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Foreword

This is an eBook that offers some insight on how to get an ex back. Sometimes a breakup can be so bad that you are left to believe that it's over and done with for good. However, there are ways that you can manage to get your ex back. These useful tips are shared in this eBook.

Losing the love of someone that you still have feelings for can be a very painful experience. This is illustrated in a very popular song by Bon Jovi, a rock singer, who describes the feeling as "shot through the heart". A break up can hurt so much though the pain is normally not taken seriously.

In this eBook, you will get to learn how to get to second chance .It doesn't matter whether you are the one who walked away or not, you can manage to rekindle your love and get your ex back. If you still love a person, you should try and so whatever is necessary to get them back and try and make things work this time.

In this eBook, you will learn about what to consider before you decide to try and get your ex back. Some relationships are better left alone. For instance, if you ex was physically or verbally abusive, you may consider walking away from such a relationship. Carefully consider the factors discussed in this eBook, before going on your quest to get your ex back.

This eBook will give you some very useful tips on how to get your ex back. You can be able to get a chance to make things back. You may even be able

to make your relationship much better than it was before you break up. Having your ex back in your arms again is an achievable goal. You can manage to do this by simply following a few tips discussed in this eBook.

While trying to get back your ex, there are things that you may do that may actually push them away forever. In this eBook, we look at some of the things that you should never do. The goal is to get your ex back and not push them into someone else's arms.

There are some relationships that are better left alone. If you keep trying to get back your ex but realize that they don't want to get back to you, maybe you should give up and move on. There are tell-tale signs that normally signal the end of a relationship. In this eBook, we look at some of the factors that should alert you that it's time to move on.

Now that you have your ex back, what happens next? If you don't play your cards well, you could possibly lose your ex again. In this eBook, you will learn about some of things that you can do to ensure that you keep your ex. You will also learn about what to do to keep them from becoming an ex again. Don't let your hard work go to waste by making a mistake again. Getting another chance may not be very easy.

Do you remember what it was like when your love was good? When you had just started dating? The love, laughter and sharing? It may not seem like it right now but you can have this again. You may even have more than this. You can get your ex back and this time for good. Your ex-girlfriend may be

your wife just by the end of the year. Your ex-boyfriend may propose soon. You just need to read this eBook and use the tips learnt to get your ex back and rekindle your love. This is your opportunity to actually fall in love again.



Rekindling The Flame

The Surefire Guide To Winning Back Your Ex Even If All Hope Is Lost

Chapter 1:

Questions to Ask Yourself Before Deciding to Rekindle Your love

Synopsis

When someone you love leaves you, you may immediately start thinking about how to get them back. However, this may not always be the right decision. In this chapter, we look at the factors that you should consider before trying to get your ex back.

- ❖ Do I really want him/her back?
- ❖ Is this the right time to try and make things work?

Before moving on to the other chapters of this eBook, you should first take the time and consider this. Establish whether or not your relationship deserves a second chance.



The Basics

Was Your Relationship Abusive?

If you were in a relationship that was abusive in any way, then by all means, leave it alone and move on. You don't need to be with someone like that. Many people in abusive relationships try to justify the abuse and so may try to make things work even when they are better off left alone. It doesn't matter whether it was physical or verbal, anyone who abused you should be left alone. Even if they walked out on you, let them go.

Why Do You Want Your Ex Back?

You should always question your motives. Make sure that you are making the right decisions for the right reasons. If you want to get your ex back because you are still in love with them, then this is a good decision. If you are trying to get your ex back as a way to take revenge on them then this is not a good motive. For instance, there are people who try to get their exes back so that they can then leave them. This is normally aimed at making the ex feel what they felt when they were left.

You shouldn't also try and get your exes back just because you have heard that they have moved on and are now dating someone new. Jealousy is not a good motive to try and get someone back.

Are You Afraid Of Being Alone?

There are a number of people who can't stand the thought of being alone. If you are such a person, you need to realize that this isn't the right reason to try and get an ex back. This shows signs of insecurity that are not good. They can make you make the wrong decisions such as being with the wrong person just because you don't want to be on your own.

First work on your insecurities and then establish your independence. Once you do this, then you can be able to establish whether or not you want your ex back for the right reasons.

Trying to get your ex back just because you don't want to be alone isn't wise.

Is Your Ex Dating Someone Else?

There are times when you just need to let go of an ex. If your ex moved on, then let them be. Trying to meddle in his/her new relationship will not work out well for you. In addition, if your ex is married, then trying to come between these unions is just wrong on so many levels. If your ex has moved on, then let him or her be.

Don't try to get your ex back simply because you have heard that they have moved on.

Does Your Ex Deserve A Second Chance?

