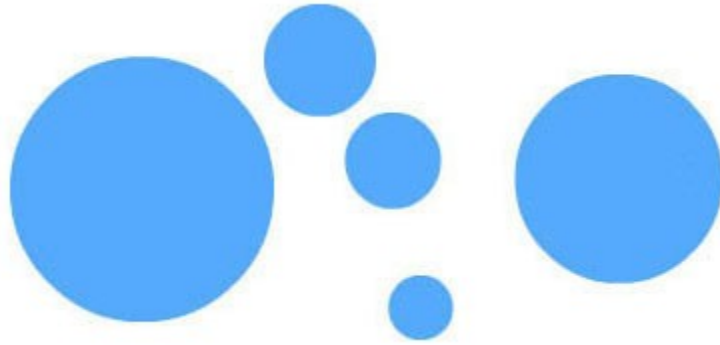


SUPER TRICKS TO GET YOUR EX BACK FAST

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So You're Alone. Now What?

You wake up in bed alone for the first time in months, perhaps years. What happened to the warm body that you have been snuggled against all this time? As you stagger out of bed you remember the events of last night.

The pain is intense, all consuming. You find yourself listless, sad, with no appetite or binge eating.

The questions you ask yourself include; what started the fight, when did it get out of control, and is it really over? You will also find yourself asking, what do I do now? When what you should be asking yourself is what should I not do?

You Should Not:

Call Your Ex

The immediate impulse is to call your partner and apologize, but do you really know what you are or should be sorry for? An action such as this will very simply let your partner know how important the fight was, and that is not the message you want to give them.

The Magic of Making Up recommends that you do not contact your ex for thirty days after a breakup. The Magic of Making Up system can be accessed here at <http://www.magicofmakingup.com/> .

You Should Not:

Go On An Eating Binge

While eating may make you feel temporarily better, losing your physique will not in the end help you repair your relationship! If you must snack eat healthy, carrots and celery, not fattening foods, such as ice cream and chocolate.

Keeping up your physical appearance will not only help in efforts to revive your relationship with your ex, or a new relationship, but you will feel better about yourself.

You Should Not:

Make Your Ex Jealous

Do not go out and find another partner with a goal of making your ex jealous. Jealousy is never a way to make a relationship work, and will only result in higher intensity negative emotions on both sides.

There is also the risk of mentally injuring a third party who is simply being used to make another jealous. Treat others as you want to be treated!

You Should Not:

Be The Friend

Above all you want to avoid the “friendship trap”. It is imperative that you do not present yourself as a friend to your ex. Once you have fit into the friend category, it is almost impossible to go back to a serious romantic relationship. Pull Your Ex Back offers a method to instantly get rid of the overwhelming pain of a breakup, this system can be purchased at <http://www.pullyourexback.com/>.

You Should:

Distance Yourself

We already talked about putting some distance between yourself and your ex, what you need to do now is distance yourself emotionally from the breakup.

I do not mean to stop caring about your ex or the reasons for the breakup, but take a few deep breaths and calm down. Think logically and rationally about the reasons for the breakup.

What Was The Fight About?

Try to remember what started the fights that lead to the breakup. Was the original disagreement something minor or was it a major issue? What made the fight spiral out of control? Did these factors play a role?

- Cheating
- Lying
- Minor Issues That Spiraled Out Of Control •

Not Enough Quality Time

- Fighting All The Time

- Not Enough Or Poor Sex

Can The Issues Be Resolved?

When thinking about the issue that lead to the fight, ask yourself; is it an issue that can be resolved. Is it an issue that you are willing to compromise on, or do you think your ex will be willing compromise on this issue once they have calmed down?

If the issue cannot be resolved, is it an issue you can remain in disagreement over? Most fights are about minor issues, and if an agreement cannot be reached, they can be avoided.

Do You Want Your Ex Back?

This is probably the most important question you will ask yourself! Do you really want your ex back? You must be 100% positive that you wish to be back together with your ex or no matter what you do, it will not work.

Putting a relationship back together takes a great deal of effort and work, make sure you really want it before you begin the process. If the reconciliation process is begun and aborted half way through the process, it will create even more volatile feelings on both sides.

Take your time answering all of these very important questions. Remember, you need to take a period of time (30 days are recommended) apart from your ex before trying to get back together. If the issue cannot be resolved or ignored, or you are not 100% certain you want your ex back, stop here and move on with your life!

Be Good To Yourself

During your time apart from your ex, be good to yourself! Do not wallow in self pity and depression, go out and meet friends, get your hair done, or go shopping. Do something that is completely selfish and only for YOU! By being good to yourself during this time, you will increase your self-confidence levels, and this will make your ex want to be with you even more.

