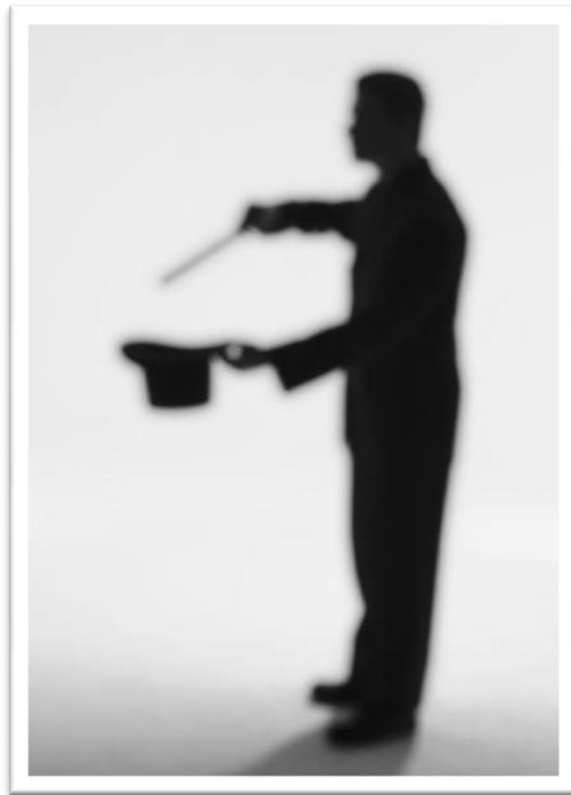


The Magic Of Making Up



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Published by:

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Introduction :

If you're reading this book right now, then you're probably suffering emotionally over the loss of someone you love greatly. The specific circumstances are irrelevant right now – maybe you did something wrong – maybe they did.

But the relationship ended, and now you want to repair the damage and reunite with your ex. Anyone who doesn't give up and seeks out advice on how to make this happen is obviously committed and should be commended for making the effort.

Here is how The Magic of Making Up is laid out and how you can get the most benefit from it.

First, we are going to discover the most common, but hidden reason why lovers leave. The core reasons! It is crucial you understand these reasons, it is because of these reasons that relationships are severed. It is like trying to work a jig saw puzzle in the dark if you don't understand these "love principles".

This is the "Understanding" stage.

Next, we are going to work on "getting your head on straight". Okay? You just can NOT attract someone back when you are depressed, angry or being extremely needy.

Then we are going to take a further look into YOUR relationship (Assess) and work a PROVEN plan, using methods and techniques that win back hearts!

I highly recommend for you to get everything you can from this guide to read through it once to get a general idea of the strategy we are going to use. And then YOU must follow the plan! You must take action! Nothing will happen if you do not use the information here. Make sense? Cool!

In summary, we are going to:

1. Understand
2. Get Our Head On Straight
3. Assess
4. Work the plan

*Love is an irresistible desire
to be irresistibly desired.*

Robert Frost

Chapter 1:

Understanding Why Your Relationship Ended (And Why It's Not Over Just Yet)

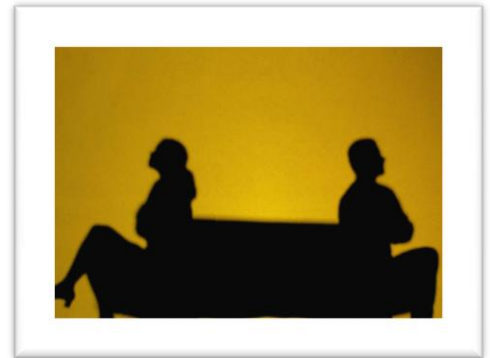
Why Lovers Say Goodbye

Couples break up all the time. (Just look at Jessica Simpson and John Mayer – the tabloids can't even keep up with how often they're off and on again!) But for the average Jane and Joe, who can't soothe their pain with a \$10,000 spending spree on Rodeo Drive, there has to be a way to get past the situation and move forward with – or without – the other person in your life.

Men and women leave relationships for different reasons. It can be confusing trying to sort out the mind of the opposite sex. Even when we're told something, we often feel there's more to the story or that the other person is out and out lying about the situation, so let's be blunt here.

If your lover has left you and given you some lame excuse like, "It's just not working out," you have to decode that secrets speak and figure out what went wrong on your own so you can fix it.

Not every situation is cut and dry, but some are. Sometimes one of you cheats and that deliver enough of a punch in the gut to make the one who got hurt pick up and say goodbye.



Let's face it, too – if someone cheated, there were problems long before the act of being unfaithful took place. If you're not in a position where you can pinpoint the exact reason, then you have to understand men and women and what makes them tick.

Why Men Check Out of the Relationship

Men don't want to hurt your feelings. Or maybe they just don't want to hear your reaction when they tell you the truth. Some men don't even know *why* they want out – they just do.

Either way, the fact is – men will abandon a relationship when it's no longer giving them what they need. Men like to be admired for who they are. They want respect and to see interest coming in from the opposite sex.

Men CRAVE ADMIRATION!



When a relationship gets stale, they may seek out another woman who has the newness and interest their old lover once showed. Call it manhood, call it ego – whatever it is, you have to let your man know he’s wanted and admired in a big way or he’ll get that boost from someone else.

When a couple first gets together a woman is really good at letting a man know she’s interested. She bats her eyelashes, smiles a lot, giggles, and is touchy-feely with him.

Then as time drags on, she starts going without make-up, wears sweats instead of that cute little mini-dress she used to don for him, and because she’s no longer trying to land him, she doesn’t put in as much effort into laughing at his jokes and showing interest in him.



Men don’t leave because they found someone prettier or thinner. They leave to feel respected, admired and wanted again. You’ll often hear men complain about wanting to stop being “nagged to death.”

It’s not the nagging that’s the problem – it’s the fact that their woman is conveying she’s somehow unsatisfied with who he is and what he has to offer, and that’s what eats away at him and drives him out of the relationship.

This doesn’t mean you can’t ever express your true feelings, but you have to balance those thoughts with an expression of love and admiration that will feed the fire of your love. You don’t have to sacrifice your self-respect and cater to his every whim.

Why Women Leave Their Men

Women leave for completely different reasons. They’re loyal to the end, until they stop feeling appreciated by their man. Men tend to think of some women as being “high-maintenance” because they’re *needy* and crave attention.

It’s not the attention they need – it’s the feeling that you appreciate everything they do – from the way she puts a little love note in your lunch to how she calls you at work to hear your voice.

This is why women who cheat, do it with men who shower them with attention and praise for who

If you cannot inspire a woman with love of you, fill her above the brim with love of herself; all that runs over will be yours.

Charles Caleb Colton

they are and what they have to offer the world.

Don Juans and Casanovas use this technique quite successfully to seduce married and partnered up women. They start first as "the friend" who listens to the girl's problems. Then, the conversation turns to "how ungrateful" the man she is with is and how blind he is to all of her wonderful qualities.

Finally, the Don Juan himself, is showering her with the "appreciation" and "attention" that she intensely desires...and next thing you know, Don Juan is the new man in her life.

Let's take a look at just a few common reasons relationships end. This is not an exhaustive list, but a sample to show you how every instance boils down to the elements above.

Cheating- Woman feels horribly unappreciated. Man does not feel admired when his wife or girlfriend cheats on him. Now, I can almost hear you screaming, but what about trust, faithfulness and 101 other reasons other than appreciation or admiration that someone would be upset about an affair?

Yes. There are other reasons and emotions. But, this is so important, the CORE reason someone will leave after an affair is feeling unappreciated or for a man, losing the admiration of his partner.

A woman is much more likely to NOT end a relationship or GO BACK after an affair, if she feels her man still NEEDS and WANTS her. There are thousands, if not millions of women that know their husband is having an affair and DO NOT LEAVE because they feel that their husband appreciates and needs them at some level. I am NOT saying that the affair is right, or does not upset her. I am just illustrating that loyalty, honesty and faithfulness take a "back seat" to just a "little appreciation".

Now, let's look at this when a woman cheats on a man. The worst thing a woman can do after an affair is to try to lay blame on the man. (which is so common).

For example, the woman will say things like it was your fault because:

"You didn't pay attention to me."

"I was lonely."

"Needed someone to talk to..."

This is like the princess coming out and shouting "I do NOT admire you." A man wants to feel like he is the knight in shining armor. Also, inbred into a "man" is the need to be strong (so he will be admired).

A woman would be much better off NOT laying blame. Usually, the best approach is to explain what a mistake the cheating or affair was, because of how much MORE and

BETTER of a man her current husband or boyfriend is than the man she had the affair with.

Constant Arguing and Fights- This kills many a relationship. And is a perfect example of the two core reasons why lovers will leave.

Think of how many arguments are really over "I do NOT feel appreciated." And the "killer" of passion for the man is that during and many times, long after the fight he feels like a piece of dung, a far cry from feeling like a "knight".

Ask any relationship therapist and one of the most common reasons men give for leaving a relationship is "No matter what I did I couldn't make her happy!" after so long of not being able to make his girl happy, he WILL give up and go with someone he feels HE CAN make happy.

And the reason given by most women?

"He doesn't appreciate a thing I do!"

Do you see the pattern?

Now, there are other issues, such as trust, (which we will discuss) that may affect your relationship. He or she may even SAY they don't trust you anymore and that may be true, but that is not the underlying reason they left or why they won't get back together.

Let's take a closer look.

Let's say that Tom had an affair and lied about it to Sally. Sally finds out and feels incredibly hurt, and does not feel special or appreciated by Tom at all. She tells Tom that she can't trust him anymore and that they are through.

Now, what is really going on?

Sally feels, either consciously or unconsciously, that she will never feel special to Tom. She feels that she can never feel special and loved by Tom EVER again because she fears that he will have another affair. So what is the point in the relationship? When what Sally needs most is not going to be met?

See...it just comes out as "I don't trust you." Because it is so much easier. People aren't always clear in their feelings. Men are less clear than women. And both, men and women are not clear during heated arguments. Underneath that "I don't trust you" is the true reason.



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Chapter 2:

Don't Panic – Your Key to Winning Back Their Love

You've just had the conversation. Your ex and you are officially broken up. So what's the next step? Should you immediately call him or her on the phone to win back your love? How about sending a thousand text messages professing your undying feelings?

