

# Get Your Ex Back or Get Over It!

***You and Your Ex Are Done – Or Are You?  
Discover How to Reunite with Your Ex or Get Over the  
Heartbreak If the Worst-Case Scenario Comes True!***

**[www.PLRContentSource.com](http://www.PLRContentSource.com)**

## Table of Contents

Chapter 1: Trouble Was Brewing – What Were the Ingredients?.....	3
Chapter 2: The Details of the Split Will Affect Your Chances of Getting Back Together.....	9
Chapter 3: You're Hurt, So First You Have to Heal.....	13
Chapter 4: How Does Your Ex Stack Up Against Others? .....	20
Chapter 4: Giving Your Ex the Green Light to Get Back Onboard .....	25
Chapter 6: Smoothing the Way for a Stress-Free Reunion.....	32
Chapter 7: Having "The Talk" – Are You or Aren't You? .....	39
Chapter 8: Special Obstacles for Star-Crossed Lovers .....	47
Chapter 9: Your Ex Says No – Now What?.....	53

## Chapter 1: Trouble Was Brewing – What Were the Ingredients?

Right now, I'm going to ask you to do something nearly impossible because you're not thinking clearly – even though *you* probably think you are. When your heart is broken from a breakup – even if *you* did the breaking up – it clouds your true vision of the past.

But I need to know one thing...

### ***What Caused the Split with Your Ex?***

This is our #1 priority right now because if you can't be honest with yourself about why this relationship ended (and that means knowing *your* contribution to it), then it'll be like trying to save a sinking cruise ship with a thimble – it won't work no matter *how* hard you try.

I have a strategy in mind for you, but it's going to cause you to get raw. You may even shed tears and feel hopeless along the way – but in the end you'll come out stronger and more satisfied than ever – with *or without* your ex by your side.

First we're going to dissect your past relationship. Maybe even a few others you've been in to see if you're a repeat offender – or a magnet for people who aren't right for you.

Then we're going to heal your broken heart. You can't fight a battle when you're wounded.

Next we're going to see if this “ex” should be an ex for a reason – or if they're really as great as you make them out to be in your mind.



If your ex passes muster, then I'll show you how to use a few tricks to make your ex miss you and make them want to initiate communication with you again.

Once you're past this step, it's pretty much smooth sailing – as long as you don't screw it up. I'll hold your hand so you don't (just in case). I'll teach you how to have a great relationship with this person and how to “live happily ever after” as they say in the world of Disney.

I'll even show you what to do if someone or something gets in your way – (another lover perhaps)? It could be any number of things but cheating is a prevalent problem with relationships.

Are you brave enough to fight for your love?

I hope so because if it's not worth fighting for, then you shouldn't be reading this – you should just click out and move on right now.

Speaking of moving on, short of holding someone hostage, which I don't recommend, you might wind up being one of the unlucky ones – where your ex digs in his or her heels and refuses to get back together.

I personally consider this good luck – because who wants to be with someone who doesn't want them back? You need someone who would jump in front of a train to save you or walk on water to prove their love for you.

No, from my viewpoint – if you go through this strategy and your ex still says *no* – you should feel *relief* that they didn't lead you on or give in “just because” – content to be in a passionless relationship the rest of their lives (which many people do – you can probably name a few examples of this kind of relationship based on people you know).

You should (and will by the time I'm done with you), feel lucky.

So let's get on with it. Why did your relationship end? Let's cover some of the most common problems that ruin an otherwise great relationship. Once you can pinpoint the problem, it'll be much easier to see if it's something you're able to repair.

### ***Was It ...The Fact That One of You Were Controlling?***

Needy.

Clingy.

Jealous.

Call it what you will but they're all the same thing – pathetic. And I don't mean that in an insulting way. It's sad, that's all – sad that we develop into people so consumed with the business of other people that we feel insecure.

You are two separate people, but sometimes the guy or girl will get amnesia and start to believe you were both born Siamese twins – joined at the hip and unable to lead two different lives.

I have news for you – Siamese twins always wish they could be separated, and it probably made you or your ex cut ties out of desperation. Clingy partners are high maintenance and it exhausts the person you're with.

Sometimes, the person being “clung to” won't give you notice that that's how they feel you're behaving – they'll simply move on and leave you behind. But sometimes they'll see your other qualities and realize you may not be aware.