Contacting Your Ex:

The First Meeting

During the first post-breakup meeting with your ex there are a few very important facts to remember:

- Neutral location
- Be confident and self-assured
- Maintain eye contact
- Remain calm and aloof
- Listen
- Keep it short
- Stay in control of the meeting

Hold the first meeting in a non-threatening, neutral location or setting, such as a public coffee house or deli.

Be confident and self-assured during the meeting and make your ex think the meeting outcome is not important. The Pull Your Ex Back system says that telling them you do not need them anymore will “make them want you more than ever”. Once again, this system can be purchased at <http://www.pullyourexback.com/>.

Maintain eye contact with your ex during the meeting, this lets them know you still care but are not intimidated.

Remain calm and aloof during the first meeting and do not let emotions rule you or the meeting.

Listen to your ex, without interruptions, you may not agree with their side of things but you need to make them feel that their side matters.

Keep the meeting short, leave your ex feeling that things are not complete and closed with the relationship yet.

Stay in control of the meeting, do not let emotions or your ex, and take charge.

What To Watch For

You will want to watch for the following signs during the first meeting that your ex also wants you back. It is important that both of you want to be together:

Your ex:

- Enjoys your company
- Has told you they are not in another serious relationship •
- Has lost weight, or dressed to impress you
- Initiates a second meeting with you
- Talks to you about serious subjects

These are all signs that your ex wants to get back together with you, there is hope! Once it has been established that you both want to work things out, more meetings can be arranged.

If you want to ensure the success of these meetings you must follow these do and don't guidelines.

Almost Back Together - More Meetings

Rules

1. No sex - absolutely do NOT have sex with your ex until it has been established formally that you are back together for the long term!
2. Go on dates - have your meetings in public places, the movies, restaurants, public parks. Avoid situations where you will be totally secluded. Treat each meeting as a first date; get to know each other again.
3. Take it slow - take things slow, do NOT rush your relationship. You both need time to get past the issues and fights that lead to the initial break-up.
4. Make each meeting slightly more intimate - slowly increase the intimacy of each meeting, go from coffee to lunch, to supper to the movies.

5. Do not promise things that cannot be delivered - VERY IMPORTANT - For a lasting relationship you must not make any promises you will not be able to keep. Trust is one of the most important factors in any relationship.

The Future:

Let Go Of The Past

The first and most important step in creating a future relationship with your ex is to let go of the past! Resolve all issues you have had in the past and both agree to move on and NOT MENTION THEM AGAIN! This is very important, especially in instances where one or both sides have done or said things they did not mean in the “heat of the moment”.

Spend as much “quality time” together as possible. Quality time is time spent alone, actually talking to each other or relating to each other directly in some other way. Yes we are talking about sex here, sex can be an ultimate quality time, if both partners take the time to talk to and listen to each other.

Agree To Disagree

In every relationship there are going to be disagreements! You and your partner must agree to disagree about some things. Either agree to discuss issues you disagree about without getting emotional and having it turn into a fight, or agree what topics and issues you will avoid discussing.

Avoid Fighting

Above all in your future relationship, avoid the type of fights that lead to the breakup. Avoid the subject, or if that fails, remain calm and logical during the discussion. When emotions are out of control, a disagreement over trivial matters can lead to a full blown fight. 80% of all breakups are not about any specific issue, but only happen because emotions have spiraled out of control and things have been said in the “heat of anger”.

Tips And Tricks

There are many tips and tricks available to help make your relationship work. While the long term effects of these tips and trick have on relationships is not evident, reviewers have said that some of them will work to repair a current relationship or rebuild one that has fallen apart.

Save My Marriage Today offers a system to save any marriage, it can be purchased and downloaded at <http://www.savemymarriagetoday.com/> . Save My Marriage Today says that “with the right information, virtually anyone can have the marriage of their dreams.”

Pandora’s Box offers a system that will enable you to read your partners mind! This system can be accessed at [Pandora's Box](#) . The Pandora’s Box system admits that it “should be illegal” but is being offered to a limited number of men in each geological area.

And the Ex Recovery System, available at <http://www.exrecoveryssystem.com/> will give you a simple, step by step system to get your ex-girlfriend or ex-boyfriend back!

Conclusion

Over 90% of all relationships can be saved, AS LONG AS BOTH PARTNERS WANT TO SAVE IT. Even when one partner is not convinced they wish to save a relationship, many times they can be convinced that it is truly what they want. Make use of the guides, tips, and tricks available on the internet and you CAN make your relationship work! Persistence, honesty, and staying in control are essential skills, and ones that will help you throughout your life, in relationships and out of them.

No matter what the initial issue or fight was that lead to the breakup, most relationships can be saved. As long as BOTH partners want to save it. Even issues that seem to be all important can be resolved if you both work towards that goal.