her that I am doing great, I got her to think that maybe I have already found someone else and that's probably the reason why I am so happy.

And the killing part was that I kept her waiting 10 minutes, which would make her think that I am already talking to someone else sitting there....

She quickly responded saying- *oh so wht have u been upto?*

I instantly got that she has been to all my social networking profiles and has seen my friends list. I understood that she was burning with jealousy and has probably made up many possibilities in her mind. See this is the time when the tables have turned and I am in control now.

However, here is what I did next...I made her wait six more minutes & responded by saying- *A lot! I gotta go. I'll tell you later. Bye.*

So you see I didn't really answer her questions and kill the curiosity right there. I made her wait for it.....Increased the intensity of her curiosity by telling her there is a lot going on in my life but directly demonstrated that I am not needy by saying I really have things to do right now and would tell you later.

You see I wasn't too rude yet wasn't too nice either. The part where I said, *"I'll tell you later"* would keep her hungry and that hunger would only grow day by day. So in a way she would be anxiously waiting for my response every single day.

But this is my story...Now let's get back to the main point.

It's not necessary that you have to do the same thing but you get my point....

You must start going out with friends since that's a very good way not only

to socialize but to meet new people as well....There will be times when you might find someone who is even better than your ex and your very desire to get your ex back might be gone.

I have heard of people who were too attached to getting their ex back as long as they sat in their room all day long thinking and sulking over the past.....

But the moment they went out and found new people, they realized that their desire to get their ex back actually decreased.

So you really wouldn't know what's out there unless you get moving and check it out for yourself...

But still...There are certain things you should never talk about if you have found a new date...This is a very common pattern I have observed in many people out there.

A huge mistake was already made when you sat in your room thinking about your ex all day long. Don't make it worse now by letting yourself get pulled into the same thought process.

Be very careful with the following-

- ***Do not talk about your ex on your new date!*** Trust me. You don't want it to become a pity party where you will tell the story about your ex and spoil the mood of the situation. Not only would you feel awful but you will make your new date feel awkward as well.

- ***Don't think about getting your ex jealous...***Let me clarify that your aim should not be to get your ex jealous. You should not go out on dates just go get your ex jealous....If that's what you are trying to do then trust me....It would only cause further emotional pain as you are still dependent on your ex's reactions.

If your ex gets jealous by discovering that you are with someone else and desires you again then it's a side benefit. But make sure that you only do this to have a good time with your new date and try to keep your ex out of the story.

- ***Don't jump into bed with every second person out there*** seeking revenge on your ex. I have known people who end up in high risk sexual activities with several partners just to seek revenge on their ex after the breakup.

Not only is this life threatening but it will also leave you with another heavy baggage of emotions to deal with as now you might feel extremely guilty from time to time about doing something like this.....Do not take any actions which would only add further misery to your already bad condition.

A very important question I mostly receive from my readers is this- *"I have found someone I really like...And maybe I want to move on but I am not sure. Should I really go for it? But I still have feelings for my ex. What shall I do?"*

This is the stage where one might end up confused whether to go left or right...My suggestion would be not to rush into it.

I would say give this new person a chance but don't completely commit yet...Let them know that you are interested and see how things go. Often times you would find out that the thought and desire you have towards your ex will completely vanish.....You might get to a point where you would forget your ex altogether and would be willing to move on with your newly found mate.

Now let me discuss a very important concept with you...What I have observed is that when people come to realize that their ex has been dating someone else they get back into their old emotional state and break the no contact rule....

You must decide that you are not going to let this event wreck your plan. Decide to take action and control yourself.

Do not react! You get this? Do not react at all...Because that would just throw you back to square one.

By reacting, you will show your ex that you are getting jealous and you still desperately desire them, which instantly transfers the control back to them.

Stick to the plan...No Matter What! It always works as long as you stick to it.

Let me give you a reality check on what your ex is probably trying to do-

You must understand that if they are with someone new that doesn't really mean they are in a long term relationship with this person.....It's probably just a rebound relationship and facts state that most rebound relationships don't really last.

At the same time it doesn't mean your ex will have a great time with this new person either...Rebound relationships are often formed under desperation and when a person is driven by desperation they tend to go for anything and everything.

Just don't worry about it and keep doing what you know you have to do....

And here is the Good News...If you don't act jealous & don't let the emotions of the situation dominate you...Your ex would start thinking that maybe you don't desire her anymore...Thus giving you the power once again.

Remember...As long as you don't react you will always have total control. The moment you react, you have lost control by default.

Chapter: 9

And Finally They Call

When you do, what is needed to be done long enough you will always get the rewards. No exceptions!

It's a very well known fact that...Absence makes the heart grow fonder.

And it will always happen as long as you stay strong and stick to the "No contact rule".

Now picture this.....Your phone rings....You pick up expecting an obvious caller but then you hear the voice you have been dying to listen to.....It's your ex!

Then you say to yourself...Phew! Finally! Ok enough! Let's dive into action.

But wait!

I've got some good news and some bad news for you.

Yes she finally called you...It's all nice and dandy but this is where you need to be careful instead of being careless.

The good news is that your "No contact policy" worked...But here is the bad news....

Most people don't really know how to handle this situation. They have been hungry so long that they just dive into all this too fast. But this is where you need to calm down a bit and take it easy.

Remember doing too much or trying too hard will only harm you?

You have to demonstrate qualities of a secure, confident and a happy person...It's an absolute must.

Now listen to this- The very fact that your ex called means they are in the position of need now and you have the power...It's all about how well you harness this power to get them back.