You have to be honest with yourself. Not all exes deserve a second chance; others are just better off left alone. You have to seriously sit down and think about this. If your ex cheated on you, do you really want to take them back? These are the things that you should consider. There are times when you are just much better off alone than in some relationships.

Why Did You Break Up In The First Place?

You should never forget the reasons why you broke up in the first place. If these issues aren't resolved then even if you manage to get back with your ex, you are likely to break up again. For instance, if you broke up because you were unhappy about how they treated you, you have to consider this. Do you really want to have a repeat of the same issues?

Are You Ready To Have Your Ex Back?

Sometimes exes need some time apart. If you broke up because you were constantly fighting, you need to take some time apart to first figure out whether or not you want to be together. Sometimes you should also take some time and work on your personal issues before trying to get your ex back. For instance, if you had low self-esteem or any insecurity, work on building your confidence then you can try and get your ex back.

Think about the reasons that made your relationship fail in the first place.

Chapter 2:

How to Win Back Your Ex

Synopsis

Once you have established that you want win back your ex, now it's time to put a plan in action. In this chapter, we look at some of the tips that can help you rekindle your lost love.

- ❖ What can you do to win your ex back?
- ❖ Do you think that you have tried everything to get your ex back with no success?

You can get your ex back again. If this is your soul mate or you still love them then you owe it to yourself and to your relationship to do everything possible to reconcile and make things work again.



Some Tips

Stop Acting Like It's The End Of The World

It's not the end of the world, so stop acting like it. This will make you unfocused and you will not be able to get your ex back with this kind of attitude. You have to calm down and get your thoughts together. Then get a plan in hand. Find out what you happened, what you want to do to get back your ex and what you will do once you have them back.

Many people make bad decisions because they start panicking. This inhibits their ability to make any rational decisions. Look for things that can make you calm down. In addition, if your ex sees you like this, you may end up scaring them away.

Panicking will not help you get back your ex.

Make A Plan

If you are serious about getting your ex back, you have to work with a good plan. This will also keep you from making irrational decisions. Sit down and think about what you want to do .Then plan. You don't have to write it down, but you can just think about your course of action. Don't try to contact your ex without any plans. You may end up making some mistakes.

Try and stick with your plan. This will help you avoid ruining things between you two. If you have been making progress in getting your ex, one bad move can ruin it all. For instance, getting drunk and calling your ex may actually change their minds. You may end up saying the wrong things or juts repelling them.

You Have To Be Strong

It's definitely hard to see someone you love walk away. This is why many people get depressed over a break-up. It's natural to want to cry and stay in bed all day. You may not even want to talk to other people. However, you can let your ex see you like this. You have to get yourself together.

Some people think that the ex will come back because they will pity them. However, who wants that? Why would you want to be with someone who just feels sorry for you? Making your ex feel guilty for leaving you will not work. It may even make them start avoiding you. Nobody wants to be around someone who makes them feel bad about themselves.

In other situations, this may actually drive away your ex? They will feel caged as if you are trying to make them feel guilty so that they may come back. Others may avoid you especially if you are always like that. Nobody wants to be around a person who looks like they are constantly in mourning.

Be strong and get yourself together. This way, you can put a plan in place and manage to win over your ex. You have to be ready to control your emotions. For instance, breaking down in tears even in public when you see your ex isn't the right thing to do. You may end up embarrassing them or putting them in an awkward position. This may make them start avoiding you.

Crying and being miserable will not help you win back your ex.

Find Out What Made Your Relationship Fail

If you don't even know what made your relationship fail, then you need to start from this point. You have to find out what went wrong between the two of you. "I think we should just be friends". This isn't a statement that is normally thrown away just for no reasons. If someone who once loved you doesn't want to be with you any more, there has to be a reason why.

This doesn't mean that you did something wrong though. It simply means that there is something that you should work on. If your issue was lack of communication, then this is what has to be worked on. If your ex is the one who did something wrong, then you are to establish what this was. How did it affect you? Are ready to move on now?

Identifying the reasons that made your relationship fail in the first place is very important in helping you rekindle your love. This also greatly helps in being able to find the right action plan not just to get back your ex but to

ensure that things work this time round. If you don't work on this issue, even if you manage to get your ex back, this will be very temporary.

Listen

It is very important that you learn how to listen. If your ex left you because they didn't like something that you did, listen to them as they tell you this. You may be tempted to argue back or defend yourself but this isn't how you will win them back. This may actually push them away. You have to show that you are willing to know where you went wrong and possibly change. Don't try and justify your actions by coming up with defenses or a list of why you were right.

You should also never try to equal out your mistakes. If you were caught cheating, this isn't the time to start arguing and reminding your ex about that time that they cheated on you too. Listen to what they have to say and let them speak their minds. Don't interrupt or become combative.