These steps are perfectly normal occurrences for the average pair breaking things off, but they're not the best routes to returning your relationship. In fact, panic is the enemy. Panic equals desperation – Desperation and being hot headed are the enemies.

In this chapter, we'll talk about how you can suppress the panicky feelings you may be having, show you how to calm down, and strategize about your relationship.



Where Does the Panic Come From?

You may be an otherwise very rational person, but when it comes to the end of your relationship your brain cells just turn off and let your heart do the talking. That's how you end up drunk-dialing your ex to try to get back together, cringing the next morning when you realize what you've done.

Why do you feel so crazy when it comes to love? The panic you feel comes from the immediate loss of control that you experience. One minute you're laughing, having fun, and even arguing – but you know what to expect.

After a break-up you're suddenly spun into a world of unknowns. Even if you weren't all that happy in your relationship, at least it was familiar. You feel an immediate need to do something to help you regain that control.

So you choose to do a lot of things that actually end up making things worse. Before you can do anything about regaining your relationship, you have to dial down the panic and become a rational human being again.

Take a Break

Now that you've broken up with your significant other, it's important that you take a true break from your relationship. In other words, you need to stop calling, emailing, stopping by, or showing up at locations where you think your ex will be found.

You may think that the key to winning back your true love is to show him or her how much you really care as soon as possible – *before it's too late to ever recover*. The truth is, you'll end up causing your ex to feel alienated and even angrier with you.

When your emotions are raw and a break up is fresh, you're more likely to:

- Say things that aren't true
- Say things that will push your ex's buttons
- Try to make your ex feel jealous
- Use unkind words to make your ex feel bad
- Behave like a stalker
- Taunt your ex and rehash old arguments
- Seek revenge

As you can see, nothing in the above list is very attractive. These aren't good strategies for getting your ex to return to you – but because you're panicking, they seem like perfectly good ways to get back into your relationship.

Instead, you need to allow yourself to have a cooling off period. Look at your calendar and choose a period of time of about a month. Circle the date that falls about a month from now. That is the next day you can allow yourself to talk to your ex.

If you feel like calling, emailing, or visiting your ex before that date, STOP! Yes, you'll be thinking about him or her, but you can't allow your feelings to override the break that you both need.

If you really want to get back with your ex, you need time to clear your head and become rational again. Then you'll be able to see where things truly fell apart. You'll also be able to open real lines of communication when there's a little time and distance between the two of you.

Avoiding Avoidance

You want to take a break, but sometimes dealing with an ex in your daily life is inevitable. For example - you may work together, take classes together, or truly travel in the same circle of friends.

Unless you want to hole up like a hermit, you don't want to be rude and completely ignore your ex, but you just don't want to open up the lines of deep communication. Just smile, be friendly, say, "Hello," and then walk away or go about your business.

Completely ignoring your ex could make him feel like you're bitter, angry, or trying to get back at him. Instead, you want present a calm, cool demeanor – even if you're really freaking out inside. No shaving your head and attacking a car window with an umbrella just because you're feeling a bit moody a la Brittany Spears.

You Need This Time

Staying away from your ex is really important because it allows you to ride out the panicky feelings and move into a more strategic mode. You'll need this month of time so that you can plan your strategy well.

You also need to cool off from the emotions that always surround a breakup. There may be a very specific reason that your relationship ended, but during those initial days, you may have a hard time focusing on what needs to change.

Instead you're focused on your feelings of rejection, loneliness, and hurt. Giving yourself some time away from your ex is a gift that will allow you to accomplish what you really want in the end – reconciliation.

They Need This Time

You may have heard the phrase, "Absence makes the heart grow fonder." If you want to get back with your ex, you need to give him or her time to miss you. How can they miss you when you won't leave them alone?

So, while your initial reaction may be to try to keep in constant contact, it will surely backfire. Allow your ex to have a chance to get some distance from the breakup as well.

You want your ex to feel like you respect him, like you understand his concerns, and begin to miss you. Taking a real break allows all three of these things to happen. Giving your former relationship partner a break also helps you to appear mature, calm, cool, and collected – even if you aren't there just yet. These are all attractive qualities in a mate.

Give Yourself a Break

What can you do during this time? If you're not spending time with your relationship partner, you may really not know what to do with yourself. Here are a few ideas for keeping yourself busy the first few weeks.

Reconnect With Old Friends

During a relationship, couples often isolate themselves from friends. Take this opportunity to catch up on old times with the people you care about in your life. This is a nice distraction when you're suffering from a breakup. Just don't make your breakup the focus of all of your conversations.

Renew a Hobby

Is there a hobby you enjoy that you've neglected? Take a few weeks to get back into it without feeling guilty of the time spent doing something other than worshipping your boyfriend.



Whether you enjoy going hiking, photography, or playing an instrument, now's the time to focus on something that really interests you as an individual. You might also meet some new friends to help take your mind off of the old pain.



Focus More Energy at Work

Is there an area of your career you've been neglecting? Now is the perfect time to put in a few extra hours at the office. You won't be tempted to make a phone call too early if you're busy getting things done at your workplace.

Avoiding Depression

It's normal for people to feel blue after a breakup. But it's critical that you don't fall into a pit of despair when you're working toward getting back together. You don't want to make it even harder by falling into depression.

Here are some things you need to avoid during this time.

- Sleeping all day
- Staying at home instead of accepting invitations to go out
- Drowning yourself in alcohol (especially because it leads to drunk-dialing and text messaging)
- Telling everyone who will listen about your break up
- Making any major life decisions
- Calling in sick to work

While it may be tempting to hole up in your bed watching Jerry Springer all day, you need to continue living your life. Wake up early, get plenty of exercise, get to work on time, and fill your day with things you enjoy.

Managing Your Feelings Using

The FAST FORWARD Technique

We have all heard the saying "Time heals all wounds." But, that is little solace for the person experiencing the pain of the wound RIGHT NOW.

Wouldn't it be nice if there were a way to "fast forward" past the pain? Just press a button and speed up time to a point where we feel more balanced and rational.

While I don't have a magical button for you to press, I do have The Fast Forward Technique.

The Fast Forward Technique has many uses, but one of the best is for getting over the pain of loss. If you commit to performing this three times a day at least, you will be amazed.

STEP 1: Feel whatever it is you are feeling and notice how and where you feel it. For example many people feel emotional hurt in their chest or heart (that is why it is called heart break). But, that may or may not be true for you. Now just focus on your feeling and ask yourself silently or aloud the following:

Can I allow this feeling?

Or...

Can I welcome this feeling?

And then answer. It doesn't matter if it is a Yes or No.

STEP 2: Ask "Could I let this feeling go?" Again, a Yes or No is acceptable.

STEP 3 Ask "Would I let this feeling go?"

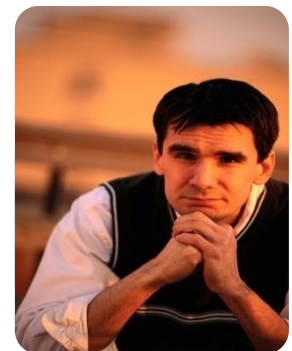
STEP 4 Ask "When?"

STEP 5 Now examine the feeling again. Does it feel different? Did you feel a shift? The shift is different for everyone, but is a sign of small healing. You want to feel how your feeling has changed and repeat steps 1 thru 5.

The Fast Forward Technique should not be a struggle. In fact, it will usually feel quite warm and soothing.

You will want to do 2 or 3 sessions a day. One session may be 5 or 6 repetitions or more through the 5 steps.

Also, let me let you in on a little secret. I have used The Fast Forward Technique for many things including



Managing my feelings about:

- Quitting smoking
- Dealing with "snack attacks"
- Writers Block
- Getting over my father's death
- Sticking with my workout program
- Major arguments with my wife

The Fast Forward Technique and I are old friends and I hope that by introducing you to each other, you will reap a lifetime of benefits as well.

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Chapter 3: Removing the Splinter in Your Relationship?

For right now, your relationship has ended. You're now at a crossroads. You can either choose to go down the road of reconciling, or you can continue your search for the right person for you.

Obviously you're interested in rekindling the romance because you're reading this book. But is that the right decision? In this chapter we'll talk about how to pinpoint the problem with your relationship in the first place.

Then you'll learn to evaluate whether or not this relationship is worth saving, or if it's time to move on.



Where Did You Go Wrong?

Now that you're spending some time apart from your ex, you can take a step back and look at your relationship. It's difficult to be completely objective, but you need to try to remove your emotions from the facts about your relationship.

Take some time to review the highlights and the low times of your partnership. There's a tendency to look back on your relationship and only see the good things or the bad things. In real life, everything is a mix.

Looking at the Positives

So what are the things that caused you to fall for your ex in the first place? What is it about you that was appealing to him or her? It's critical to think about the way the two of you were in the "honeymoon" phase of your relationship, because that's where you need to return in order to rekindle the romance.

Chances are high that your daily life has found a way to suck the romance right out of your relationship. Those things that caused you to fall in love in the first place have been buried underneath other experiences and the changes you've gone through as you've naturally grown.

It's time to pull yourself out of the rubble, dust yourself off, and get back to what made you part of this couple in the first place. What is it that attracted you to your partner?

What about you caught their eye? Take a few moments to think about the qualities that really made your relationship work. Did you:

- Like to travel together?
- Enjoy the same books?
- Enjoy the same movies and entertainment?
- Play a sport together?
- Just enjoy talking to one another?
- Listen to the same music?
- Find each other physically attractive?
- Like the same restaurants/clubs?
- Have the same ideas about family and children?
- Share spiritual and moral beliefs?



There can be any number of things that make a couple enjoy spending time with one another and want to be together all the time. Especially in the beginning of a relationship, you think about the other person constantly.

What kinds of things were you thinking about when you first met your ex? Whatever it was that helped to build the foundation of your relationship, you'll have to get back to it in order to reunite.

So it's critical that you spend a good deal of time looking for the positives in your relationship. In other words, what made you fall in love? You may want to print this page out and physically write down some of these things in the following space so that you can refer back to them later.