If they give you one chance to change, and after knowing what the problem is, you *don't*, then you may have a more serious issue to repair.

### ***Was It...Because Someone Cheated?***

This is a really hard one to get over. Not only are you *emotionally* hurt but you can't stomach even letting your ex's lips touch yours because you know they've been somewhere else.

Or if you were the offender, you can't stomach your own guilt about it, always groveling to your ex to let you make it p to them. Either way, until you can stand up tall and accept that it was a mistake by either you or your ex and move past it, nothing's going to change.

It doesn't matter how soon or how far back it happened.

It doesn't matter who it was with.

It doesn't matter how long it lasted.

What matters is that whoever cheated feels true remorse. If not, then the relationship is doomed to suffer from this again and again.

You should both be allowed to voice your feelings about the situation. Try to see it from your partner's point of view. But then you have to size up the possibility that this could happen in the future a *second* time.

If you can reasonably rebuild trust, then repairing the relationship is doable. But if you're suspicious that you or your partner will cheat again, don't prolong the relationship anymore.

### ***Was It...Money That Got in Your Way?***

If you two were in a real grown-up relationship, then you might have already been living together and sharing finances. Money causes a lot of divorces, and if you're not on the same page, it causes a lot of resentment.

So if finances were the root – what was it? Did one of you resent the fact that the other made more? Did the one making less spend more? Did you keep suffering from debt stress so you were unable to enjoy the romance you two shared?

It's often just the way you were raised. Some people were raised with financially sound parents who showed them the value of a dollar, made them save allowance for treats, etc. Others were given everything and therefore don't know about working hard for the money to buy their special items.

Money should never be a control issue.

When you're in a relationship where the income is being used to promote a household, then it's beneficial if both partners have a hand in paying bills and maintaining control over the budget.

But sometimes, it's not couples who are living together that have money problems. Sometimes it might be something as simple as the boyfriend being annoyed that even though they aren't on first dates anymore, he's still having to foot 100% of every night out.

Or it could be that the woman prefers to pay her way and it makes her boyfriend feel uncomfortable. There are many ways money can come between you and your significant other if you let it.

If you're willing to handle your finances like two responsible people, then this can work. There *is* middle ground for the thrifty and spendaholics. Your goal is the same – to enjoy life.

### ***Was It...That Your Ex Wasn't Good Enough For You?***

Were you always trying to change something about your ex or was he or she always trying to change something about you? Your weight? Your addiction to work? The number of times you called your dear old mom each day?

There are some couples who start this annoying habit of trying to change one another shortly after they get together. They don't come right out and say it (well some do, actually – but most are more covert about it).

Instead they do things like this:

If they want to change the other person's style, they buy them new clothes.

If they want to change their group of friends, they conveniently create plans that don't allow them to hang out with their old group.

It's so subtle at first. They start saying things like, "Gosh you would look SO amazing with a shorter haircut!" (If it's a girl trying to get her long-haired boyfriend to clean up a bit).

A guy might make his girlfriend conform by making her jealous, saying something like, "Man Megan Fox has the most beautiful, long luscious hair – isn't it sexy?" Well of course she doesn't want to be one-upped by Miss Fox, so she starts growing it out (and maybe even using dark hair dye on it).

It's sneaky.

Don't do it.

If you aren't with this person because of who they are, then find someone you *can* love as is. Everyone's looking for unconditional love – and that means not trying to change them. If you were the one being changed, then you'll know how bad it hurts to feel like there are conditions to your lover wanting you.

### ***Was It...Because One of You "Lost That Loving Feeling?"***

Chemistry dies out like a fire if you don't stoke it once in awhile. Humans have needs – both emotional and physical. They need to be caressed, held, hugged, kissed, listened to, flirted with, and desired.

Your relationship routine might have made your ex feel starved for whatever it was they didn't get anymore – that very stuff that made your stomachs and hearts flutter when you first started dating.

If he or she was starving, then chances are you weren't getting everything out of the pairing that you wanted as well. What were you lacking in the relationship? What was missing?

### ***Was It a Combination of Any of the Above?***

Most relationships don't crumble because of *one* single issue. When one thing comes in between two people, they usually recognize it and work things out amicably – unless it's a deal breaker like, "she wants kids and I don't."