Agree on your break up. It's tempting to try and convince your ex why the break up was the worst move that they have ever made. Even if you think so, don't say it. Just agree that the breakup happened and it had to happen. Then work on the reasons why you had to break up. Your ex will resent you if you try and show them that they made a dumb move by leaving you.

Give Your Ex Some Space

It may not seem like a great idea but it actually is. You have to give your ex some space. Sometimes this may mean not contacting them for a period of time. If your ex particularly asked you for some space then its best to respect their request. However, don't give them too much space and start ignoring them for months. This isn't going to work.

Time apart may even help your ex realize just how much they miss you. It may even make them come back to you on their own. Space is highly recommended especially soon after the breakup. No matter how much you are hurting, you have to let your ex be just for some time. In addition, you also need some space on your own. This will help you figure out what you want and put a good action place in motion to help you get your ex back.

Don't Stalk Your Ex

It's natural to want to see your ex or at least talk to him/her. However, don't push this. You probably have seen those movies where someone stands outside their exes' window or door for hours crying or singing. That won't work; you can't suffocate your ex with attention and hope that they will take you back. Don't call or keep following them around.

The amount of contact that you have with your ex should be limited by the stages of your breakup. For instance, when your ex tells you that they need a few days away and that you should give them space, making contact with them frequently will only push them away. As hard as it may seem, you do need to stay away from them at this time. Once some amount of time has

passed, then you can establish some minimal contact. You can make a phone call, send a text or email just to find out how they are fairing on. During this time, don't try to send them strong messages to ask them back. You have to take it slow. After some time has passed, then you can gradually increase your contact. However, if the ex asks you to stop at anytime, you have to respect this.

Contact refers to communicating or meeting up. Following your ex around is simply stalking. Don't be tempted to drive by their house or workplace just to see them. You should also stop mind mastering those "accidental bumps in". Your ex will know what you are up to if they start to suddenly bump into you everywhere. There are also "accidental texts". This is whereby you purposefully send someone the wrong text pretending that you just mixed up some numbers. This is usually done to try and get your ex to call or text you back even if it's to alert you that you mistakenly send them the wrong text. You should also stay off their social networking pages. You can't start asking your friend about their new friendships on Facebook. This will show that you have been monitoring their page.

Don't start following your ex around or spying on them. This may push them away.

Get Your Mind Off Your Ex

This may not sound like a good plan but it actually works. You need to find new hobbies or something that can keep your mind focused. If you keep

thinking about your ex, you are more likely to make some dumb moves. You may be out with your friends when suddenly drink and dialing sounds like a great idea. Find other interests. This will help you in working on making yourself better. It will give you some level of independence and self-confidence and get you ready for the relationship.

Don't Try To Involve Third Parties

Sometimes when you feel like you have done everything that you can possibly do to get your ex back, you may result to desperate measures. Most people think that trying to get a friend or family member to intervene may actually work. This is because they reason that the third party is likely to have better results. However, this may not work well for you. Your ex may resent you for involving other people. It may also make them angry and start feeling uncomfortable.

Spend Some Time Together

Once you and your ex have started talking and some good amount of time has passed by, you should now try and spend time together doing things that you used to like. For instance, when your ex starts coming around, you can ask them out on a date to go to one of their favorite place or watch a movie together. Do something that you both enjoyed doing and this will help you in reflecting on the days when your relationship was good. These memories normally soften the heart of a person. Just steer away from

provoking memories that may be linked to your breakup as this may take you back to square one again.

Spending time together doesn't mean you jump into bed immediately. When it comes to sex, you have to take it slow. You are rebuilding a relationship and so you have to work on your emotional issues before you start on the physical ones. Having sex immediately may just give you the false impression that everything is back to normal. However, this is never the case. Try and work on your intimacy on an emotional level. Take the time and resolve your issues. Sex will eventually happen once you are back together not when you are trying to get back together. Many people don't understand this concept because they mistake sex at this point as being "makeup sex". However, that kind of sex happens after a fight resolved. You have to realize breakups are different, you can make up with your ex just by having sex.

Most advice books will tell you that you have to wear something very sexy when hanging out with your ex. However, this isn't true. You should wear something nice that they like. You should be all means look good since you are trying to get your ex back. However, don't overdo it. For instance, wearing a revealing dress may make your ex want you but this doesn't guarantee that they will be back for the right reasons. You have to keep it classy. You can also manage to be sexy without pushing it too far.

Spend some time with your ex so as to rebuild your relationships.

Don't Stop Trying

Some people imagine that once you have your ex back then that's just it. However, the efforts don't stop here. You have to learn how to keep your ex. You may work for months to get them back only to lose them again in less than just a week. Put some time and invest in making your relationship work once the ex is back in your life again. Work on any issues that you may have between you. For instance, if it's loss of trust, you have to keep on trying to rebuild this. You also have to remain the person that they fell in love with. If you made any good changes in your life during the breakup, make sure you keep them. For instance, if you started taking care of your looks, don't just stop once the ex is back. You don't have to go overboard but you have to keep your ex interested in you.

