

Texting Your Ex Back into Love

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Your relationship has ended, but you're not ready to let go. This common problem is one that many women and men face. But if you play your cards right, your chances of reconciling might greatly improve.

Texting can be an effective way to communicate with a former lover and somehow rekindle the connection you once shared. You just need to learn how you can use this tool to your advantage.

Why Texting?

It may seem odd to use texting as a way to communicate with an old flame, but texting can actually be the perfect way to stay in touch without coming on too strong or making things awkward.

Texting allows you to keep communication short and sweet. You can keep things light instead of delving into deep issues that might have brought on your breakup in the first place.

When you text, you also have time to plan out what you want to say or how you want to reply to your ex. That can be much more difficult over the phone or in person when you're expected to come up with a quick response.

Texting can also be done at your convenience and your ex can respond when he or she is ready. Texting isn't going to allow you to discuss the ins and outs of your relationship necessarily, but it's a great way to stay in touch and give your ex time to reconsider while you make a great impression.

This method of communication is also good because people are almost always with their cell phones and don't have to stop what they're doing to read or send a quick text.

When Not to Text

Before we go over the proper way to text to get your ex back, it's important to discuss some things that can go wrong. As with any tool, texting can be dangerous when used improperly.

Instead of bringing you closer to your ex, you can actually cause even more problems. Before you begin your plan to text your ex back, make sure that you're in the right frame of mind and you're doing it for the right reasons.

For example, if you're texting because you want to make your ex feel jealous, just put the phone down. Your ex will be able to see that coming a mile away and this tactic rarely works. In fact, it often backfires.

Another time not to use texting is if you've been drinking or are, in fact, drunk. Drunk texting has been responsible for a huge number of relationship problems and almost never is the solution.

When you're drinking, your brain's judgment center becomes impaired. What seems like a great idea under the influence seems embarrassing and ridiculous once you've sobered up.

If you're going to be drinking and think you might be tempted to text your ex, make sure to surrender your phone to a good friend who won't allow you to make this colossal mistake.

Feeling needy is another problem when it comes to texting. For example, asking a question that you could certainly ask someone else just for the excuse to get help from an ex is very obvious.

Being helpless is rarely a turn on and it isn't a good foundation for a strong and lasting relationship. If someone else can help you or you can help yourself, do it. But don't ask your ex for help.

Also avoid texting for random reasons - such as a memory you're experiencing or just to mention something you saw or did. This is an obvious tactic that won't go over well and makes you look desperate.

You should also avoid texting in order to beg for forgiveness or promise that you're a new and different person. Actions speak louder than words and a text like this won't help your cause.

But there can be good ways to use texting to communicate with an ex that might result in some good will and reconnection.

Create Some Space

Before you try to text to get your ex back, give your relationship some breathing room. Breakups are often very passionate and filled with emotion. This isn't the time to try to reason with your former love.

Instead, follow a 30-day rule of no contact. Don't text, call, or do anything to "accidentally" run into your ex. Stay away and show respect for the boundaries your ex has set.

There are a couple of things at play here. First, you need to calm down and make sure you really want your ex back. After a month of freedom, you may realize that's not really what you want after all.

Second, you want to give your ex some time to feel what it's like without you. Your ex may think that you'll come running back. But when a month goes by, it's obvious you're not as needy as that.

Now you leave your ex wondering if you've moved on, if you still have feelings, or if you're going to try to get in contact. Keeping your ex wondering is a good thing – it keeps you in their mind without making him uncomfortable.

Text with a Real Question

There could be a reason that you do need to get back in touch with your ex. This is especially true if you shared a long time together or lived together. For example, you may need to settle an old bill or return a belonging.

Should that happen, texting is an appropriate way to communicate without seeming like you're trying too hard. For example, you could text, "Found your necklace in the bathroom. How would you like me to return it?"