Positives

| | |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

Noticing the Negatives

Like all things in life, no relationship is perfect. And your relationship built up enough negative things that it caused a split. Sometimes a breakup is caused by one large “deal breaker” issue.

On the other hand, relationships can also end as a result of many small problems that build up over time. What are some of the problems that you had in your relationship?

Take the time to list those now. You may have some negative feelings right now that lead you to say things like, “he’s a man-whore,” or, “she’s a witch with a capital B.” While you may feel like this, these ugly phrases really don’t describe the problem.

Try being more objective. For example:

- We had different ideas about commitment.
- I was ready to settle down, but he was not.
- Our spiritual beliefs were different.
- Our values were not the same.
- We didn’t enjoy the same interests and hobbies.
- Our philosophies of children and parenting didn’t match up.
- We didn’t have a very good sex life.
- There was a lack of physical attraction.
- There was infidelity in the relationship.

This is only a partial list and there are many possibilities for the negative aspects of your relationship. Try to be very specific as you list them.

Negatives

A Word About Infidelity

When it comes to cheating, there are a lot of things you need to think about. First of all, cheating doesn't usually happen in a vacuum. That means that there were reasons why your partner was dissatisfied in your relationship and looked for something in someone else.

At the same time, there are people who are simply not willing to commit to one individual. If your partner is like Dr. McSteamy and can't get enough of women – any women - you have a bigger problem.

When cheating has been part of your relationship, you'll need to look at your partnership and try to determine why the infidelity occurred. Now that you've looked at some of the pros and cons about your relationship as objectively as possible, take some time to review your list.

Over the next month while you're working on your plan, you may want to revisit this list and add or take away things.

Why Do You Want To Get Back Together?

Another critical thing you need to analyze is your reason for wanting to get back into the same relationship. We all have initial feelings of regret, but are your reasons concrete enough to justify returning to the same person?

The Lies We Tell Ourselves

You may feel desperate to get back together with your ex. But why? In those first few days after a breakup, you may have a thousand reasons to get back together. You may think:

- I'll die without him.
- He was my whole life.
- I'll never find anyone as good as her.
- She was the best thing that ever happened to me.
- I can't be happy alone.
- It will all be different next time.
- I will change everything wrong that I did before.

It's totally normal to feel like this, but you need to know that all of the above statements are false! You can absolutely be a happy individual again with or without this person.

(If you are still struggling with your emotions, please go back and do [The Fast Forward Technique](#) again)

If you don't understand this fundamental concept, you're going to have a harder time whether or not you do get back together. If you go on thinking that you can't make it alone, then you'll have problems in this relationship and any relationships you have in the future.

The truth is, you have to make sure that you're okay with yourself first. Not only will you be happier, but you'll be more attractive to potential suitors. If the above list of reasons are the only ones you have for getting back together with your ex, you need to reconsider whether or not you really need them or you need to find yourself.

This is the truth: You will not die without your ex. If he was your whole life, then you need to improve your life first. You can find plenty of perfectly good people if you put yourself out there.

He may have been a very good thing in your life, but you can have more good experiences. You can be happy alone. People aren't perfect, and they don't change that much. This may seem blunt, but sometimes you need the cold, hard truth.

Legitimate Reasons to Explore

Now that we've squashed the irrational reasons for getting back together with someone, it's time to look at some reasons why it might be a good idea.

Was the breakup a rash decision? For some people, breaking up is done impulsively as a result of a specific problem instead of something that spans the whole relationship.

Maybe you haven't really tried to solve the problem. In this case, it may be worth taking another look at your relationship before kissing the whole thing goodbye. After all, you've invested time and emotions into this person.

Were you happy most of the time you were together? Many couples throw away a great relationship because of one or two bad experiences together. It's important to know that all relationships have ups and downs.

If you're happy together the majority of the time, it's probably worth trying to work out the smaller kinks. If you're seeking perfection in your partner, you may end up alone and bitter – because we all have faults.

Do you generally want the same things? Does your ex want most of the same things you want out of life? Is it possible that you can accept some of his or her negative qualities in order to have the big picture of what you want?

Making Big Changes

It would be wonderful if everyone could instantly change everything they did that someone else didn't like. It would also be wonderful if you could wave a magic wand and transform your relationship from a battlefield to a bed of roses.

Unfortunately, that's just not human nature. It's important for you to accept the fact that you're probably not going to become a completely different person any time soon.

Yes, some people have life-changing experiences and moments that really help clear up their purpose. But overall, people don't change that much. You can't expect your ex to go from the Wicked Witch of the West to Glenda the Good Witch in an instant. Once a green girl, always a green girl.

Reevaluating Your Goals

You may be afraid after reading this chapter that the aim of this book is not actually to help you get back with your ex. The truth is, if you get back with your ex and it truly brings you the long-lasting happy ending you want, then the book has served its best purpose.

But if getting back together with your ex is only going to take you down a long and messy road of misery and unhappiness, it's probably better than you don't get what you want this time.

The purpose of this chapter is to help you really look at your relationship with a critical eye and decide if it's what you really want and need for your future. Is your ex the person of your dreams?

Or are you just afraid that there's no one out there? Fear of the unknown may be scarier to you than the hell of a dysfunctional relationship. That's one of the reasons you have to continue waiting a month to get back in contact with your ex.

It will allow you even more of a cooling off time so that you can determine if you really want to get back together or if you want to move on with your life.

Where Do They Stand?

So we have been talking about where you stand and that is a big part of the equation. Also important, is where your ex stands. Many partners come to the wrong conclusion due to a major misconception that we are going to clear up right now.

Love And Hate Are NOT OPPOSITES

Let me repeat, LOVE AND HATE ARE NOT OPPOSITES. So if hate is not the opposite of love, what is? The opposite of love is complete and utter indifference. *Indifference* is the opposite of love.

This distinction can really help you accurately assess where you stand and how difficult it may be to get your ex back into your life.

See, the line between love and hate is a thin one.

So, even though your ex may scream how much they “hate” you. Remember, a week ago they were telling you how they couldn’t live without you. See how thin that line is?

In fact, in a situation like the above, it is easier to reunite than a situation where the passion has just fizzled to a point where there just isn’t any emotion whatsoever – *indifference*.

Once You’ve Made the Decision

If you’ve decided that your relationship is worth fighting for, then please continue. In the next chapters, you’ll learn how to take care of yourself, formulate a plan, open the lines of communication with your ex, and get back in the game.

Once you’ve been able to achieve reconciliation, you’ll also learn some strategies for protecting your relationship from further breakups. In the next chapter, you’ll learn how taking care of yourself is the first step to taking care of your relationship.

It’s the first step toward getting back into *love*. 

Chapter 4: Re-Igniting the Spark of Passion and Desire

After a breakup, how do you go back to the beginning of your relationship? In order to go back to the initial phases of attraction and romance, you have to renew your feelings of confidence and desirability.

Who are you more attracted to? Someone who puts their best face forward? Or someone who looks like they couldn't care less about their appearance? You don't have to look like Brad Pitt or Carmen Electra to attract your mate to you.

But you do have to put some time and energy into taking care of your health and your looks. This isn't about becoming the most beautiful or handsome person in the room, it's about being the best you can be.

That may seem impossible when you're feeling the blues from a breakup, but a few simple steps can bring you back into a healthy frame of mind. It may be hard to think of taking care of yourself, but if you want to attract your ex, you have to start with this crucial first step.

When you take care of you, you put out a vibe that no one can see but everyone can feel. It's like a magnetic force that brings good people toward you. This is critical to helping you get back with your ex.

VITALLY IMPORTANT! There is also another psychologically powerful reason to alter your appearance. To change your looks from when you were together, a personal "transformation" if you will.

...You **MUST BREAK THE PATTERN.**

What does that mean? Here's the easiest explanation. Can you recall a smell that brings back powerful memories? Good or bad?

For many the smell of cookies baking brings back great childhood memories. I for instance can not stand the smell of Pine-Sol. It brings back awful memories of a very troubling time in my childhood.

Humans unconsciously link emotions to sights, sounds and smells. At the beginning of a relationship there are no "linked" emotions to a person's appearance, unless the person reminds them of somebody. As the relationship progresses good feelings start to associate with the appearance, sound and smell of a person. Bad feelings may associate too, but at the beginning of a relationship there are typically

more “good feelings” than bad. We associate pleasure with the tangible features of another person.

This is all great when the relationship is going well. It is these “linked feelings” that will keep us attracted through the rough times.

What happens in failing relationships, is bad experiences and feelings start to overtake the good experiences. And now we link bad feelings to the tangible features of the other person.

We have a pattern. See this person...bad feelings well up. There may be some good too. Overall though the balance has tipped to the negative.

What we need to do is BREAK THE PATTERN.

There are literally dozens of ways to look, smell and even sound different. So that when we contact and meet our ex again he/she does not run the same pattern and “bad linked feelings” as when the relationship failed.

What happens is we start on fresh ground psychologically speaking. This is an unconscious process. This has a DOUBLE WHAMMY effect when the change demonstrates a greater care for ourselves, If we were to lose weight, get our teeth whitened or get our acne cleared up for example.

Further, it gives us increased confidence which is a potent aphrodisiac.

Begin With the Body

The easiest place to get started is by taking care of yourself physically. When your body is healthy you have more energy. This helps to improve your mental health as well.

You may be tempted to do things like fill your body full of junk food and lay in bed watching TV as much as possible after a breakup. You may be having a hard time sleeping or eating at all. Either extreme will do nothing to get you back together with your ex. If you want results, you have to fight these instincts.

Don't forget to love yourself.

Soren Kierkegaard

Everything in this section is designed to give you more energy. That’s because a breakup can often leave you feeling drained. You must take care of your body and increase your energy to have the relationship you desire.

Get Moving

The first step in getting your body in shape is to get moving. This means exercise. You need to get into a routine of exercising at least 30-45 minutes every day. If you already have a gym membership – start using it. If not, there are many activities you can do that don't require a lot of extra money or equipment.

Activities you can do on your own include:

- Walking
- Jogging/Running
- Rollerblading
- Biking
- Swimming



With these activities you'll get your heart rate up and sweat. This is a great way to help improve your mood. When you exercise, your body creates hormones called endorphins. These chemicals are natural pain relievers that make you feel good.