Extra Tips On How To Get Back Your Ex-Girlfriend

You first need to establish the mind frame of your ex-girlfriend after the breakup. Find out what they are feeling. Sometimes they may be feeling angry, bitter or even just confused. Establishing how she feels will definitely help you in outlining your action plan in motions. In addition, the worst thing that you can do is to ignore how she feels. This will only push her away. If she feels betrayed by you, getting her candy or flowers will just be meaningless. You have to find a way of addressing your issues.

Don't use the "blind apologizing" strategy. This is a tactic that many men are fond of using. It is whereby you say sorry without really knowing what

you did wrong. This may be done in an attempt to just resolve the issue without really dealing with it. Your ex girlfriend will resent you for this. Make sure that you find out the reason for the breakups. Take time to establish what you did to make things wrong then apologize. "I am sorry if I ever did anything wrong" is a statement that you should also avoid. It shows that you don't think that you did anything wrong but you just want to apologize just to get done with it. This will annoy your ex and make her feel like you don't take the relationship seriously.

You should also listen and pay attention to her. Finding out whether or now she is ready to start seeing you again. There are times when a woman is so fed-up that you are the last person that she will want to see. If you had a serious breakup over an issue that hurt her deeply, she may not even want to see you again. Don't panic, this doesn't mean that you can't get her back; it just means that there is a lot that you have to. Try and give her some time to cool down. Don't push her; she will come around on her own. Let her heal and get time to put things into perspective.

Spend some time together and make her feel special.

Once she is ready to see you then this is the time to win her back. You have to do things to make her feel simply. This doesn't mean that you buy her love back. It just means that you make her feel appreciated and wanted. You should spend time with her and give her your attention. Don't take her on a date and then spend time on your phone talking business. You have to

give her attention. You should also invite her out with your boys! This is your chance to work on things just the two of you. Be serious about it.

Do little things like calling or texting her to find out how she is doing. When things start working out, send her flowers or candy. These are simple gestures to let her know that you are thinking of her and she is special. On your dates, compliment her without being too much. Just tell her she looks nice. Simple gestures will go a long way in softening her heart.

Women normally appreciate thoughtfulness. If you take your ex to a nice fancy five star restaurants, that's a good gesture. However, if you take her to that diner where you first saw her or where you once had a great time, then this is really thoughtful. Just showing that you remember even the little things is wonderful. It shows that you pay attention and that your relationship matters to you. In addition, this will bring back some good memories. It will remind her of a time when you were happy together. This is a good move.

Take her somewhere special that show your thoughtfulness and affection for her.

Remember, you have to respect her space. Even if you used to spend a lot of time together when you are dating, she may start wanting to spend some time away from you. Some women try and get some time alone while others find good support systems in their girlfriends. She needs this time to figure

things out. She also needs to work on herself. You should complain that she is spending too much time with them instead of you. Just respect her space.

Like after every other reconciliation, you still have to invest time and effort to make sure that the relationship works. Just because she has taken you back doesn't mean that you can now stop making her feel special. This should never stop. Keep buying her flowers and complimenting her. You should also keep spending time with her. Just because she is back doesn't mean that she can't go away again.

Extra Tips on How To Get Your Ex-Boyfriend Back

You have to slow down! Many women want a commitment. They want the ring and the kids and the big house in particular order. Sometimes, this may scare a man away. You have to learn how to go with his pace and try not to make him rush into things. If you want him back, don't even bring all these things up. If you broke up over these issues, you have to show him that you are ready to take things the way they are. Trying to pressure him may make him feel like he has lost control over his life. He will feel like someone else is making all the decisions for him and trying to plan out his life. If you don't want your ex boyfriend to move further away, then you have to learn to slow down.

On the other hand, he could have left you because you weren't there anymore. You may have stopped putting effort in your relationship or in him. This may happen due to a number of reasons. For instance, there are

women who tend to focus on their jobs so much that they ignore their men. This may very well push him away. You have to convince your ex that you value your relationship. It doesn't matter whether you are just about to get a promotion at work; you have to sacrifice some time for your boyfriend. If you are on your way to getting him back, show that some commitment.

Like with any other reconciliation process, space is very important. You have to respect your ex boyfriends need to spend some time away from you. He may want to do his own things or just hang out with his boys. You shouldn't try to organize some accidental meetings by hanging out at his favorite places. This isn't respecting his space. Even if you hear that he is on a date, this doesn't give you any right to show up at the same place and ask him about it. This may just push him away from you. You should also limit the amount of contact. Calling him up at 2am after a few shots of tequila is quite a turn off.