You must make sure that you don't kill their curiosity right away by giving them too much too early. They would be curious to know a lot about you...But this is where you must control yourself.

Here is list of things you must take care of-

- Don't answer all their questions right away.
- Don't act too interested early on.
- Act as if you have already moved on.
- Don't act too excited just because they called you.

Your very first job is to make it obvious to your ex that you are already over them....This can be done by dropping this line in the conversation- *"I feel you were right....Breakup was the right decision"*.

By saying this you have already fired up their levels of curiosity even more since now they just aren't sure whether you are still available or not.....At the same time you politely rejected them.

You are telling him you don't really need him...And this very fact would be extremely hard to deal with for your ex. Now you in a position where you have an unfair advantage over your ex.

You see the message here is loud and clear...You have the power now.

If your ex insists on meeting up then don't say yes right away...Shift the dates around a bit and finally agree.

For example, your ex might say- *You wanna meet up this Friday?*

At this, you must say- *Oh well! I already have plans on Friday...How about Saturday?*

Saying yes right away might make you come across as a bit needy. In the following chapters, you will learn how to seal the deal...But wait! You might be thinking what if he doesn't call. Then what?

Well there is nothing to worry about...Just move on to the next chapter and find out what should be done in that case....

Chapter: 10

Getting in Touch With Your Ex

This might be the most crucial step of the whole plan...I know how much you have been dying to talk to your ex...But wait! Do you feel you are ready?

Did you successfully follow the "No contact" rule for the last 25 days or more?

Let me warn you- DO NOT CHEAT YOURSELF HERE.

Trust me! This is one area where you really don't want to fool around. I can't tell you how many people I've seen in the past who have easily blown their chances of getting their ex back.

And they all make the same classic mistake- They approach their ex prematurely...By prematurely I mean they make the approach too early in the process. They practice the "No contact rule" for a few days but give up to the temptation.

I hope you better not be doing the same....

I have a question before you think about getting in touch with your ex- What is your emotional state like at the moment? You need to do a deep scan and check your level of emotional intensity.

Unless you are feeling independent, strong, confident and real good about yourself trust me you are not ready. If you still have doubts and are still on the old emotional roller coaster then it's a very common sign that you are not in the right mode.

You need to follow the no contact rule for a few more days and use the instant shift technique more often.

If you feel that you are totally ready then let me ask you this- "How would you feel if your ex was to reject you right away?" Now focus on your feelings right now-

Did you state instantly change? Are you feeling sad? Depressed...Yet again?

If a simple question can trigger such emotions then I have news for you- You just aren't READY! Period. Under this situation, you need to add a few more days to the "No contact rule".

You cannot get advanced unless you have your basics in place. You need to be in total emotional control before you think about approaching your ex.

You will be totally ready when you would have no real pain or emotional attachment towards your ex's response. So technically speaking when you will be emotionally over them that would be the time that you should approach them.

I have heard from many people who did everything perfectly till the day they contacted their ex and got a "NO".

It turned out that most of them ended up slipping back into their old desperate self. Got slammed back to square one because they did everything prematurely.

Are you confused over the question of being ready? Are you just not sure? Well let me make the whole process a whole lot easier for you.

-You will be ready the day you don't really keep your ex as the only option.

-You will be ready the day you don't put all your hope only in your ex.

-You will be ready the day you want them but not need them.

-You will be ready the day your ex is not on top of your priority list.

-You will be ready the day you are already over them.

You get my point?

Because as long as you are in that old insecure mode you will end up screwing up whether you like it or not.

So do you feel you are in the right state of mind? If you are completely sure then let's get to it...

In most cases, your ex will call you before you call them but there might be cases when this may not happen...So let me tell you what you must do in that case.

The best way to get in touch with them again is to give them a casual "PHONE CALL"....

A simple phone call at the best possible time of the day would do the job for you...Why would this work?

Well for the simple reason that you haven't talked to your ex so long that, your ex would be curious to talk to you and will never avoid your phone call.

If you end up facing their voicemail then make sure not to leave a message...This would only give the wrong impression upfront. Remain patient and call them up after a few days again...Remember after a few days and not after a few hours.

You might feel a strong urge to call them right away but again that's what you have to control at the moment. Remember you want to keep the power and not give it away by seeming too desperate?

When you manage to get on phone with them you must make sure that nothing you say gives any signs of-

Neediness...Insecurity, desperation or Sadness.

Showing any of the above signs would only remind your ex of the past and

he would instantly get back into his old role and try to avoid you.

You have to come across as happy, confident person who would be fun to talk to.

Now the very first question most people tend to have is what should they talk about early on? How can they break the ice? Well it's pretty simple. The process functions this way-

- (1) **You must show them that you are not really looking to get back with them.**
- (2) **You just called to know how they were doing...Which means you aren't looking for anything.**
- (3) **You are having a real exciting time & your life has changed in a big way.**
- (4) **Raise their level of curiosity by telling them something but not everything.**

You should say something like this-

"It's been long since I talked to you the last time...How have you been?"

They would respond by telling you that they have been ok, fine or good.

Then you must say- "Well I've been real busy all these days but I just wanted to call you to apologize and thank you at the same time. I guess you were right about the breakup...I have realized now that it was the best for both of us.

At this, your ex might be a bit shocked because it shows them that you have already moved on and accepted the whole deal. You aren't really looking to get back with them and you are telling them that you have been busy all these days at which they would start wondering who is really keeping you busy.

It directly triggers their curiosity.