You might even see the breakup as a result from one of the above issues while your ex would pinpoint something totally different. Maybe you thought it was the fact that you spent no time together, but he thought it was the nagging you did.

Perhaps she felt you lacked passion in your relationship but you thought it was more about giving each other needed space. You can't assume that what you feel is what your ex felt when the relationship ended. But you'll find out why they aren't with you soon enough.

This next part is between you and me. I have to know – how bad of a breakup was it?



## Chapter 2: The Details of the Split Will Affect Your Chances of Getting Back Together

The underlying causes aren't the only determining factor as to whether or not this reconciliation is going to happen. The effort you have to put into this relationship repair quest will depend on how bad the breakup was.

For example, if the cops were called – it was *bad*.

If you caused him to lose his job because you phoned his boss and shared some secrets with his employer – it was *bad*.

Those kinds of breakups are at one end of the spectrum – the dirty, nasty end where the breakup was so explosive it might take years for the parties to forgive and forget.

On the other end of the spectrum, you have the amicable splits.

These are the, “It's not you, it's me” dialogues you and your ex had, where one person is trying to spare the feelings of another.

It's also one of the rarer situations.

Most breakups are caused when two people get on each other's nerves so bad that they argue verbally.

They say mean things they regret later. They end it all in the middle of a fight, and later wish they'd kept their mouths shut.



### ***The Rollercoaster Breakup***

Were you and your ex broken up and back together – every other day? I've seen millions of these types of couples (and I even had one of these relationships once upon a time). You stay in this honeymoon phase for a few months and then the grievances set in and you blurt out, "It's over" only to say, "I'm sorry, I didn't mean it," 10 minutes later.

A rollercoaster breakup eventually ends for good and when that happens, one of you is going to be shocked. You'll expect to be able to get back together and the other person will be ready to get off the up and down emotional ride they've been on with you.

This type of breakup is easily repairable but you have to make a commitment to stop the breakups that are remnants of a 7<sup>th</sup> grade romance once and for all.

Either you're in or you're out – which is it going to be?

### ***The Cold Shoulder Breakup***

With this type of breakup, communication slowly dries up until you're to the "not speaking" stage. Suddenly, there are no more return phone calls, no replies to your text messages, and no emails for you to wake up to.

With this type of breakup, if you gave the cold shoulder, it'll be easy to get your ex back – because they were left with no closure. Even if they gave you the cold shoulder, it's not going to be too difficult to get your ex back because they're going to be somewhat plagued with guilt over shutting you out.

You'll just need to carefully weasel your way back into their life – and I'll show you how.

### ***The Physical Breakup***

Unless you're a masochist, you'll want to leave this relationship behind and not look back. Physical breakups are those where the woman slaps, or the guy punches (either his girlfriend or a hole in the wall).

You don't need this kind of drama in your life and personally I don't feel like it's ethical to help someone learn how to get back in an abusive relationship. And by the way, it's not just guys who abuse.

Ever seen Jon and Kate + 8? She smacks him around quite a bit on camera – and that's very tame. There are many women who know their boyfriend won't hit back, so they toss around the slaps and abuse with reckless abandon.

Could you get this ex back? Probably, but I'm not going to help you!

### ***The Not Really Broken Up Breakup***

"Friends with benefits" is really what this is. I had a friend once whose "boyfriend" was only officially coupled up with her when he wanted sex. He would conveniently pick a fight with her the next day and be single, free to date again.

Then when he wanted her again, he'd make up with her – and she'd be all doe-eyed about his return with roses, let him in her bed again, and repeat the cycle over and over. It was ridiculous, but she couldn't (or didn't want to) admit that she was being used.

Take a good look – are one or both of you using each other? If a casual fling is what you want, then don't slap a label like "relationship" on it – because it's not a traditional coupling.

### ***Now That You Know, It's Time to Back Off***

I don't care which of the three types of breakups you and your ex suffered – the prescription is the same for all of them – time out!

I want you to back off and give yourself some room between you and your ex. This is VERY hard to do – especially when all you want to do is run back in this person's arms, tell them you love them, and secure the relationship forever.

But unless you put space between the two of you, you *won't* achieve that goal. You'll be pushing and pushing your ex to reconcile and they'll be resisting you with every ounce of strength that they have.