Work on yourself. Sometimes, insecurities or low self-esteem may push a man away. You can't wait for the man to define who you are. You have to do this on your own. Find some strength in making yourself a better person. You have to learn how to be independent. You can't show your ex that your life would be meaningless without them. This may just scare them away. Men like women who are strong and confident. Ensure that you work on yourself even as you try to work on the relationship.

Keep things interesting. It's common to not want to dress up when you are going through a breakup. Most times, the outside reflects what's on the

inside. However, if you are meeting your ex, you have to put in the effort. Wear something nice; get your hair and nails done. You need to keep them attracted to you. This may remind them about what they saw in you the first time you met.

Extra Tips On How to Get Your Wife Back

You have to tread carefully. One wrong move can push her away. It is common to experience strong emotions such as anger or even resentment. It's hard to believe that someone can walk out on a marriage since it's such a serious union. However, if she has left you, you have to accept that. Calm yourself down before you even approach her. Showing her your anger or bitterness will just push her further away.

Let your wife see the man that she first fell in love with. Some time people change when they get married. A thoughtful man stops being what he used to be. He stops making his wife feel appreciated instead he starts taking things for granted. You have to remind your ex wife about the man she fell in love with. Try and do things that you used to do together. Try and visit places that mean something to you. You can take her to the place where you proposed to her for example. Do special things that will remind her of how things used to be good.

You have to be willing to work on your marriage and change the things that weren't working out. Your ex wife has to see this to believe that you mean it. It's not enough to keep telling her that you are now ready to fix everything.

You have to show her that you are serious about it. If she doesn't think that you love her anymore, you have to show her that you do. Give her your attention and do things for her to show her your affection.

Consider seeing a marriage counselor. Sometimes you may need help to make things work between you two. A professional can help with that. This will even show your wife just how committed you are about making your marriage work. In addition, the counselor will help you work through your issues.

Talking to a marriage counselor may help you repair your marriage.

Extra Tips on How To Get Your Ex Husband Back

You have to first identify what went wrong in your marriage. This will help you in realizing what you need to work on. For instance, if the relationship became stale, you have to work on this. Sometimes men walk out on a woman who starts not giving enough in a relationship. A woman who actually seems to be bored with the relationship may also push a man away. It may also be because you no longer give him the attention that you need. This can easily happen especially once the kids are born. Find out what went wrong and be willing to work on this. You have to show your husband that you are willing to change things and work on the marriage now.

Try and make your ex husband realize that you appreciate him. Many women end up acting like they don't need their men anymore. However, a

man needs to feel needed. You can show this to him or say it to him. Make sure he sees that you appreciate the role that he plays in your life and in your marriage.

Don't try to push your husband. It's ok to tell him that you still love him but don't keep doing this over and over again. It may sound desperate and end up pushing him further away from you. In addition, overdoing this makes you sound insecure and this is a very unattractive quality in a woman. You should also avoid too much contact with him. You have to let him have his personal space. This may seem hard at first because you may just want to see him or talk to him all the time. However, this may be considered as being overbearing which can further push him away.

As much as you are tempted to, try and avoid to using your kids to get your husband back. This may be considered as a guilt trip. You can't try and make him feel like he is failing in his role as a father by leaving you.

Don't try to use your kid to get your ex back.

Learn how to keep yourself together no matter how bad you may be feeling. Don't break down and start crying every time you see him or even just get a call from him. You have to appear confident and together. Keep your emotions in check or you may end up scaring him away.

Chapter 3:

Mistakes That Can Make You Lose Your Ex Forever

Synopsis

It is very common to be overcome by desperation when trying to get back an ex. In this chapter, you will learn some of the things that you should never do.

- ❖ What can push your ex further away?
- ❖ Is being too nice good or bad, especially when you are trying to win someone back?

There are times when an ex may be considering coming back to you. However, you may actually make them change their minds by doing certain things. Some mistakes can actually convince your ex that leaving you was the best thing to do.



Errors

Being Too Nice

This is actually one of the biggest mistakes that you can ever make. Some people think that they can win their ex back by simply showing them just how good they are. There are others who decide to be push-over or doormats in the quest to winning their exes back. It is ok to be nice but it's not ok to be too nice. This may push your ex away.

You should learn to be your own person. You won't win your ex back by simply agreeing with everything they do. You have your own mind and are entitled to your own opinions. Your partner will respect you more if they realize that you have the ability to make independent decisions. If you broke up because of a disagreement; try to explain your point of view without compromising too much. However, don't be condescending or too argumentative.

Being too nice may be perceived as a sign of having low self-esteem or being insecure. It may actually be a turn off. There are many people who find this to be very boring. Nobody wants to be stuck with someone who doesn't have a mind of their own.