This type of message gets to the point and doesn't ask for a meeting or an excuse to see her. And if she responds by asking you to mail it or give it to someone else, simply reply that you will and follow the instructions.

Don't try to make an excuse to see her if she's not ready yet. This will only push her away. What you want to do is draw her in. Make sure you don't contact for at least a month unless you absolutely have to resolve an issue and then go right back to your no contact rule.

Sending a First Text

The first text message you send will be the hardest. This one will help you to test the waters and see if it's worth pursuing this avenue to get your ex back. You'll want to begin with something that's interesting, but not asking your ex for anything.

A great start is to use a memory you've shared. For example, "I just saw that old movie you love so much (insert the title) on TV. Made me smile."

This is a nonthreatening text. You're not asking for a response and it's positive and not very emotional. This is often a great way to draw in an ex without making them feel pressure.

Many exes will feel the need to respond to a text like this. Make sure you have patience and don't expect an immediate response. A delayed response can actually be a good thing because it means your ex has been spending time thinking about you.

Use Feelings When Appropriate

This rule really depends on whether you're dealing with a man or a woman. Men and women respond differently to emotions, so you have to be careful with them.

If you're trying to get a man back into your life, emotions aren't good in text message form. Women tend to be emotional and fueled by feelings. But if you're constantly texting him about feelings, chances are he's going to run.

If you're trying to get a woman back into your life, emotions are a good way to go. It might be easier for you to express your feelings in writing and women tend to respond to statements about feelings.

In either case, begin texting with neutral statements that aren't too deep - even if they include emotions. Never use texting to discuss angry or negative emotions - keep it positive.

Take Responsibility for Your Actions

When you're texting, you can begin to build a bridge by owning your own actions. For example, you can share with your ex that you realize you're to blame for specific parts of the break up.

For example, "I know it was my fault that we broke up," or, "You are right that I haven't focused enough on the things that are important to you." Whatever your ex's top complaints are, take ownership of them.

Most people hate excuses. But when you take responsibility for what you've done and simply apologize for it, it can go a long way toward healing a relationship and getting forgiveness.

When you text something like this, don't expect a specific response and don't get angry if you don't get any response at all. Don't keep texting and texting to get a response - that will most likely lead to anger.

Instead, say what you need to say and then give your ex some breathing room. This shows that you have respect for the other person in the relationship.

Celebrate Successes

Some people make the mistake of using text messages to gain sympathy. This is a negative way to use this tool for attention. Instead, use it to celebrate your ex. For example, if you hear something good has happened, you can congratulate your ex.

It would be hard for an ex to be upset by receiving a text that said, "I heard about your promotion at work. Congratulations – you deserve it!" Make it all about your ex getting the attention.

Remember, you shouldn't expect a specific type of response. Just wait to see if you get any response and be happy if it's positive.

Let Your Ex Take the Lead

You want to reestablish communication, but it can't be on your time if you want to woo your ex back. Instead, you need to let your ex set the pace for this type of communication.

Always exhibit patience when you send a text and don't get a response back right away. If you keep texting and texting chances are you'll come across as needy, desperate, angry, or even as a stalker. All situations you want to avoid.

At some point if you keep the conversation going, your ex may want to start talking again. This is a great way to know that your tactics are working and that you do stand a chance again.

When to Move On

While texting can often help you get your ex back, there are times when you should realize it's over and move on. For example, if you've sent a text and don't get a response for over a week or two - chances are your ex isn't interested.

If you get responses, but they're angry or just rude and disrespectful, this is another clue that it's time to cut your losses. In this case, the texting isn't the problem – it's the relationship.

This is a great time to look back on your relationship and analyze some of the problems that occurred. Every break up can teach you a lesson if you're willing to pay attention and learn from it.

Ultimately, you hope for reconciliation when you work to text your ex back. But even if you don't get that resolution, you can feel good knowing that you did all you could and that you tried.

It still takes two people to make a relationship work and if you're the only one putting in any effort, that effort might be best spent on someone else.



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