So exercising will automatically help you to improve your mood if it's vigorous and causes your heart to beat faster. Other exercises can be good for relaxation and strength as well. For example:

- Yoga
- Stretching
- Weight training
- Pilates



These exercises will help to improve your strength. They'll help you to talk taller and be more confident. These should be used to supplement the more aerobic activities you participate in every day.

Finding a buddy can also help you to get into gear. If you have a close friend – or even acquaintance – who would like to work out, it may help motivate you even more. There are many activities that are great for two. For example:

- Biking
- Hiking
- Racquetball

- Tennis
- Basketball
- Jogging/running
- Walking
- Rollerblading
- Aerobics classes
- Water exercise and swimming

Having someone to exercise with can be a great way to get the job done. Remember, this time of exercise is not about becoming the most beautiful or handsome person in the room. Instead, it's about being the best you possible and about gaining the confidence you need to attract the love of your life.

People will notice the extra spring in your step even if they don't see any of the other physical changes that come from an exercise program. So even if you *feel* like getting into bed with the covers pulled tightly over your head, fight it and move your body!

You Are What You Eat

Breakup food often includes one or more of the following:

- Ice cream
- Cookies
- Chocolate in any form
- Drive-thru
- Chips



Sounding familiar? These foods may provide you with some temporary comfort, but in the end they just weigh you down and make you feel even worse. On the other hand when you put healthy foods in your body, you feel lighter and have more energy.

A lot of people strive to eat healthy foods, but they don't really know what foods are the best. In this section you'll learn about how to eat healthy so that you can have the energy you need to get back with your ex. You'll also be more attractive to other people when you feel good about yourself.

Before you head to the nearest weight loss center, you don't have to spend a lot of money or join a diet program to feel better. Sure, Kirstie Alley swears by a program but you don't have to buy into something like that to get the results you need.

Protein

You need to eat lots of protein to help fuel your muscles and your brain – especially right after a breakup. Foods that contain protein include:

- Beef
- Chicken
- Turkey
- Pork
- Eggs
- Beans
- Milk
- Cheese
- Yogurt
- Nuts – such as almonds or pecans



When you're choosing protein to eat, you should look for lean cuts of meat. Cuts that are "round" or "loin" are going to be lower in fat than others. You should also limit your servings of red meat (beef) to once a week.

Getting protein from low-fat sources such as yogurt and milk can be very beneficial. And the fat that you get from eating nuts is actually good for your heart and health – so nuts are a great source of nutrition.

Fruits and Veggies

While your body needs protein for muscle growth, it also needs fiber and vitamins. These come primarily from fruits and vegetables. These are nature's best gift to your body.

Fruits and vegetables give your meals color – and the more color you have, the more nutritious your meal is. Every time you sit down to eat, try to make sure you see at least four different colors on your plate. This ensures that you're getting a variety of nutritional factors that you need.

Many people get stuck in a rut when it comes to fruits and vegetables. You may get sick of eating the same old green beans and apples. But there are literally hundreds of choices when it comes to these foods. Try something a little exotic to add flavor and fun to your meals. Here are some examples:

Fruits

- Pomegranate
- Pineapple
- Kumquat
- Strawberries
- Jicama
- Fresh cherries
- Champagne grapes



Vegetables

- Squash
- Peppers
- Beets
- Greens
- Cabbage
- Tomatoes
- Leeks
- Pumpkin
- Mushrooms

You may be a little intimidated about trying to prepare these foods, but you can talk to someone at your local grocer. You can also get plenty of recipes online. Be adventurous and try to eat something at least once a week that you've never had before.

Feed Your Body Fat

You may spend a lot of time and energy trying to eat less fat. But fat is something your body really needs – and it can really help you have more energy and mental health.

We're not talking about the kind of fat that comes with a double cheeseburger, large fries, and a milkshake. It's unfortunate that those tasty treats don't provide much health. Instead we're talking about the kinds of fats that can be found in olive oil, nuts, fish, fish oil, and flax.

These are unsaturated fats that actually make your heart healthier. The omega-3 fatty acids that can be found in fish oil and flaxseed oil can also do wonders to improve your mood.

In fact, if you eat a couple of servings of these oils every day, you'll begin to feel their anti-depressant effects. Who wouldn't want to feel better mentally from something that can also make your body healthy?

You can add these oils in easily by eating fish for dinner or by adding a little flax oil to a smoothie or salad dressing. You can also take supplements of omega-3 fatty acids.

Hydration for Health

The last major step you need to take to improve your health is to keep your body hydrated. Instead of living on soda and coffee, try drinking water. This will keep you from overeating and help you replace the fluids you've lost from all that exercising.

Drinking water also helps to prevent headaches, helps your joints feel better, and keeps you from getting bloated. These things will help you look and feel better so that you can be more energetic and more attractive.



How much is enough? You need about 64 ounces of water a day. That's about 8 small glasses. If you're working out a lot, you can always use more.

Matching Your Mind with Your Body

Getting your body in good shape is the first step to good health. It can help to prevent the feelings of neediness and desperation a la Glenn Close in *Fatal Attraction*. Acting needy or desperate is the best way to kiss your ex goodbye forever. But if you're serious about reconciliation, you have to get serious about taking care of your mental health.

There are many techniques that will help you to get back on balance after the trauma of a breakup. Look through the following ideas and decide which ones you think will help you the most.

Write It Down

When you write down your feelings and fears, you give yourself permission to let them go. Rather than causing you to dwell on the negative, writing down negative feelings gives you clarity about what's really bothering you and helps you to move on.

You can use a journal, a spiral notebook, or just some paper. If you're having trouble getting started you can imagine you're writing a letter to your parents, a sibling, or a good friend. This may keep it from feeling awkward for you.



Writing about your relationship can help you to uncover things about it that you didn't know before. It can help you become clearer about what went wrong and what went right. It can help you to understand why you want to get back with your ex and what things may make getting back together challenging.

Journals can also help you to get out your feelings of anger, frustration, and hurt that are often caused by breaking up with someone special.

Journaling isn't for everyone, but it's a good idea to try it before you decide it won't work for you. Many people find it strange at first, but then get to the point where they can't live without it. It's a great way to start or end a day to help you focus on what lies ahead.

Depend On Your Friends

In times of crisis, your friends are usually the first people you turn to. You don't want to spend all of your time whining and crying in your beer about your loss. However, friends can be good sounding boards when you need some help.

They can also be great at helping to distract you so that you can learn to have fun again. So call up some of your pals and make plans to go out for dinner, lunch, shopping, a movie or whatever it is you enjoy doing.

Advice from a Pro

If you're feeling really desperate or unhappy and you feel yourself sliding into a depression, you may want to look for a professional who you can talk with. It often helps to have an objective person to talk to.

The only real downside is that it can cost a pretty penny to see a therapist. It can also take a few sessions to feel like you're getting the results you need. You may also

have to shop around for a counselor that fits well with you. No two counselors are alike and you may just not jive with someone.

Focus on Fun

The first three suggestions here have been directed at helping you get out your emotions. But sometimes you need to just turn them off and do something else. What kinds of things do you enjoy? Make a list of your favorite activities and try to do at least one of them each day.

Taking your mind off of your breakup can help ease the feelings of desperation and panic that you may be feeling. It can also help you to see that you can enjoy life on your own. You need to be a whole person before you can make a relationship really work.

Avoid Substances

Many people turn to alcohol or other drugs to help ease the pain of loneliness and fear. But alcohol is a depressant and will only serve to make you feel worse. In addition, the effects of alcohol poisoning and hangovers can wreak havoc on your body.

These may seem like quick fixes for your mood, but try to abstain from having too much alcohol and keep away from any type of drug. Keeping your mind clear and your body free of toxins will help you a lot more than drowning your sorrows in a bottle.

Alcohol and drugs also have a way of taking your judgment from you. That means you'll be more likely to call your ex or try to see him or her. This could jeopardize your true goal of getting back together with your ex.

What's more important: A night of fun? Or a lifetime of happiness with your true love? When you're making decisions about how to treat your body, it's critical that you think about the long-range plans.

Your Appearance

Please remember one of your goals is to "break the pattern" and there are numerous inexpensive ways to make a transformation. Your other MAIN GOAL is to focus on YOURSELF. Improving yourself and taking care of some of these items below can really skyrocket your self-esteem and confidence.

1. Men- UPDATE YOUR WARDROBE. Pick up a copy of the latest Men's Fitness, GQ or Esquire and take a look through the pages and get a feel for what is in style right now. You don't have to spend a fortune. But you need to know if your "acid wash" jeans are in or out.

Women- You probably keep up on fashion. If for some reason that you don't...I recommend you do the same as the men. Pick up a few of the latest issues of

Cosmo, Vogue or Elle. You don't have to be New York Chic. This is more about you feeling great about what you are wearing.

2. Change your hairstyle. Even simple changes can give you drastic results. A slight change in color. Parting your hair on a different side. Men if you are going to a barber...try going to a salon and getting some advice. Ladies if you have been going to the same stylist for years, see if she can help you with a fresh look. If not then give someone else a try.
3. For about \$50 you can get a teeth whitening system that works pretty well from Wal-mart. Many dentists sell these kits very inexpensively. You will NOT believe what a change it will make in your appearance to whiten your teeth a few shades.
4. Dentistry. If you have been putting off dental work. Get it done! Especially, if it is affecting your smile. This gives you HUGE boosts in self confidence. You can smile again! And just wait until you see the look not only on your lovers face, but others as well. Go get it done. You are worth it! And it won't be as painful as you think.
5. Skin problems – This is another area that can be fixed pretty easily and with marked improvement in 30 days. Make an appointment with a dermatologist. You can get some valuable and professional advice for the price of an office visit.
6. Plastic Surgery? I do NOT recommend for this course to get any kind of plastic surgery, tummy tucks, breast enhancements or any other permanent changes. There is plenty you can do that will drastically alter your looks without resorting to something permanent. Plus, the fact that many procedures require at least a couple weeks to a month of healing time. During that time you will be swollen and bruised. I am NOT taking a position for or against permanent procedures. I am only saying it is NOT necessary to win back the love of your life...Okay?