Then while you are in conversation...Pop in this line- *"Hey by the way! I wanted to tell you something real exciting. You want to meet up for coffee this Sunday?"*

Now with this line you are raising their levels of curiosity by telling them that you have something to tell them yet would only tell them on the date. At this point, they would find it extremely hard to refuse and would have no issues saying a "YES".

But you might be thinking AGAIN, what if I get a NO?

What if my ex comes up with an excuse?

Well in that case you must make a second attempt and say something like this- *"It's just coffee...It wouldn't hurt anyone. Right?"*

Till date I haven't come across any cases which still got a "NO" response after they used this line on the second attempt.

But still if they make up excuses that they have other plans or are just busy then you must remain calm and unaffected...Say this- *"Ok some other day then.....I have to go....Bye"*.

Make sure you don't act too rude, as that would only show your ex that you reacted that way because of their refusal. Be as cool as a cucumber as if their decision doesn't really matter...And at the same time by saying- "Some other day" you are letting them know that the communication lines are open.

If you got a no right now that doesn't mean it's a permanent no. What it really means is that your ex needs some time and probably some space to think about it. Don't be too surprised if your ex ends up calling you back after a few days.

Chapter: 11

The Big Date

Now this is the make it or break it point. This is the part that will determine whether you get your ex back or not.

The steps you take next will literally change your life...As long as you stick to the plan.

The FACT you must understand here is that this is just a date and probably a casual meeting in your ex's eyes...You don't have them back yet. That's why I am asking you to be very careful here.

This is the point where margin for error is next to NONE.

Follow these strategies and you shall have no problems from this point on...

Give your ex a pleasant surprise- Look your best and show your ex that you have been really been taking great care of yourself....Act highly confident and happy. Humans have a natural tendency to get attracted towards confident and happy people.

You must remember that this is the same person who lost interest in you a few days ago.....Therefore first impression might end up being your last chance.

The bottom line is that this is one of the big areas where most people tend to mess up bad. Whatever emotional state you are going through would easily become transparent to your ex.....This is the reason why I am constantly pressing the point that you must demonstrate high levels of confidence....And this can only be done by looking your best with a confident expression on your face along with a calm and composed body

language.

You must ensure that you do not show any signs of low self-esteem or neediness during this phase.

Make sure you hug your ex- This is one of the best ways to reconnect with your ex right away.....A hug is known to be a universal sign of affection and As long as you do it in a very casual manner your ex will never refuse a good old hug.

Why is it so important?

It will indicate to them that you still care about them....It would be a non verbal way of telling them that you still have feelings for them.

Avoid talking about the relationship and never bring up the past- Try to be as much in the moment as possible...Forget that you ever had a past and stop fearing the future...Just have fun in the moment.

There might be a time when your ex might raise up a bad memory from the past but do not react.....I repeat do not react....Just listen to what they have to say and take it in good spirits. The best way to handle this is to just agree with them, as it would mellow them down. Try and do more listening than talking.

It can be very easy to get pulled into an argument specially if you ex might say something rude or accuse you of something. You see this is the time when you should shed your ego and just keep listening to them. Trust me! If your ex is still emotional about the past then they still have strong feelings towards you.

They are just trying to satisfy their emotions...By agreeing with them and admitting to your mistakes, you are helping them solve their purpose, which would make them see the real change in you.

Remember...In this case Agreement is your best defense.

Keep it real exciting- You must make sure that your ex has a great time in your company. It shouldn't be one of those boring dates where you are just

lost for words. Talk about all the exciting days you have gone through and the new things you have done.

But this doesn't mean telling them everything right away...I would say tell them a bit, then change the subject, and go on to something else. This would build their curiosity to exponential limits and they would be more and more intrigued.

Flirt with them right away- Not only will flirting reduce the tension on the moment but it will help you reignite that lost passion. Being flirty and playful will help create that sexual tension which would keep your ex's attention.

Keep it real short- This is the most important aspect of actually pulling your ex back into your life. Why do you feel most TV soaps and shows are normally 30 minutes? The shorter they are the more intrigued the audience gets...And the interesting part is that they always leave you with something mysterious so that you get compelled to watch the following episodes.

You should follow the same concept and keep your date between 30 minutes to an hour...No more.

But the key here is to make an exit by making your ex wanting more as that would guarantee you a second date.

Here is a trick I used on my ex...While I was about to end our date here is what I said-

"OH! I totally forgot. I had to tell you this thing...But I need to rush. Maybe some other day"

Then she quickly said let's meet up this Friday...I said cool and then left.

You get what I am talking about? In fact, she got so intrigued that she ended up calling me that very night.

Do not be the first one to ask for a second date- Now this is another important point you must pay close attention to....Sometimes people get so excited in the moment that they end up doing this....They often ask their ex for another date. But you see by doing this you are telling your ex that

maybe you are too interested in them...Which automatically transfers the power back to them.

You must demonstrate an independent attitude where you don't really care whether your ex is willing to go out with you again or not. You should not be concerned about the outcome at all. Being the first one to ask them out again would show them that you are still a bit desperate and they might lose attraction towards you yet again.

You must strike balance in this situation...You should never do anything which would make you come across as insecure and needy.

Chapter: 12

The Big Re-Union

If your ex did not ask you for another date then there is nothing to worry about...Wait a few days and call them again...Have a quick conversation and ask them out once more.

Try and ask them out when the conversation is at it's peak...Never ask them out right away! Wait till the time you feel they are in a happy mood. They will find it hard to refuse when they are in a positive state.

Once you have another date here is what you must do at all possible costs...