Trying To Force Them To Come Back To You

If your ex wants to come back to you, they will make this decision on their own. Don't try to force them into making this decision. It's not wise to come down with a list of reasons as to why they need to come back to you. Don't try to argue with them or push them to make decisions. You can't force anyone to be with you. Trying to do so will only work against you.

If a person wants to be with you, this will come from the heart. This is something that they can only do out of their own volition. Love isn't something that relies on logic. It is easy to use facts to convince someone to change their lifestyles. For instance, telling someone about the dangers of smoking can help them quit the habit. However, using logic to tell someone why they have to be with you will not work.

Being Over-Apologetic

It's ok to say that you're sorry, however, doing keep doing this over and over again. It can be very annoying! If you keep pushing it, you will end up pushing your ex away for good. No matter how guilty you may be feeling this isn't a good move at all.

Acting desperate and begging your ex isn't a good move to get them back.

Over Compromising

You can make some good changes in your life so as to get your ex back. For instance, if your ex had a problem with you working long hours or drinking,

you can change these things to make your relationship work. However, you can't change who you are. If you like certain things, that's innate, your lover should be able to accept you the way you are. For instance, if you are someone who stands up for yourself, your ex should be ok with this.

There are many people who like to use this phrase to get their ex back, "please come back, I'll be anything you want me to be, I'll give you anything you want and do exactly what you say". This isn't a good mood. It reeks of desperation and is likely to push your ex further away. In addition, anyone who can take you back on such conditions is not someone who loves you. A good relationship isn't based on one person giving up their individuality and becoming a doormat for someone else.

Trying To Use Money to Buy Their Love

There is a popular love song by a band called Blackstreet by the title "Money can buy me love". Genuine love isn't based on money or materialistic things. If you want your ex back, going out to the car dealership and getting them a new car is not the best move to make. You shouldn't also give them money at all. This may not be taken well. Your ex may be offended and feel cheapened. You can't buy love so don't attempt to.

Even if you used to offer some financial support to your ex, if you had to stop when you broke up, then you have to respect them. Trying to offer them the support so as to make them realize that they need you is a very bad move.

Trying to buy love also reflects very badly on you. It shows that you are trying to compensate for something that you don't have with money. It can signify low self-esteem or lack of confidence. It says that there is nothing else that you can offer apart from your money. This isn't a trait that anyone would want in a genuine lover.

Trying To Convince Your Ex That You Love Them

Some people believe that a person will come back to them once they realize just how much they love them. This pushes them to keep telling the ex, "I love you" over and over again. Saying that you love someone once is understandable; reminding them ten times a day is a bit too much.

Too much affection can be suffocating. It also shows a serious sign of desperation. In addition, your feelings matter just as much as your partners. You may still love them but they may be in doubt their love for you due to the break-up. This means that you aren't on the same page.

In addition to repelling your ex, this strategy just doesn't work. If you have ever been in a bad relationship that made you so unhappy and you just couldn't wait to live, think about that for a minute. If your ex tried to get you back by saying they love you, will that work? If you broke up over an issue then verbal expressions of love will not resolve this issue.

Ignoring the Laws Of Attraction

Do you remember when you started dating, how much you were attracted to each other? You probably used to take time to make yourself look very good before you went out on date? Some people even buy new clothes so as to impress a person. Attraction is very important in getting someone interested in you.

When you are trying to get your ex back, you have to go back to this. You can't just wear your dress from last night's party and show up the next day to talk to your ex. Break ups are hard and some people let go of themselves during this time. They stop putting any effort in their appearance. They also feel like they don't have any reason to even look good.

If you are meeting your ex, you have to pay close attention to your looks. Dress up and get them attracted to you again.

Don't let your ex see you looking bad. If you have to mourn the loss of your relationship, do it where they can't see you. Looking like a slouch and not taking caring of yourself may actually make your ex wonder what they ever saw in you in the first place.

Suicide Threats

Why would you even want to get to this point? "I'll kill myself if you don't come back". This statement will not work under any circumstance. Actually if you want to lose your ex forever then go ahead and try and do this. This is a pathetic attempt to get their attention.

Suicide threats may work in a couple of ways. It may convince your ex that they are better off without you since you clearly seem to be mentally unstable. It may also make your ex resent you. Nobody would like to be put in such a position. Giving someone such power over you isn't right. It may make them feel like the "bad guy" therefore causing them to go further away from you.

You will never hear of a couple that is staying together just to keep one of them from taking their own life. Whatever you do, don't try to threaten your ex with suicide .It won't work!

Threatening to kill yourself will not bring your ex back.

Being Too Flirty or Seductive

You want your ex to fall in love with you again not to fall in-lust with you. You should look good but don't overdo it. Don't try to seduce your ex. This may work for only a night but then once that's done, the ex will still remain the ex. They may actually lose respect for you for stopping as low as trying to use sex to get them back.