Please don't whiz by the above section. It is really key! If you don't know where to start, I would recommend taking baby steps. Those little steps will, as you accomplish them, excite and motivate you on to other steps. So for example, you could start with the teeth whitening. This is easy, inexpensive, and makes your smile go BANG! You will see and feel a huge difference and that will usually motivate you to "conquer" other steps.

If you are still having problems getting started above run through [The Fast Forward Technique](#) about the negative feelings you are having.

The Next Step

Once you have put your “health plan” together, you need to make it a routine.

You’ll need to keep up your routine of physical maintenance while you take the next steps in the plan. In fact, these are all great habits to build into your overall lifestyle.

When you put out a feeling of energy and confidence, you’ll be bound to attract many people to you. You’ll see that being positive and healthy will bring your ex to you like a moth to a flame.

But you’re not ready to approach your ex just yet. In the next chapter we’ll talk about dating possibilities and avoiding the dreaded rebound relationship.

Chapter 5:

Dates and Lovers – How Other People Can Actually Bring You Back Together With Your Ex

Often dating other people is exactly what you need to realize that your world is not over, increase your self confidence, and take your mind off of your troubles. It also shows your ex that you are confident, not desperate and moving on.

This is POWERFUL. I have seen many couples get back within days.

Making the Decision to Date

At this point, you should still be holding strong and avoiding *any* contact with your ex. You're focused on taking care of your mind and body. Now it's time to put yourself out there a bit. How can this work? Well, this will do several things for you when it comes to reconciling.

Moving On

You may be afraid that your ex is going to know that you've been dating someone else. This is actually a good thing. Usually when someone begins to date someone else it means that they've moved on.



Now, you may know that you haven't *really* moved on, but your ex is in the dark. When you take the first step of going out with someone else you show your ex that you're not desperate or panicked. Instead, you appear self-assured and strong.

Self-Confidence

By dating other people you'll begin to feel a little bit taller in your shoes. Knowing that someone else actually can find you attractive is a great thing. It's also great for you to have some fun while you're taking a break from your ex.

Whether you asked someone out or they asked you, the fact that you're on a date means that there can be life out there without your ex. Even if this relationship isn't going to be permanent, at least you're doing it!

Keeps Your Mind Off Your Ex

When you're busy playing out on the town, you have less time for lying in bed and wallowing in misery. Instead of being miserable and depressed, you'll be doing something constructive.

Fighting Phobia

When you've been in a relationship for a long time, you may feel a little bit apprehensive about meeting new people. This is a good time to just jump in and do it when you know you're not really looking for a long-term relationship.

Because you know you want to work on things with your ex, you don't have to fret about whether or not you find Mr. or Ms. Right. Instead you can focus on having fun and making new friendships.

Taking the First Steps

If you've been out of the dating pool for a while, you may need some help diving back in. Where do you meet someone? The society in which we live provides many options for dating when you're freshly single.

High-Tech Dating

The most obvious place to look for a decent date is the internet. You can find a singles site for just about any person. There are local sites, national sites, as well as sites based on religion and culture.

There are sites that do the matching for you based on personality profiles and still others where you can search and browse and then make contact. You can also go to chat rooms to find people who are interested in the same things as you.



At one time there may have been a bit of a stigma with online dating, but these days it's as common as it can be. All you need to get started is a few digital pictures of yourself and an Internet connection.

Because you're not looking for anything long-term at this point, the internet is a great way to get started.

Speed Dating

Speed dating is another popular way to meet people. Most major cities have companies that provide this service. The idea is that you get to have dates that last anywhere from 2-5 minutes so that you can see if you have an initial attraction with someone. You'll go in a circle so that you meet several people in a short time.

Then if both of you are interested, you can exchange numbers or arrange a date at a different time and location. This is a great way to meet a lot of potential dates at one time.

Dinner Dating Clubs

Another option for dating is a dinner club. Again, this is an option that you can find in larger cities. When you join the club you'll be scheduled for an appointment that has lots of different people joined together for a meal.

You'll be able to chat with many different people in a low-pressure environment. If you make a connection - great. If not, at least you had an enjoyable meal.

The Great Setup

If you're not comfortable with dating services, you may want to see if your friends or family can set you up with someone. Some people love to be set up and others hate it. It's probably not in your comfort zone, but it can be a great way to meet people.

Making a Dating Plan

If dating is something that you're pretty apprehensive about, you're going to have to force yourself to do it. This can be very difficult. You need to set a goal for yourself so that you'll get it done and you can feel accomplished.

You should have the goal to go on at least one date a week while you're taking a break from your ex. Preferably each of these dates should be with different people so that you get to meet a variety of potential partners.

Thinking about this may put you in the die zone - meaning that you'd rather die than do this. But once you've gone on one date, each subsequent date will be a little easier.

You really have to have the attitude of "just do it." You have to get past your fears and your excuses and just make the move.

Dating Etiquette

Once you're on a date, there are some things about which you need to be reminded. You aren't looking for anything permanent, but that doesn't mean that you need to be vocal about your intentions while you're on the date. Here are some tips for an enjoyable evening:

- Don't spend time talking about your ex. It's not something that should even enter the conversation.
- Focus on the person that you are with and truly try to get to know him or her. You never know when you'll make a great new friend or even a future lover.
- Be honest and be kind. If you're not interested in continuing to date someone, let him or her know that you think this wasn't a love connection. Don't string someone along by saying you're going to call when you're not.

- Let loose and have some fun. Don't be worried about what your ex will think if he or she finds out about this. Just enjoy yourself and have a good time.
- Put your best face forward. Don't try to sabotage the date because you're thinking about your ex. Dress to impress – and behave the same way.
- Keep an open mind. You may really like the person you're dating on a specific night. Allow yourself to make that connection and be open to this being a new relationship for you – now or down the road.
- Don't get depressed if you don't meet anyone you like or who likes you. Sometimes you have to meet some people that aren't right for you and that doesn't mean that there's no one else out there for you.

If Your Ex is Dating

While you're trying to find a date for Friday night, you may find out that your ex is doing the same. This may be very upsetting for you and make you feel like you won't have a chance after your month is up. It could even cause you to panic and break your no contact agreement.

*You simply must **not** contact your ex.*

Trying to call up your ex and ask about his or her dating is just going to make you look desperate again. Instead of drawing your ex closer to you, you'll be pushing them away.

Instead, you should look at the positive things that can come from your ex dating other people:

- Just as you are uncomfortable when you meet someone new, your ex is probably having those same feelings.
- A new person won't have the same history that you have with your ex. This will end up in your favor.
- Someone on the rebound rarely mates for life with the next person they date. This probably won't last long. In fact studies show that 90% of rebound relationships do not work out. So, if you play the odds and keep your cool while they are dating, you can position yourself very well for a reunion. On the other hand, if you freak out and make a ton of mistakes because you are in panic mode, then you are that much further from getting back together.
- The further away from your breakup you get, the more your ex will become nostalgic about your relationship. Instead of remembering all the bad things, he or she will begin to remember the good times. This will diminish the quality of any new people that your ex dates.

So instead of worrying about your ex dating someone else, be glad. This means that he or she is probably seeing that the other fish in the sea are not that great compared to you and your past together.

Being uncomfortable dating new people will help your ex to rejoice in the idea of the comfortable rhythm you have in your relationship. This will help you when you do finally reach out for contact.

Rebound Relationships

While it's incredibly important to test the dating waters as soon as possible, it's also critical to remember that rebound relationships can often be problematic. There are several reasons for this:

- You feel vulnerable as a result of your breakup
- You're desperate to know that other people will find you attractive and appealing
- You may make rash decisions because you are in emotional crisis
- You might be willing to overlook major problems with a new date because you just want to move on

While it may be tempting to dive into another long-term relationship, it's generally not a good idea to do so. Going on a few dates to gain self-confidence and have fun is great, but you may want to wait to make any lasting commitments with someone.

If you find someone with whom you have a strong connection, it's okay to keep him or her in mind for something more serious. Just take your time. You don't want to do something rash that you'll regret later. Instead of opting for a Vegas wedding on your second date, try dating for a few months first.

Reconnecting With Your Ex

Once you've successfully completed your homework of having a period of no contact with your ex for a month and dating a little, you're ready to gear up for the next steps. It's time to begin reconnecting with your old relationship.

In the next chapter you'll learn about what you need to do to reach out to your ex without putting pressure on the relationship.

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Chapter 6:

Easing Back Into Your Relationship to Solidify Your Love

By the time you're ready to take the steps in this chapter, at least 30 days have passed since your breakup. Right?... Right? You're looking and feeling your best. You've been dating a little and experiencing new possibilities.

Now it's time to continue with your plan to reconnect with your ex. So how do you get back into his or her life when you've been out of it for a while? That's exactly what you'll learn in this chapter.

How Do You Feel?

Before you can begin communicating with your ex again, you need to do a check on how you're feeling. By now you should be feeling a little bit stronger, self-assured, and you should be having some fun.

This will really help to dial down the feeling of panic or desperation that you were feeling in the first few days of the breakup. So how are you really feeling right now? This is important, because if you're feeling desperate you're not ready to start talking to your ex yet.

Your attitude should be that you can live without him or her and that you're ready to move on. If you're still having the feelings that you can't live without this other person, you're not ready.

Why does this matter? Because your ex knows you well. He or she will know if you're calling out of desperation. When that happens, you'll immediately lose points with your ex.

Instead of seeming more attractive to your ex, you'll become less and less appealing. So even if you're really wishing that you could talk to your ex, don't do it unless you're in the mindset of moving on.

You may think that you can fake it, but when you have a lot of history with someone it's really hard to fake emotion. Realize that you're not much of a mystery anymore to your ex. Wait until the time is right.

The First Contact

Okay. You feel like you're ready. So now it's time to make a plan to get this person back into your life – and hopefully back into your arms. You'll need to start with a simple phone call. But the object of the call is really to get this person back into your

physical presence only. A short and fun “get together” NOT a date or “I want to talk to you”. Your real objective is just to be seen by him/her, have some fun and to try and ignite a little spark again. If you have done the work on yourself we have discussed, when you meet a “pattern break” usually occurs. You can usually tell because they will act very friendly and different than they had in the past. You seem “new”, exciting, attractive and most importantly they don’t automatically associate the “bad feelings” to your appearance.