I want you to go back in past and think about the beginning of your relationship and try to figure out all the things your ex loved about you....Think of all the great memories you have had together.....The places you went to, The things you did, The feelings you experienced....

Now I want you to start doing all these things with your ex once again. Even if you think it won't work for you... It will...Trust me! No one wants to remember negative circumstances of the past yet all of us want to be reminded of positive past experiences.

Take your ex out to places you always used to visit during the good old days.....Such things would easily remind your ex of the great memories you two shared in the past and the great times you spent together.

Keep doing this process for about a month or so...Till the time you feel you have gone back into the old comfort zone with your ex.

Now before you think about asking them the big question there are certain

things you must look for. You cannot ask to re-unite unless they have some desire to get back with you. Asking them too early might get them into the same defensive mode again and all your hard work would go in vain.

Study your ex for a few days and look for some signs of interest-

- Does your ex occasionally call you as well or are you the only one calling him again and again? You see if you are the only one initiating contact then your ex hasn't opened up to you completely. Do not ask them anything yet! Keep doing things with them and carry on with the plan.

This is the phase where you must look for some feedback from your ex...Unless there are some signs of interest, DO NOT and I really mean DO Not think about asking them the big question.

- Is she always anxious to spend more time? Does your ex often get agitated when you make an early exit on a date? Your ex must be at a point where they automatically expect you to spend more and more time with them. Remember unless their levels of interest in you are high...The time just isn't right.

- Is your ex getting physical with you? Have you two been holding hands, hugging or kissing regularly? Under this situation, they are already telling you that they are ready to open up again and I would say this is the perfect situation to pop the big question.

Unless you see, some or all of the above signs do not even think about asking your ex to get back with you. Because it clearly means that, your ex isn't ready for commitment just yet.

TIMING is the most crucial element here...And most importantly- Asking them the big question without noticing any of the above signs will only punch you back into square one.

So how to pop the big question?

Well it's easier than you think...But there are some things you must be careful about.

Make sure that you are in an environment which is highly positive and you two are having a great time in each other's company. The reason why you must be in such an environment because it reduces the possibility of a negative response from your ex.

If possible, try and get your ex to laugh....

In the midst of laughter just drop this line- *"We were so good together weren't we?"*

Or a lighter one *"You & I were so much fun together"...*

Now you see you haven't asked them directly yet you have told them that you would like to get back together. This is the time when you must focus on their response. If they are ok with your question and have shown high levels of interest, then be direct and ask them to get back together.

But if you feel that they have gone a bit dry and the situation has fallen into a dry silent zone then this is not the right time to pop the big question. Wait a few more days and let them develop some more feelings towards you.

Remember this is where your efforts will turn into the results...Pain into pleasure...Failure into success...As long as you do everything right!

Chapter: 13

Get Your Ex Addicted to You

I have come across many couples who often make up and then end up breaking up yet again after a few days or months.

They get into this strange make up and break up routine and often find it hard to get out of it.....You see this sort of a thing is never healthy.

If you are stuck in this phenomenon then sooner or later it will end forever and no matter what you might do then you will never be able to get your ex back.

The reason why this happens is because most people don't really change...They just alter their personalities for the time being in order to get back with their ex but after a while they fall back into their old habits yet AGAIN!

The strange thing is some people master the "No contact rule" so well that they feel it would be a cake walk for them to get their ex back and they start going through this ego trip where they feel they can always pull their ex back.....Yet they never realize how WRONG they are.

Let me tell you...This is something you never want to go through...Why?

Here is the TRUTH- This will completely shut your chances of getting back with your ex Forever...Trust me...You don't want to go through this horrifying experience.

This also means that you haven't changed anything...You are still trying to change your ex's character and not willing to understand their real needs. You are still not able to deal with conflicts in right manner.

Just being effective at getting them back isn't enough...You need to maintain the relationship in the long term as well.

It's quite surprising to know that most people neglect this area...Lack of knowledge here would derail your chances with your ex forever.

So what does it really take? Well I would say a lot...There are many things you must take into consideration if you want to make the bond stronger.

Stick to the following steps and you would never have trouble keeping your relationship strong...

Start over- The faster you get over the past the better it would be for your relationship....Most people always end up raising the old wounds of the past after getting back with their ex which only worsens the situation. Let the past be the past...just focus on the present and work towards making this moment better.

However, there might be times when your ex might bring up things from the past...What then?

Well simply tell them that you have changed and are looking to let the past be the past....Tell them that you are sorry for whatever you did and you have realized all your mistakes....This would instantly diffuse their anger and they would shut off the topic themselves.

Remember the best way to answer them under this situation is to agree with them.

Try to understand instead of judging- How many of us actually try to understand our partners? Let me tell you something...You simply cannot judge as long as you understand...And at the same time, you cannot understand as long as you are being judgmental.

The two just don't work together. Once you understand your ex's point of view and start looking at things from their perspective...You will have an easier time resolving conflicts in a peaceful manner.

Just listen at times- There are times when your partner just needs you to

listen...They would not be looking for a suggestion...A solution...Sympathy or any such thing. They just desire your attention.

Relationship is a game of patience therefore, you must ensure that you pay active attention and listen to your mate even when you don't really feel like it.

Understand your responsibility- A lot of people get into a relationship expecting their partners to take care of them...I would say a relationship is a mutual thing and both the partners should share responsibility. You should not expect your partner to do things for you all the time.

Trust me on this one...As long as you take responsibility and do what you have to do your partner would automatically do what they have to do in the relationship.

Give them unconditional love- Don't keep any special expectations or demands from your mate. Love them anyway...Loving them anyway means giving them unconditional love, which implies loving them without asking for anything in return.