Some people may feel used by you. They may feel like you took advantage of them. This will only cause further resentment. This move may also hurt you. You may give your body to your ex but they just sleep with you and

then walk away again. This will take a worse toll on you than when they left the first time round.

Don't be too seductive or flirty. This may scare away your ex.

Trying To Rush Things

Your ex probably still has feelings for you. This will make them listen to you or try to give you a chance to explain things or try to make things work. However, don't try to rush them to make up their minds. You can just expect them to come back to you if they are not ready.

You should also avoid giving them ultimatums. This never works. "If you don't come back by next month, I am moving on". This isn't a statement that you should ever use. It will definitely work against you and you can easily lose your ex forever at this point.

Contacting Your Ex Frequently

Trying to contact your ex all the time isn't a good move. Don't keep calling or showing up at their homes or place of work. This can even be perceived as stalking. You may become a nuisance and therefore end up pushing your ex away. If you contact them, keep it simple and don't over-do it.

You may also attempt to keep on checking up on them so as to show them that you love them and still care. However, this can also turn into a

nuisance when you take it too far. Even if your ex isn't feeling well, calling them up on hourly basis is still too pushy.

Don't keep contacting your ex every time. This may be regarded as stalking.

Being Indecisive

Don't go trying to get your ex back if at all, you haven't fully made up your mind. First find out whether or not this is what you really want. If you are indecisive, this will definitely show. Your ex will sense this and they may pull away. In addition, you won't be able to come up with a good plan to get someone back if at you aren't even sure about what you are doing.

Stay Away From Mind Games

One of the most popular mind games is trying to make your ex jealous by flirting with someone else. This actually never works! Showing up at your ex's favorite hangout with another person in your arm is a clear indication that you don't want your ex back. It's also a sign of disrespect may make your ex lose respect for you and start thinking that you are of loose morals. This will convince them that leaving you was the right decision.

Don't Panic Over Rebounds

Your ex may have started seeing someone else as a rebound. This is may be hurtful and may break your heart. However, rebounds don't last most of the

time. Take a deep breath and calm yourself down. If your ex is meant to be with you, they will. This rebound relationship isn't going to keep them away.



Chapter 4:

How to Ensure That Your Ex Doesn't Leave Again

Synopsis

In this chapter, you get some tips on how to ensure that your ex stays with you.

- ❖ What can you do to make your relationship work this time?
- ❖ How can I prevent the same mistakes from happening again?
- ❖ How can I make sure that this time, the relationship is much better than even the first time?

It's not enough to just get your ex back. You need to have a plan on how to ensure that this makeup isn't temporary. If you make the wrong moves, you may find yourself back at square one again.

How To Get Them To Stay

Communication

If you want to make your relationship work, you have to learn how to communicate effectively. There are reasons that you had broken up in the first place, this have to be discussed first. If you used to fight a lot, you have to sit and talk about your issues. Make sure that you are open with each other.

Lack of communication may very easily harbor some resentment. For instance, if someone cheated, then you can't just ignore this. You have to discuss it and then settle things concerning this issue. Talk about any concerns that you have and share your feelings with your partner. If you have any questions, ask them this time. Don't keep things to yourself since because partner can't read your thoughts.

However, don't keep bringing up the same issues once you have resolved them. If your ex admitted they were wrong and apologized, don't keep trying to talk about this again and again. This will only bring more tension to the relationship and may actually make you drift apart again.

Communication is very important when you are trying to build a relationship. You have to keep in touch. Call each other and text frequently. This should be just like it was when you first started dating. If you have any issues, you should discuss them with your partner. Learn how to confide in

them the same way, you would confide in your best friend .Shutting out your partner will strain your relationship and may actually make you two break-up again.

Spend Time Together

Once you get your ex back, you need to invest some time in rebuilding your relationship. You should spend time together. Remember, when you broke up, some damage was done to what you shared. Ignoring this will only make your relationship worse. You have to invest time in being with the person you love. If possible, you can get some time off and spend time together. You can even go on a short vacation together. This will help you in rebuilding your relationship.

When you are with your partner, give them all the attention. Don't think about work, school or any other commitments. This is your time to work things out and build your relationship. You have to show your partner that you are ready to invest in your relationship and you are serious about being back with them.

You should always create enough time to spend together.

Space

Spending time together is definitely healthy for your relationship. However, this doesn't mean that you spend every minute together. You may be scared

of losing your ex again. However, following them around will not help them stay with you.

You have to respect their personal space. Don't try to smother them with your attention as this may push them away.