While you’re going to start with a phone call, it’s not just any old phone call. You need to choose how you’re going to approach your ex with thought. Here are some guidelines:

- Try to pick a time to call your ex when you predict he or she will have a few moments to talk privately
- Focus on fun – don’t bring up ugly memories from the past
- Prepare to talk about something good in your relationship – a funny or sweet experience
- Keep it pretty short
- Ask your ex to meet you for a specific activity – lunch, coffee, etc. (make it a short occasion.) Lunch is way better than dinner. Your ex may fear that you want to have some long grueling conversation or confrontation. You can put them at ease by implying that you will only have a half hour or so.
- Dial down any desperate feelings



While you’re talking to your ex, you need to make sure and keep things pretty light. Talk to him or her for a few minutes and as soon as you feel like you’ve got your old comfortable rapport going, break out your invitation.

You don’t need to beat around the bush – just ask! Be specific about a date, time, and activity or location. You should try to call about a week before you actually want to see him or her. This will give you some time to do a little more prep work before the get together.

Voicemail

It’s possible that you’ll get all geared up to make the phone call, and your ex won’t pick up the line. In the days of caller ID, your ex will most likely know that you called. But you shouldn’t leave a message just yet.

At this point you may be tempted to call your ex 500 times a day until you get him or her on the phone. This is a very bad idea.

Instead call one time and then wait a few days to call again. This may seem incredibly difficult to do when you're anxious – but your ex will get the message that you're not desperate.

The less desperate you appear to be, the more likely it will be for your ex to pick up the phone. Just seeing your number on the caller ID one time may pique his or her curiosity.

Waiting a couple of days to call back will let that curiosity grow. You may even get a call from your ex in response to seeing that you've called. If this happens – even better!

If you've called every couple of days for a week with no response, it's time to give it a longer break. Keep doing what you're doing – dating, taking care of you – then try again a few weeks later.

Never call more than once a day. If several weeks go by and your ex isn't responding, it's time to just let it go. Don't resort to any other type of communication. Don't leave a comment on your ex's my space, send a text message, or type an email. Just let it go.

Dating Danger

Don't try to ask your ex to do anything that might be uncomfortable or intimidating. The following list of things is out of the question:

- A wedding
- A large family gathering
- Long meal
- Movie
- Theatrical performance
- Company party

These are all events that are great when you're dating someone seriously, but when you're working on returning to your relationship you want to tread lightly. Stick to an activity where the two of you can talk, but where you won't have to be locked in to a couple of hours together.

Something short and simple is best. Doing lunch is a perfect idea. You may also suggest going out for coffee or a drink. Something that seems casual, gives you time to talk, and won't last very long is what you're shooting for.



Getting a Yes

You're most likely to get a yes to your date if you've planned really carefully before you make the call. If you've chosen something really specific and non-threatening your chances of your ex accepting are much higher.

Getting a No

You may meet with a little apprehension. Like "Uhhh...I really don't know?"

If so...

Just kind of chuckle and nonchalantly say "It's only coffee"...or "only lunch"
This most times will turn into "Okay."

It's possible that in spite of your careful planning, your ex will not agree to go on a date with you. At this point you may be tempted to:

- Beg and plead
- Get angry
- Accuse your ex of cheating on you
- Rehash every argument you ever had
- Generally fly off the handle

The appropriate response is to gracefully bow out by accepting their no. You can just say, "Alright," and wish your ex well and then end the conversation. This leaves the door open for future communication. One of two things will then happen.

Later on you may receive a call from your ex. It may be that he or she really just needed a little more space before seeing you again. He or she may call you to ask you out – and if you're still interested you can accept.

Believe it or not, you may have already really moved on to a new relationship by the time you hear from your ex again. It's possible that you'll be the one who isn't at all interested in a reconciliation.

If you don't receive a call from your ex, it's really time to move on. Keep taking care of yourself and continue to date. Don't keep calling your ex and begging them to see you.

This will just make them even less likely to want to spend time with you. Nobody wants to be pressured by a needy person. It may be time to really accept that this relationship is over. But you will live – and you will love again.

Preparing for the Date

You may be rejoicing in the acceptance of your date! But don't get too excited yet – you've still got work to do. There are a lot of things you need to do to prepare for this date.

Relax

When you start to get stressed, those feelings of neediness may return. Again, you want to keep yourself in "moving on" mode. This means that you have to turn off the part of your brain that is going to put a lot of pressure on you during the date.

You must relax and try to focus only on enjoying yourself. If you try to make this date about hashing out your problems and forcing your relationship back together you'll be making a big mistake.

The more pressure you put on your ex at this date, the less likely you'll be to have another chance. This must be a stress-free, no-pressure get together.

Put Your Best Foot Forward

You want to make sure that you show how confident and happy you are. Make sure to dress your best and show how well you've been taking care of yourself. You don't want to appear downtrodden and miserable.

Instead, do your best to look healthy, glowing, and happy. Keep a smile on your face and a gleam in your eye. Mentally prepare yourself to keep things positive during the date.



During the Date

When you're actually on the date, it's critical that you avoid some of the common pitfalls that may make your date miserable instead of bringing you closer together.

Avoid Upset

There may be several things you might consider doing once you finally have your ex in your presence. Most of these things should be avoided. Here is an example of some bad strategies that may run through your head:

- Spending more than the allotted ½ hour or 1 hour window of time with your ex
- Trying to figure out what went wrong with your relationship while you're talking to him or her
- Focusing on how hurt and sad you are

- Acting downtrodden and desperate
- Trying to seduce your ex
- Attempting to make them jealous

All of these things will only make your problems worse. You must not give in to your desire to do any of these things. The more you try to force things or bring up bad feelings, the less likely you'll be to have the reconciliation that you want.

Keep Things Light

While you're with your ex, try to just relax and have a good time. You're not going to spend much time together this first date – and you want to leave your ex wanting more.

Try to choose an activity that's something you both enjoy doing. Also try to avoid talking about your relationship very much. Just have fun talking and doing the things that helped you to fall in love in the first place.

If you do talk about anything in your history, make sure it's something that is a good memory – not a fight or anything having to do with the breakup. If an hour goes by and you wish you could spend more time together, forget about it.

It may help to schedule something after the date so that you absolutely must leave before you have too much time together. You want to leave things so that you both want to spend more time together at another time.

The Instant Reconnect Technique

This is a psychological tactic that will trigger his/her subconscious into believing that you are back together again.

While it is very simple to do, it is extremely powerful. While you are eating or drinking your coffee...slowly reach over to them and do the "imaginary food particle" wipe. Like they have something on their face.

This works extremely well because ONLY people that are in some kind of "loving relationship" do that for each other. So you are signaling to their subconscious mind that you are still in a loving relationship.

Does that make sense?

You can also use if it seems more appropriate:

The Tie Straightener

The imaginary lint or hair on the shirt.

Something in the hair
Eyelash on the cheek

The Instant Reconnect Technique has a secondary benefit. You can gauge how well your “get together” is going. If they jump out of their skin or pull away...then you know you still have some work to do. On the other hand, if they SMILE and/or thank you, that is of course – positive!

Just one warning, don't do this minutes after meeting them again. Wait until it seems natural.

At the End of the Night

The way your date ends is just as important as how it began. You must work hard to make sure that you leave your date with a good impression – and that you leave him or her wanting more.

Ending the Date

If you're both having a great time, it's time to end the date. This will make it more likely that your ex will want to see you again. However, you shouldn't end the date by scheduling another.

At the end of your time together you can comment on what a nice time you had, how nice it was to see your ex, but then you just have to say goodbye. Don't arrange another date and time to see your ex.

If Your Ex Asks You

However, if your ex talks about wanting to see you again and asks you out for a date, it's perfectly acceptable for you to say yes. You just don't want to initiate anything. You need to make sure you exude confidence and appear to have really moved on.

Tension Rising

It's possible that on this first date – even though you don't bring up any relationship problems – your ex will start wanting to discuss the breakup. If this happens, just let your ex say whatever it is they need to say.

Don't get defensive or engage them in this conversation. Just accept what they have to say to you. If you try to change their mind or defend yourself, you're likely to make the date a miserable experience. You don't want to do that.

Your best option is to simply say “I don't want to talk about the past...it's the past...let's just have some fun.” And change the subject to something fun.

This works. It works a majority of the time. If they continue to press you, they are really just looking for a validation of their feelings. And you can easily say...

"I know you may have feelings that are unresolved. I know that. I am not saying we can never discuss them...I am just saying let's just not do it today." (you say this with a very compassionate and caring tone.)

(Note: If you followed the previous instructions about limiting the time frame of your get together...these conversations generally do NOT come up.)

Continuing to Date

So, if your first get together went well you're probably wondering what the next step will be? You want to take things slowly. Rushing right back into the relationship can bring you right back to where you started.

Instead, just give it a little break – about a week or so- before you try asking out your ex again. It's very possible your ex will call you to set something up. If that happens just go with it and make the plans.

Otherwise, call about a week after the date and try to set up another one. Use the same technique of having a light conversation. Also try to plan a fun activity that will let the two of you really relax and enjoy time together, but one that will induce some type of emotions of excitement.

The more adventurous the better. Putting a little bit of fun back into your dating can help to spark the romance again. A roller coaster ride, an outing on a speed boat, a fireworks display, an exciting magic show are examples that will be "emotional" and memorable dates.

But more importantly...

Is the psychological benefit of an emotionally charged date. Those "emotions" when shared with you will link her/him with you emotionally again! You will have a strong "shared experience". This is a scientifically proven phenomenon. When two people go thru an emotionally elevated experience it bonds them together.



Now this is where it gets even more interesting. If you can pile on 3 or 4 different locations and experiences in one date, in other words, change your environment 3 or 4 times on the date, this will bond (re-bond) them further to you.

So what you do is set-up 3 or 4 emotionally charged mini-dates. So you might start out with a roller coaster ride, and then take them to the horse track, after the track to a comedy skit or club.

See? You are not using coercion. You are not begging them. It just happens by taking advantage of how everyone's mind works. Bonding happens unconsciously through shared experiences.

(This is a secret that is well known by "Don Juans" and people that study the art of seduction, but is not known by the general population.)