When you start expecting things, in return it automatically becomes a transaction and you start expecting more and more with time...But trust me! The more you expect the more you will be disappointed.

Make them feel good- Do you know that even a little compliment can work wonders in a relationship? Doing one little act a day which would make your mate feel special would be enough to keep your relationship strong in the long term.

Tell them that they are the best thing that ever happened to you....Tell them you are lucky to have them....You see it's always the little things done regularly which would add that extra strength to your relationship each day.

Surprise them once in a while- This keeps the relationship from going into that boredom zone...A surprise movie...A dinner or just a simple long drive can do wonders for you in the long term.

Make it a habit to do something new regularly. After all one of the major

reasons why a lot of couples get bored of each other is because they let things happen instead of taking control and making it happen.

I would say don't let it happen Rather make it happen.

Give them space- This is one of the most important things you must do at all costs....When you are living together there will be times when your partner will get strong urges to take some time off.

It's highly recommended to let your mate go out with their friends and let them enjoy it. In fact seeking some extra space is one of the major reasons why a lot of couples go on a trial separation.

Stick with them during the tough times- Your mate will never ever dare to leave you as long as they know you will always be there for them even through the tough times. Be the one who would encourage them during the tough times...Try to motivate them instead of criticizing them.

Offer solutions instead of worsening their problems...Stick by them instead of isolating them...Try to be a source of motivation.

All in all...Do what you can to help.

Learn from your mistakes- Some people just keep making the same mistakes over and over again which only worsens the relationship. You must try to learn from them and make sure that you don't repeat them no matter what.

Repeating the same mistake over and over again would only give your mate the indication that you really aren't trying and are taking the same old casual approach towards the relationship...You see by doing this you are only giving them more reasons to get rid of you.

Learn to forgive and forget- Your mate isn't perfect and there would be times when you might not like their actions. Most people end up in arguments and fights...But as usual, that will only make things more difficult for you. You must learn how to forgive...

Not forgiving your partner means you have already planted the seed of

hatred in the relationship that would only grow with time.

You might expect things to be better but they would only get worse with time...The only way out of this is to forgive and forget your partner's mistakes.

Don't try to change them- The biggest reason why most relationships end is because people are always trying to overpower their partner...Your partner will never change only because you expect or want them to change.

Trust me! No matter how much amount of energy you might put in....If your mate has to understand she will and if not then no matter how much you might try to convince they just wouldn't....It's as simple as that. Trying to change them or overpower them would only create extra conflict.

Blame the actions and not the person- Most people tend to blame the person and not the actions the person took. If someone did something you did not like then it doesn't mean you should blame their character...You should rather blame the action.

Few actions don't really determine what the character of a person is therefore understand that it's not your mate you have a problem with but certain things they do at times.....Which can be easily worked out with a little understanding from both ends.

Stay away from your partner when you are in the wrong mood- I have observed that staying away from your partner while you are going through a strange emotional phase is the best thing to do. Often when you are high on negative emotions you are more likely to make several devastating mistakes, which might be hard to deal with in the future.

If your mate tries to force you to talk to them then nicely let them know that you just aren't feeling good at the moment and you need some rest....Say it in a very nice tone....As long as you keep it nice they would understand and would give you some space for the time being.

Open lines of communication- Have you ever been in a situation where it felt like your partner was just not listening to you although you were

talking? Did it feel like they were waiting for you to stop talking so that they could get a chance to push their opinions on you?

At this point, did you feel what is the point of even trying when he wouldn't understand?

This is where most couples don't even bother sharing their thoughts with each other because they feel that their partner just wouldn't understand...And with time, it only gets worse.

Therefore it is absolutely essential to open lines of communication at all possible costs....Seriously hear me out here....You will always have issues in your relationship as long as you and your partner don't freely talk to each other about everything.

Show your partner that you are willing to listen and understand their point of view...You see "UNDERSTANDING" is the key word here.

Never assume anything- Assumptions would only mean lots of confusion that would eventually lead to lack of trust, which would give birth to a breakup sooner or later. When you start assuming things then you will start having doubts...And doubts lead to lack of trust, which would only create more friction in the relationship.

The wise thing to do would be to always investigate the facts before coming to a conclusion. Never assume anything...Always look into the facts and be patient.

Chapter: 14

Most Vital Questions Answered

Q- I have been stalking my ex for a while now...Did I blow it?

- Not exactly. You can still apply the "No contact rule" starting today and you will be back on track. Remember your past does not matter if you decide to take action right now.

Q- What if they find someone else while I am using the no contact rule?

- Even if they do there are no guarantees that it is a long-term relationship...It's probably a rebound relationship and I don't think it's anything you should be worried about. But the same thing can probably happen to you....Maybe you might find someone much more interesting than your ex during the no contact phase.....It might as well be that you lose all desire to get back with your ex.

Q- I am having a hard time maintaining the no contact rule. What shall I do?

- Well if that's the case then you are probably sitting at home all day long and are not using the "Instant shift technique". Force yourself to get out of the house and meet some new people. Trust me! When you start socializing the pain magically disappears.

Q- What will happen if I break the no contact rule in between and call my ex?

- Well! Then you will be back to day one and you will have to do the whole thing all over again. You have to be strict with the no contact rule...No

exceptions!

Q- Should I still get back with my ex if he cheated on me?

- Well this is the question you must ask yourself...Do you really want to? It might feel like the right thing to do at the moment but if they have cheated on you, there is a very high chance that they might probably do it again. Can't you smell the commitment phobia right there?