Learn To Trust Your Partner

One thing that can have your ex out of the door before they even unpack is mistrust. Nobody wants to be with someone who doesn't trust them. No matter what may have happened to break you up in the first place, you have to work on trusting each other. You also have to forget whatever happened when you two broke up. Even if one of you was in a rebound relationship, you have to work through this.

Don't spy on your ex by going through their cell phones. You shouldn't try to cross on their personal space in the name of "looking for proof".

Learn To Accept Your Ex

Your partner may have changed during your breakup. They may start doing things differently from what you are used to. If you really want to make your relationship work then you have to learn how to live with these new changes. Sometimes, the changes may be very minor like a new hobby or a haircut. There may also be a change in character such as quietness. Unless

they are serious negative changes, you have to learn to accept them instead of trying to change your partner.

Avoid Unnecessary Arguments

Your relationship still needs some work to be done. You should therefore avoid arguments that may seem harsh or disrespectful. Try to put your points across respectfully instead of being harsh. During this time of rebuilding your relationship, a single fight can simply ruin everything again.

Sex

Intimacy is very important in any given romantic relationship. This can build or ruin a relationship. Try and meet your partner's sexual needs. Even if you are still angry at them, give yourself enough time to heal then work on being intimate again. Keep things interesting in your relationship.

Being intimate is an important part of any romantic relationship.

Let Go Of The Past

It will not easy to just forget everything that happened. If words were said or actions were done that may have been hurtful, this needs to be forgiven and forgotten. You will not be able to rebuild your relationship and be happy together if at you are still bitter about the breakup.

Chapter 5:

When to Give Up On An Ex and Move On

Synopsis

In this chapter, we look at some of the things that may signal the end of your relationship. As much as you want your ex back, there comes a time when you have to move on.

- Should you move on or not?
- How can you know that your ex is never coming back?

It is good to be realistic. You may do all things possible to try and rekindle your love but nothings seem to work out. You may not even need to do any of these things to realize that your ex won't come back. When this happens, you just need to accept this and move on.



When To Quit

Non- Responsive Exes

Unfortunately, there are times when your ex may make up their minds that they are done with you and there's nothing that you can do about this. When this happens, you need to know that it's time to move on. If your ex won't give you a chance to even talk to them no matter what you do, you may need to just go your separate way. You should give your ex some space but if it's been months and you still haven't heard from them, then it's time to move on.

Your Ex Has Moved On

There is a difference between a rebound relationship and seriously moving on. If it has been months since you broke up and your ex is already seeing someone new, then let it go. This is especially important when the ex gets married. There are people who cling to a lost love even up to this point. They try to convince themselves that the ex can't possibly be happy with another person no matter what happens. This isn't healthy, you have to move and give yourself chance to love someone else.

If your ex has moved on, let them go.

Violence

There are times when your ex may be so angry that they turn violent. This isn't a good sign. If you try and talk to your ex and realize that they are still very angry at you, maybe you should give them some space. If they threaten you, you need to get away from them. Anger is a common response especially when one of the exes is accused of cheating. Some people take their anger too far and may even become violent.

If You Realize That They Only Want Sex

There are exes who keep having an intimate relationship even after they break up. If you want your ex back because you love him/her avoid having a physical relationship. However, if you realize that they just want to sleep with you but now get back together then this your cue to leave.

If an ex just wants sex, then maybe you should just move on now.



Wrapping up

Breakups can be tough. Its normal to react in any way that can help you deal with the pain. You may decide to cry and wallow in your sadness thinking about what went wrong and how good things used to do. However you can get back on your feet and start working on getting your ex back. It's not easy to find love so don't give up on someone that you love without a fight.

Are You Ready To Win Back Your Ex?

It's ok if you still need some time to get yourself together and work on yourself. You have to ensure that you are absolutely that you are absolutely ready to get your ex back. If you still harbor some anger or resentment, then you are not ready. If you are panicking and feeling at loss then you aren't yet ready. Getting an ex back requires a good strategy that you can only work on if you are calm and collected and above all focused on your goals.

Why Did You Break Up?

It's natural to want to leave the past behind and simply move forward. However, you can only do this once you have resolved your issues with your ex. Find out what went wrong then look for ways to fix this. You should also try and find ways to make sure that this doesn't happen again once you make up.

Give Them Space

It is very important to respect your ex's personal space. Don't call or text them too frequently. You should also avoid pestering them. Give them space first before making your move.

Make Your Move

Don't sit down and just wait for your ex to come back. They move on and you may; lose them forever. Make sure you come up with a plan to get your ex back. Stick to your plan no matter what. This will help you avoid ruining your progress. For instance, don't get impatient and start pushing your ex as this may work against you.

Getting an ex back takes time and effort so don't expect it to work within just three days. You also have to know that having them back isn't the end. You still have to put in more effort to ensure that your relationship works this time.

Wish you all the best as you find love again!