IMPORTANT: Please do not use this technique alone. You have to "break the pattern" first. Follow the plan...okay?

About Sex- IMPORTANT!

Advice to men: You want to try and restart the sexual relationship ASAP. Sex IS bonding for a woman. If you have sex together, in most cases in her mind...You ARE back together.

You may worry that getting her back in bed will be hard to do. If you have followed the steps up to now, don't worry. First, women will sleep with someone they have slept with before much easier than they will a brand new lover. So, you have an advantage.

So, you have taken her here and taken her there. You have strengthened the bond by compressing multiple "emotional experiences" in a short period. Now you MAKE UP a reason to go to her house or better yet...your house, because it IS all clean and IS a testament to the new you...right?



So you make up a reason. And this is vitally important. You know and she knows what "could" happen. But, a woman needs "plausible deniability". You don't just say "Hey, let's go back to my place" wink...wink...because women are programmed to not purposely be "loose".

Does that make sense?

This is much more effective.

"Hey, I got the new Korn CD at the apartment we could go back and listen to it while I show you pictures of my Vegas vacation."

(don't wait for an answer, just start to go.)

Now, she knows EXACTLY what is going on. But, she has "plausible deniability". She can rationalize...that she is going to listen to music and see some pictures. Not go back and make mad passionate love to you.

She will either say..."okay" and follow you...or just follow you without saying anything...

Or...she may say "okay...but don't get any ideas."...which you will teasingly say with a smile on your face...something to the effect of...

"WHOA...slow down...animal...I just want to show you some pictures."

Let her have her "plausible deniability".

Now, if she comes out with a flat out NO. That is okay...just let her have a little more time. Don't push. Don't get all emotional on her.

Once you are back at your place. Play your CD and show her the pictures or whatever the "excuse" was to get her there. Take it slow and start with a slight touch on her shoulder...or her hand. Make it almost accidental. See how she reacts. Apply the "reconnect technique".

If the reactions are positive...take it forward. If the reaction gets a negative vibe then step back.

If for some reason it doesn't progress into the bedroom. That is okay. You have come a long way. You just try again another time. But, do not get all desperate and needy. Everything is cool with you...no matter what happens.

If you can tell you have hit a brick wall. Say...

"I had a terrific time today. Are you ready to call it a night?"...and be "good" with ending the date.

Advice to women:

You do NOT want to sleep with your ex until you have a re-commitment from him. I am not saying to "pressure" him for a reconciliation or commitment. In fact, you want it to be his "idea". At the same time, you do NOT go back to bed with him until you are back together.

Look, men value what they have to work for and what is rare. And men WANT what is rare. THAT is why they commit. They commit to a woman that they feel is valuable, special and RARE.

There are also numerous other psychological advantages you will have by choosing NOT to sleep with him.

Including:

1. Adding to the mystery.
2. Occupying more of his "mind space"
3. Keeping his desire for you piqued.
4. Much faster reconciliation.

5. Increased respect for you.
6. Much more...

Now, inevitably, when things are going well and you are refusing to sleep with him he will want to know why?

I recommend that instead of telling him you are "holding out for a commitment" Which sounds manipulative, simply tell him that "You are done with casual sex."

See?

True. Not manipulative. And it makes your decision not about him, but your values.

PLUS...it leaves it open for him to say..."This is NOT casual sex."

To which...you respond...

"Oh?????????????" (and then turn on your "lie detector")

If Your Date Goes All Wrong

It's possible that you'll begin dating again to find that you have the same old problems all over again. This may mean that it's really time to move on with life. What are you holding on to?

You may want to repeat the steps from the beginning:

- Take a break
- Take care of yourself
- Make initial contact again
- Another first date

It may be that it was too soon for you two to try again. It also may mean that this just isn't the right relationship for you in the first place. You'll have to trust your instincts. However, if you have to repeat this process more than once, chances are you need to reevaluate.



Do you keep putting yourself in this position because you feel like you need to be in this relationship? Are you giving in to feelings of panic and desperation? If this is happening, it's time to really move on.

Talking About Being Together

If you've been dating again for a few months, you may feel like it's time to actually talk about whether or not you're going to get back together. Even if you're behaving like you're back together, you still need to have an official conversation about it.

Just like you've been working to keep things light, you need to continue that pattern when you're getting ready to ask your ex about a more permanent reconciliation. It's also a good idea to continue letting your ex take the lead. You can ask questions and test the waters.

For example, you can say, "Didn't we make a great couple?" This kind of question allows you to see how your ex is really feeling about the time you've been spending together. Is it just casual or was your ex thinking that this was going down the road of reconciliation?

Once you've asked the question, leave it hanging out there until your ex answers it. Sure, there may be some uncomfortable silence, but you can deal with that – you've been handling that well for months now.

Let your ex do the talking. He or she will either agree that yes you did make a good couple. You may also get the answer that your ex isn't interested. If you get a positive response, then ask your ex if he or she wants to get back together. Again, patiently await the response.



Reunited and It Feels So Good

If you got the positive response you've been waiting for all this time – congratulations! It was well worth the months of effort that you put into planning and preparing.

You're now on the road to a true partnership. But your journey isn't over yet! In fact, there's still plenty of work to be done. The reasons for your original breakup can still rear their ugly heads. So take a little time to enjoy the fact that you're back together. But after you've had a breath, it's time to work on how you're going to keep your love alive.



Movin' On

After all your months of courting and working on yourself, you may still get the answer you've dreaded – you're not getting back together. If your ex flat out tells you that he or she has had fun, but isn't interested in getting together for a committed relationship it's time to cut your losses.

You could spend your entire life going through cycles of trying to get back together. But the truth is that relationships shouldn't be this hard to keep together. Sure they all require work, but when you get rejected over and over again it's time to scrape together your self-respect and move on.

*Love can sometimes be magic.
But magic can sometimes...
just be an illusion.*

Javan

The Next Steps

If you're back together with your ex, it's time to continue to the next chapter. This chapter will give you all kinds of help to keep your relationship sparks alive.

If you've decided that it's time to move on, go ahead and turn to the last chapter of this book. This chapter is about moving on and handling heartbreak.

Chapter 7:

Maintaining the Fun and Love Without Dredging Up Old Wounds and Arguments

Congratulations! You're back together with your ex. While it may be tempting to stop doing all the hard work that got you back into reconciliation, this is not the time to shirk your duties in the relationship.

Remember what you led you to the breakup in the first place? That's the trap you need to avoid as you get back with your ex.

Find the Fun

You've spent months wooing your ex with fun dates and conversation. You've laughed and had so many good times. Now that you're back together, you may be tempted to get back into the old routines that are boring and stale.

Instead of trying to look your best and take care of yourself, you may find that you want to be lazy and walk around in your sweats all the time.

Of course you need to be able to relax in your relationship, but you also have to make the commitment to keep working on it in order to keep the romance alive. You have to continue to be fun and exciting as often as possible.

Weekly Date Nights

Dating worked well for you during the reconciliation process right? So why not keep doing it? Even if you live with someone you can set aside a weekly date night to keep the romance fresh.

Dinner and a movie is always nice, but you also need to remember to have a sense of adventure. Try doing things you haven't done before. Here's are many examples to help you get started:

- His and hers massages or pedicures at the local spa
- Bike riding through the local park
- Lasertag
- Miniature golf
- Roller skating at the local rink
- Ice skating

- Playing cards or board games
- Going to the theatre
- Go canoeing
- Share a bubble bath
- Be a tourist in your own town and visit some local attractions
- Take a class to learn something you'll both like such as rock climbing, scuba diving, dancing or martial arts
- Go camping
- Take a weekend getaway to a nearby destination
- Send your mate on a romantic scavenger hunt
- Go to a local wine tasting
- Visit an art gallery
- Go on a picnic – if it's too cold outside you can do it right inside your living room
- Go "house-hunting" in your neighborhood for your dream home
- Get tickets for the local comedy club
- Hit the arcade
- Try bowling a few frames
- Enjoy a day at the local zoo
- Attend a sporting event of your favorite team
- Visit your local museums



This list is a great start, but don't be afraid to let your imagination find even more little romantic ways to have fun. Giving your relationship variety is a great way to keep the spark fresh and new.

If you feel like your relationship is headed back into a rut, you must get out of it as quickly as possible. Couples who play together and have fun have a better chance of being successful in the long run.

Keeping Things Fun From Day to Day

There are many things you can do on a daily basis that will help keep fun and romance part of your life as a couple. For example:

- Leave little love notes for your sweetie in surprise places
- Pick up a single rose or small bouquet on the way to a date or on the way home
- Make his or her favorite meal and eat it by candlelight
- Rent a romantic movie
- Surprise your partner by doing something that's normally his or her responsibility
- Make your significant other a mix CD of favorite songs
- Get a copy of a book or CD your love has been wanting



Take Time

Every day take time for each other. Even if you just focus 15 minutes on your partner each day you'll be doing better than many people. Take that time to find out how their day went and share your own day.

Don't forget to be physically affectionate with hugs, kisses, massages, and back scratches. These little touches can really bring you closer together as a couple. They don't take a lot of time in your schedule and help to build intimacy.

Letting Go of the Past

Another key to making this relationship last a long time is letting go of the old arguments. There's a tendency to bring up every hurtful thing that's ever happened when you get your feelings hurt once.



Try to look at every day as an isolated incident. It's okay to make your feelings known, but it's better not to go on the attack. Let go of the things that caused you to break up in the first place. There's no need to rehash arguments.

The same technique you used in the early communication phase of your reconciliation will continue to be valuable. Listen to what your partner has to say. Take responsibility for your part. Apologize. Move on.

Give the Gift of Independence

When you first get back with your ex, you may have the desire to spend every waking moment with him or her. A little bit of a break can go a long way. Make sure that you give your partner some space to breathe.

You need to feel secure enough in your relationship that you can each pursue your own interests and friends. Allow your relationship to breathe a little instead of forcing yourselves to be together 24 hours a day.

Embracing Disagreement

It's okay to disagree. In fact, it's healthy to have different views and opinions on things. The problem is when arguments flare up because of those disagreements. There are some ground rules you can follow that will keep you from having knockdown drag-out fights.