Q- What if my ex still avoids me after I have successfully practiced the no contact rule?

- In that case your ex is still high on emotions and was probably hurt bad. This means you need to add a few more days to the no contact rule to let them get over their emotions.

Q- Should I tell my ex that I have been dating other people?

- Well if your ex is very eager to know what you have been doing...it would be ok to let them know but if they don't really ask you then you should not tell them right away. However, I would say in order to make things clear and the relationship stronger in the future it's always good to be totally honest and transparent.

Q- What to do if I work with my ex or I see them everyday?

- In that case totally avoiding them wouldn't really work that well. You should not be overly nice and at the same time, you shouldn't act overly rude towards them. Just give them the normal hi and hello and do your work. Don't show them any sign of emotion at all.

Q- What if my ex forgets me during the no contact?

- Well the good thing about this is that your ex would mostly forget all the bad memories as well which would make it easier for you to get back with them. But as far as I know- *"Absence makes the heart grow fonder"*. So don't worry! Just stick to the plan.

Q- What if we have kids together?

- Take your kids to your ex's place once in a while or let her come to your place but don't show any signs of emotional attachment. At the same time, do not show any signs of jealousy if your ex has already found someone new.

Q- What if I bump into my ex during the no contact phase?

- Act extremely happy and confident...They should get the indication that you have something exciting going on in your life, which is keeping you extremely happy. Have a small conversation and exit as early as possible...Don't drag the situation too much.

Q- What if I bump into my ex while she is on a date?

- Well this is the time when you should be very calm and act as if you have psychologically moved on. Don't show any negative reaction seeing your ex with someone else. Be very polite...Say your hello's and exit the scene. The major thing your ex will start thinking under this situation is why didn't he get jealous....How could he move on so fast....Your ex would be pushed into this guessing zone which will only make him more curious to investigate further.

Q- What if my I need my stuff back or my ex needs her stuff back?

- Well in that case you must quickly get your stuff back without talking much and let your ex do the same if they need their stuff back.

Q- What if you share an apartment with your ex?

- Under this situation the most important thing should be to move out...Staying with them would only make you see more of each other, which might not make the no contact rule too effective.

But if you can't move out and have no other option then adopt an *"I don't really care attitude"*. Show them that they are really out of your mind and start doing the things you would normally do during the no contact phase to improve yourself.

Q- What if even after the no contact my ex wants to be just friends?

- Well then you tried too early...As soon as you become "JUST FRIENDS"...You would have an even harder time getting them back because they would still be dating other people while keeping you around as just a friend. It's better to use the no contact rule a bit longer if you want to see better results.

At the same time, they might only keep you around just as a security in case they are not able to find someone else. As long as your ex doesn't treat you as their priority, I don't really think you should consider being just an option for them.

Q- What if I am in regular touch with my ex's close friends or family?

- Well then use this to your advantage...One of the best possible ways to show your ex that you have really changed is through their friends and family. As long as you show a big change in your personality your ex's friends and family will always take notice and will definitely tell your ex everything about what you have been going through.

Q- What if I keep losing control all the time?

- This is a very common thing which will happen as the days pass by.....You might get strong urges to contact your ex.....But instead call your family, friends or an old colleague up. If you feel that instant shift isn't really helping too much then you are not in the right environment. You should get yourself in a busy environment where there is a lot of activity.

Move out....Go to the mall.....Play a sport....Go out watch a movie.....Or just take a walk around the block. Remember sitting at one place would always give your mind enough time to focus on the old wounds. You need to get moving.

Chapter: 15

When Things Don't Go Your Way

“If you don't get what you want, you suffer; if you get what you don't want, you suffer; even when you get exactly what you want, you still suffer because you can't hold on to it forever. Your mind is your predicament. It wants to be free of change. Free of pain, free of the obligations of life and death. But change is a law, and no amount of pretending will alter that reality.”

-Dan Millman

Let me warn you- You shouldn't read this chapter unless you have gone through the whole plan and nothing really worked for you. As long as you stick to the plan the chances of not getting your ex back are very small.

There are times in life when you might not have things the way you planned them to be...

As long as you follow the plan and do everything right there is a very grim chance that you wouldn't get your ex back...But still if your ex is highly reluctant to get back with you then it's probably time for you to move on.

But you see by the time you would be reading this you wouldn't really feel the strong emotional urge or desire to get your ex back.

This would be a time when you will keep your ex as an option but not a real priority. Which means you would like to have them back but it doesn't mean that you have to have them back at all possible costs.

The reason being that having practiced the no contact rule and sticking to the plan mentioned in the book you will get you into an emotional position where you would easily move on because now your emotions would not be as intense as they used to be at the beginning.

Let me tell you a very interesting story right here.....This is about my good friend Amy....Her boy friend of 4 years dumped her on a phone call.....she was absolutely devastated. Actually, the breakup came as a blessing to her because she just didn't know she was living a life of constant torture.

She did not know what to really make of it...According to her the things just seemed fine...Although they used to have constant arguments and he wanted her to constantly change but she never looked at it as something, that would lead to a breakup.

I asked her to really describe her boy friend in detail and here is the summary...

- *He didn't like many things about her and wanted her to change.*
- *He was always too critical towards her and used to put her down on every possible occasion.*
- *He thought she was a nagging girl friend and she always thought he is not a good listener.*
- *He always wanted space and she thought he doesn't spend enough time with her.*
- *She always said he just doesn't understand me.*
- *They always used to start their day with an argument about something or the other.*
- *There were days when he would completely try to avoid her.*
- *They had no real chemistry between them.*
- *Both of them had their expectations set too high due to which they just were not being met.*
- *Both of them constantly used to blame each other for their own faults.*

You see straight away I explained to her that this relationship showed all

standard signs of a troubled relationship.

The fact is...The longer you stay around someone the harder it gets to separate yourself from them even when things really aren't what you expect them to be.

According to me, the breakup had to happen for her sooner or later because there was just too much friction in her relationship. You simply cannot keep a relationship going when the foundation is weak.

She was at the peak state of depression and thought it was the end of the world. Her sense of security was shaken to it's very core because she thought she would never find anyone all her life now.

I instantly put her on the plan and asked her to really stick to it. She started practicing the no contact rule and in between she joined this dating website...You see the fact is that you wouldn't really know what's out there unless you start looking for it.

After a few days she came across what she described as a very interesting guy and started chatting with him.....They got to a point where they regularly used to chat with each other and finally decided to meet at a common place.....And interestingly enough they instantly clicked.

She feels that this guy truly understands her needs and they are just perfect for each other. She says that this guy is the real prince charming she always used to dream of.

Now she wouldn't have found this guy if she was still stuck in her old toxic relationship? You see the breakup actually came as a big blessing to her rather than being a curse.

Sometimes you really have to lose someone you think you have a connection with in order to find the one who you would truly connect with. If one door closes another one always, opens...That's just the law of life.

Therefore, if things didn't go the way you planned them to be...There is always someone better waiting for you out there somewhere.

Chapter: 16

Avoiding a Breakup When it Hasn't Already Taken Place

It wouldn't take a man of a genius to figure out that the relationship is going downhill.....Here are some of the common signs which would indicate that your partner is about to breakup with you-

(1) They are more focused on themselves- Your needs become secondary to them and they would not give you as much value as they used to before. They would get more self centered and would use the "I" word more than the "we" word.

(2) Nothing pleases them anymore- Are you stuck in the situation where no matter what you do it's just not good enough for them? Can you recall a time from the past where even the smallest of things used to make them extremely happy yet now no matter what you do it's just never good enough for them?

Cindy used to love Matt...She used to do everything possible to please him.

One day Cindy decided to clean up matt's closet....She thought he would be very pleased to see what she did for him.....Cindy spent 6 hours cleaning all his stuff up and was not finished yet but decided to take a break when Matt returned from work.

Cindy expected Matt to be extremely pleased and expected a thank you for what she did but to her surprise, he negatively reacted to the whole situation. Instead of praising and appreciating what she did, he rather pointed out the spots she missed and the things, which weren't kept where they were supposed to be kept.

You see instead of focusing on the big clean up he rather ended up putting all his energy in finding out all the spots she missed and how it could have been better.

Isn't this just screamingly obvious that Matt just doesn't appreciate Cindy anymore?

Lack of appreciation is a very common sign that your relationship is on the verge of a breakup.

(3) Do you feel like your partner wants you to change? - Your partner would get highly critical towards you, as they have lost a lot of interest in you. They would always try to make you do things you really aren't comfortable doing.

It would feel like they are on this strange mission to change you...They would always try to remind you that you just aren't good enough for them anymore.

(4) You will no longer be their top priority- Have you been getting the average treatment from your partner lately? Do you feel that you are just not getting the appreciation you used to get from them?

This is a very common sign of lack of interest and probably means that your partner does not value you as much as they used to...You would constantly get feelings that you are being neglected in the relationship for some reason.

(5) They would mountains out of molehills- They would be in this strange state of emotional ups and downs where they would pick fights with you over the smallest of things. You see this is the time when your partner is highly agitated and probably wants to get rid of you.

(6) They would dramatically cut down contact with you- They would not hang out the way they used to with you....They would dramatically cut down on the time they spend with you and would always act as if they are busy.

(7) They would stop talking about private stuff with you- They would start keeping secrets all of a sudden and wouldn't really share anything much with you. They would not share anything private with you.

(8) They have lost attraction towards you- It would seem as if they have lost any and all levels of attraction they had towards you.

You see stopping a breakup isn't all that hard...All you need to do is to make sure you act before you get acted upon. Here is the secret trick, which always works...

You see now you have to do something your partner would never expect...If they want to breakup with you then it doesn't really mean that they want to get rid of you. All they are looking for right now is some emotional satisfaction and they feel breaking up with you would help.

You should not commit the most common mistake other people commit.....All you have to do right now is to satisfy their emotions...that's all.

You see when you are getting all the classic signs that they are losing attraction towards you and are probably going to breakup make sure you do the "BIG TALK" before they do it with you.

Act very calm and let them know that you need to talk to them about something important. At this point let them know that you have been feeling that the relationship isn't going right and something doesn't seem to be right therefore you believe that maybe you two need some space or some time off.

When you do this you are indirectly, rejecting your partner before they rejected you...This would instantly change their mind now since they are being rejected. But at the same time do it in a very calm and nice way. Tell them that they are the best person you have ever come across and add a few more compliments. This would really get them thinking that if I am all that great why is this happening in the first place.

Now they might accept the whole deal and would decide to breakup but this doesn't really mean that they agree with it. In most cases, they would

be highly reluctant and would want to talk about everything, which would stop the breakup right away. However, if they agree and say ok let's give each other some space...Be very calm and start using the no contact rule. Within a few days, they would crawl back to you.

On the other hand if they have already told you that they want to breakup with you then instead of arguing or disagreeing with the whole thing just agree with them.....Tell them that you feel they are right and maybe you aren't the right one for them.