- Own your feelings. Say, "I feel..." instead of accusing your partner.
- Figure out what you're really angry about. Sometimes people argue about something that's not really the problem in order to avoid a bigger issue.
- Determine if there's another reason you're angry. For example, are you sick, stressed at work, exhausted?
- Check to see if your partner is reacting because he or she is experiencing stress or fatigue.
- Make sure that you're not rehashing old arguments.
- When you begin to talk about an issue that could cause an argument, make sure it is really worth it. Sometimes you need to pick your battles and let things go.
- Avoid attacking your partner personally. You may not like a behavior, but don't accuse him or her of being a bad person.
- If things are getting too heated, sometimes a little bit of humor can help you diffuse a bomb.
- Don't let issues get bottled up. Deal with problems immediately.

It's okay to have disagreements from time to time. But you can avoid having major blow-ups if you work to really discuss your feelings. Don't let things go on and on until you're so angry you don't even remember why.

Choose to Forgive

If there was a major issue that caused your breakup such as infidelity or unkind words, you need to be able to forgive your partner and yourself before you can really make it work.

Many people think that you have to wait until your feelings are better in order to forgive. But the truth is that you have to make the choice to forgive and then the good feelings will come.

How do you forgive someone? Is there a process you can use? There's no one right or wrong way, but there are some general tips you can follow.

- First, be specific about what it is you need to forgive. It needs to be a specific behavior, not just someone being mean.
- Ask yourself how you're feeling. Are you angry? Frustrated? Disappointed? Pinpoint your exact feelings.
- It may help to write down your feelings or talk with a close friend or family member about them.
- Make the decision to let go of your anger. While someone else may have hurt you, how you react to it is your own responsibility.
- Talk to your partner about the problem. It helps to be heard. But when you talk to them give them specific behaviors and own your own feelings. For example, "When you cheated on me I felt very hurt." No one can argue with your own feelings.
- Try to listen to your partner and understand where they are coming from. There's usually a reason behind the behavior. Even if you don't agree with it, hear it.
- Let your partner know that you forgive them. If you've done anything wrong to contribute to the problem, ask for forgiveness.
- Accept the fact that your partner may not be as ready to forgive as you are. Give them time.

In order for you to forgive, the guilty party doesn't necessarily need to seek your forgiveness. You may not even have to talk to your partner about the problem in order to forgive and move on.

You may just need to identify your own feelings and learn to let them go. Sometimes that's all it takes.

Forgive and Forget

You've probably heard the old adage that you should "forgive and forget." In most cases that is really true. Forgetting, though, is much harder than forgiving. You may need to change the way you look at the idea of forgetting.

We have a memory for a reason. It keeps us from making the same mistakes over and over again. We remember the burn of the hot oven or the sting of hurting someone else's feelings.

For this reason it's critical that we don't completely forget about our own mistakes. That can also be true for the mistakes of others. For example, if someone treats you very badly you need to forgive him or her.

But it's not always a good idea to completely forget. If they keep doing it over and over again the pattern can help you make the decision to move on in your life.

However, you can't keep rehashing old arguments all the time. You need to learn to handle each negative incident in isolation – not bring up all your partner's mistakes from the past.

Once you forgive someone, forgive them and let it go. But if they keep doing the same things to you over and over again, don't overlook the big picture.

Dealing With the Other People In Your Life

When you reconcile with an old flame, you're bound to get to hear the opinions of everyone from your mother to your best friend. While these people are very important to you and care about you, they can sometimes get too involved in your relationship.

Make sure that you set boundaries with the people outside of your relationship and let them know that it's not their place to interfere. It's okay to listen to their opinions and advice, but let them know it's okay if you make your own choices.

Ask family members and friends to accept your ex back into their lives with open arms and let go of any hard feelings that they may have. Family and friends can really make relationship hell if you don't set proper boundaries.

Enjoy the Honeymoon

It's so exciting to have your love back fresh and new. Enjoy this time and have fun together. But don't forget that long-lasting relationships require real work and effort – even when two people are highly compatible.

Your problems were big enough at one point in your relationship to call it quits. You'll have to watch carefully to make sure that things don't get to that point again. Try to make every day fun and friendly as possible.



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Things May Not Be What You Expect

Love is an act of endless forgiveness, a tender look which becomes a habit.

Peter Ustinov

It's possible that you wanted to reconcile so badly, you neglected to realize that the two of you had some pretty serious problems. Things may not be everything you expected. You may find that reconciling was a mistake.

If you get to the point that you feel the relationship isn't salvageable, it's okay to end things again. Just make sure to learn from your mistakes and make better choices the next time. In Chapter Eight you'll learn some strategies for doing that.

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Chapter 8:

When Your Relationship Can't Be Saved – Moving On With Grace

Sometimes things just don't work out as you planned. You may have really wanted to rekindle your relationship with your ex, but it's not the right time or the right person for you.

All along you should have been assuming the attitude that you were moving on. But sometimes it's hard to really have that feeling until things are completely resolved. By now you know that your relationship is really over and it's time to make long-lasting changes to move on.

Love is never lost. If not reciprocated, it will flow back and soften and purify the heart.

Washington Irving

Keep Up the Good Habits

By now you're eating better, exercising your body, and taking good care of your looks. This is an excellent first step to healing and moving on. Keep making these things a part of your life.

A good health and fitness regime will do wonders for you. Taking care of your body can have huge effects on your mental health. It will also:

- Help you to look better
- Give you more self-confidence
- Make you more attractive
- Keep you young

Why would you give up anything that can give you all these results? Even if your relationship didn't work out the way you planned.

Continue to Play the Field

You need to keep dating and playing the field. The more people you meet, the more opportunities you'll have to find another relationship that will be fulfilling. You'll also get used to meeting new people and putting your best face forward.

Again, revisit the places where you can meet other singles such as:

- Internet dating sites

- Singles groups
- Mutual friends
- Sporting and other hobby clubs
- Dating services

You never know when you'll meet someone really wonderful. But you definitely won't meet anyone if you spend all your time sitting in front of the TV on your couch.

Leave Your Ex Alone

When a relationship is really over, you need to avoid having constant contact with your ex. This just opens old wounds and makes things even more painful.

You may be tempted to call all the time or find excuses to drop by. Just don't do that. Use all the self-control you have to leave your ex alone to live his or her life. Then you'll be free to do the same.

Avoiding a Rebound

You weren't able to save this relationship, so you may feel the need to jump right into another one to ease the pain. This isn't usually a very good idea.

Rebound relationships often are carved out of desperation and the fear of being alone instead of the actual person with whom you're involved.

Enjoy dating and meeting new people. But give yourself a few months before you jump fully into another relationship. Allow yourself to grieve and accept the way things are before you find someone new to settle down with.

Learn to Love You

Once you've had a breakup, it's always good to learn to spend a little time with yourself. In order to be good in a relationship, you really need to be a whole person. You need to be sure that you can live without someone else.

Then when someone else whole comes along you can have a life together, not a relationship that is codependent.

There are a lot of benefits to being single for a while:

- You can travel to places you've always wanted to see
- You can learn a new hobby
- You can choose to live wherever you'd like

- You can spend your free time however you like
- You can focus on your career and get ahead

These are just a few of the good things that come from being on your own. When you learn to love yourself and function on your own, you can really bring so much more to the next relationship.

Learn From Your Mistakes

There are two people in every relationship. Even if your relationship ended because one of you cheated, the other person has some responsibility in the demise of it. You need to take some time to figure out what it is that caused the problem.

Maybe you didn't have the same interests. Maybe your family or religious values were different. It's possible that you just didn't have much fun together or you didn't have much to talk about. Then again, you could have found that you weren't really attracted to one another.

Spend some time evaluating what it is that went wrong. Then make sure that as you seek out new relationships you don't make the same mistakes.

Do not brood over your past mistakes and failures as this will only fill your mind with grief, regret and depression. Do not repeat them in the future.

Swami Sivananda

Don't Make Major Life Decisions

After a breakup people often try to make major changes. You may start looking for a new job in a faraway place. You may immediately look to move across town. Your big change could even be as simple as getting a radical new haircut.

This isn't the time to make big decisions. These are all motivated by sadness or a desire to escape. Even if you move or have a new job, you'll still hurt from the loss of your relationship.

Let Yourself Grieve

It's a good idea to give yourself a little time to mourn. Having a relationship end is really a life-changing experience. It can be hard to say goodbye. Don't be ashamed if you feel bad about it. You'll probably go through the stages of grief:

- Denial that your relationship is over
- Anger about the end of the relationship
- Bargaining – for example, "If I could just lose 20 pounds, maybe it will work."

- Depression about the end of the partnership
- Finally acceptance that it is over and the ability to move on.

If you look at the above list, you can probably identify very specifically with where you are. It's normal to have these feelings – and it's even good. If you don't grieve the relationship now, you may have to deal with bottled up feelings later.

Time Will Heal You

One thing is for sure. Time does heal the pain of a lost love. You may feel like you will never ever get over this, but in time you'll be okay. Things always do get better. They just do. It's a fact of life.

If you've had several serious relationships in the past, you need only look back over your own life to see that you eventually were able to pick up the pieces of your heart and move on.

If this is your first major breakup, you'll have to trust the other people in your life that are all telling you that you will heal.

A broken heart is really painful – there's no doubt about it. But you get a little stronger every time you have a broken heart and heal. You'll come out better than you were before.

You'll learn not to choose the same type of person, or not to make the same types of mistakes, or that people don't have to be perfect. You'll learn how to have fun again and you'll find love again – probably when you least expect it.

Growing and Changing

Having relationships in our lives is what makes us human. With every person we love, we take a little wisdom with us on the path of life. Every relationship will change you and help you grow.

One of the best ways to move on from a relationship that has ended is to think of the good things it brought to your life. What did you learn? How did you grow? When you can have gratitude for the changes you've undergone, you'll be better for it.

Moving on is one of the hardest lessons in life, but you'll be able to do it with grace if you take care of yourself and keep your head held high.

I was never one to patiently pick up broken fragments and glue them together again and tell myself that the mended whole was as good as new. What is broken is broken -- and I'd rather remember it as it was at its best than mend it and see the broken places as long as I lived.

Margaret Mitchell

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