Again saying this would instantly make them melt as the last thing they were expecting was for you to agree with the whole thing and at the same time they would have a hard time accepting the fact that you accepted the whole thing because they are seeking emotional satisfaction and by agreeing you have put them in a worse state now.

Chapter: 17

What If I Dumped Them?

A vital question most people tend to ask is what if I was the one who dumped my ex? Then what?

So you got rid of them because it seemed like the right thing to do back then but now you are regretting what you did?

Well if this is the case then it's going to be real easy for you since you were the one in control right since the beginning. But now you want your ex and your ex might not necessarily want you.

But here is what works very well...

All you have to do is say this simple magic word- "Sorry".

Simple isn't it?

Don't do it on the phone, E-mail or Online...Do it in person face to face.

Tell them that you have realized how wrong you were and you understand how much pain she might have gone through because of you. Tell her that since the day, you broke up with her you have been feeling this emptiness inside and now you have truly realized what she really meant to you.

Don't beg or ask for her to get back with you...Because that would only make you come across as needy and insecure. You will have your best chance of getting her back as long as you maintain a high level of self-dignity and respect.

Next, tell her that you don't expect anything in return from her but just wanted to apologize for being such a jerk. Then don't say anything else

and leave.

She would either stop you right there or would contact you after a few days.

**Important Note: Please Read “The Black Book”
After This...**

Final Notes-

Now you have the tools and I don't think there should be any reason for you to fail from this point on. I get hundreds of emails from people everyday telling me how my system helped them get their ex back or save a relationship.

If you have a similar story then please email me...Nothing makes me happier than realizing the fact that I have succeeded in helping someone when they truly needed it. E-mail all your stories here- help@pullyourexback.com

Before I go...Here is a very powerful article on life written by one of my good friends. An absolute must read I would suggest.

"Life is a battle and you are at war...but with YOURSELF"

Sounds a bit bizarre doesn't it? You might be wondering how can one fight with himself?

Most of us don't really realize that one of our worst enemies is our own self. In common terms you are your own greatest enemy.

Have you ever been in a situation where you desperately wanted to do something...Yet you felt as if something was stopping you? Something so strong that it seemed like something was physically holding you back?

Well you know what you have to do...But what is this strange force, which just freezes you when you know you need to take action?

This is the time when you might end up in an internal argument with yourself and try to fight this force...But in most cases, it would prove to be way powerful than you ever imagined and you might have to submit to it and do what it tells you to do.

So what do we call this force? Well in simple words, most people would call it "FEAR"...But the main question is where does it actually come from? Is it something external? Does it come to your house and knock on the door? No...

It's something, which is already living inside you. And the more battles it wins the stronger it gets. However, fear is just one of the many other emotions, which will block you in life. There are other bad boys known as...

- Confusion.**
- Powerlessness.**
- Jealousy.**
- Envy.**
- Insecurity.**
- Boredom.**
- Guilt.**
- Inferiority.**
- Stress.**
- Depression.**
- Anger.**

These might not be as strong as fear but they more or less feel the same, which means that "NOT SO GOOD" feeling.

According to most people, life is very complex and it's a bit hard to figure out but let me sum it up for you in very simple terms- "Your life is your battle with your own emotions". That's it.

It is a 24/7 365 days a year job...It just never ends.

Your emotions will play crazy games with you at all times....Whether you are prepared or not.....They are ready for war with the best and most effective tools of torture out there. And the funny thing is they don't even warn you...They just attack.

Just focus on the way you are feeling right now...If you are going through any of the above or similar emotions then it's more than obvious that they won the war.

According to many, these emotions get triggered by outside forces...Which means they don't really come from the inside but the outside. Yet the reality is that you are not fighting anything or anyone in the outside world but your own negative emotions.

If someone calls you stupid and you feel angry, sad or even depressed over it then it's not what was said to you that really mattered. It's your reaction to it and your reaction is based on the level of your emotional balance.

If you have been constantly losing the war to negative emotions then it's more than obvious that you are not in the right emotional state.

The more wars these bad boys win against you...The stronger they get.

In fact, you are the one who is letting them win the war. It's like you have a shop and a person comes and steals a candy everyday yet you never do anything about it till the day they want to take over the whole shop but now they are just too strong for you to handle. Similarly you let these negative emotions get a hold of you...You are the shopkeeper who just doesn't do anything about the candy thief.

Have you ever seen people who used to have occasional instances of anger but with time have only got worse? Now they get angry at almost anything? You see such people are constantly losing the internal battle and the more battles they lose the more they get pushed down because the inner enemy only gets stronger.

The only thing which is standing in the way of your dreams and you are these bad boys.....People who are extremely successful in all areas of their life have mastered the art of beating these bad boys and are prepared for war at all times.

The only way you will get what you want in life is by clearing your mind up of all these negative emotions. Your level of success in life will be directly proportional to how well you deal with your inner enemies.

The only way to deal with them is not to let them win.....You see every time

you feel that you are being dominated by one of these enemies ask yourself this question- What will I lose if I give up now? What are all the possible things you might miss out on if you let these emotions get to you?

Focus on long-term pleasure instead of temporary pain relief. Giving up might relieve you of tension for the moment but in the long term it would only get worse.

Remember if you don't act now...You will never act. It's as simple as that.

If you let things happen to you right now what makes you say that you will do something about it in the future? If you are sure you will do it at some point in the future then why not do it right now? Remember when you talk yourself into not doing it now then it's not you talking it's one of these bad boys trying to convince you to give up.

Learn to be the one who takes control and acts...Instead of being the victim who always gets acted upon.