So, pull yourself up by your bootstraps and give me your full cooperation for this next step, because it IS going to heal you. You're going to have to spit shine your inner and outer self if you want to get your ex back – or get over it and move on.

Either way, what you're about to read is going to help you live a better life.

## Chapter 3: You're Hurt, So First You Have to Heal

The hurt you feel after a relationship breakup is as physical as it is mental. You may feel that you have a tight band around your chest, preventing you from taking a deep breath or going on with the daily tasks of living.

Mentally, you may be crushed and only able to think about him – what's he doing now, is he with someone else or is he thinking of you.

This time in your life – when all you want to do is go to bed and sleep until the hurt subsides – is the exact time that you should be up and doing something for yourself, something that helps you to survive mentally and physically.

To get through this god-awful change in your life you have to take care of yourself first.

I know, that's not what you wanted to hear, but it's the truth and I promised to get you through this, so listen up.

You're confused right now and think your life is hopeless, so go now to the place where you can make changes – yourself.



Taking care of yourself in ways that pamper, protect and raise you to a happier place is your motivation now.

There will be plenty of time to reflect later on the lost relationship, what caused it to fail, and how you can get your ex back – or live without him. Right now, the focus is on you, baby.

### ***Pumping up Your Physical Appearance***

Find a recent photo of yourself during a happier, more relaxed time, then bring it to a full-length mirror and take a long, hard look at yourself in comparison with the photo. You may be smiling and happy in the photo,

but the face that stares back at you now is probably drawn and weary – eyes red from crying – and the glow that so clearly shows in the photo is nowhere to be seen.

If you're going to fully heal from this devastating loss, you'll have to put that glow back and find a reason to smile again. While you're looking in the mirror, ask yourself if, during the relationship, you've let your physical appearance slack a bit.

Maybe you've gained some weight or neglected your hair and wardrobe. It's definitely time to give yourself a physical makeover.

The word "exercise" is a highly distasteful word to me. I'd rather be napping or reading a good book. But it's got to play a part in your overall well-being and complete makeover (just as it has in mine) if you're ever going to get over this depressing time in your life.

What worked for me when it comes to exercise is to find something you really like to do – and then **do it!**

Perhaps you've quit doing something you enjoyed because you were too busy with the "relationship" part of your life to make time for it. Revisit those fun things you used to do that gave you energy and lifted your spirits.

For me, the exercise that got me off of the sofa and moving again was dancing. I love to dance, but have little opportunity to enjoy it. I don't have a background in dance, but I love moving to the rhythms of music.

And besides, it makes me feel good about myself. Whether you dance to the "oldies," take a Zumba class at your local athletic club, ballet, tap or jazz at a local dance studio or simply purchase some dance DVDs and dance around your living room – dancing is a great exercise and will lift your mood in a number of ways.

You may enjoy swimming, biking, surfing, hiking or jogging. Even if you just walk your dog around the block a couple of times a day – anything that gets you out and moving is a good thing, both for your body and your mind. After a few days of exercising your body in a way that you enjoy, the stress will begin to melt away and you'll feel a sense of purpose and pride.

Now – with the glow from exercise mirrored in your face and body, it's time to pamper yourself a bit. Long, scented, warm baths do it for me.

Settling down to relax in the bath with a good book or magazine and a glass of wine (or tea) is a powerful anecdote for restoring calm to your mind and body. Take at least ten minutes a day to devote to a method of relaxation that you enjoy.

The worst thing that you can do to relieve the physical hurt you feel is to drown your sorrows in booze or pills. It may be temporary relief of the actual pain you feel, but it could also be the beginning of a long and arduous path of destruction. This pain you're experiencing will subside and finally, disappear completely.

Don't deal with the situation by compounding your troubles.

And don't spend your time on ridiculous actions, or reactions. Constant text messages to your ex, phone calls, e-mail messages, and even worse – stalking – are only prolonging the pain and agony of the breakup.

You're not making any points with your ex either. You may also find yourself in a heap of trouble if your ex decides to turn you in to the police for your "stalking" behavior.

There was a woman recently who broke up with her man after a relationship of four years. She was bitter and wanted revenge. She figured the way to hurt him most was to put a heavy planter outside his garage so that when he backed out in his **brand new BMW convertible**, he'd run over it.

She actually wanted her friends to help her move the planter. After they convinced her of the possibility of a hefty fine and/or jail time soon after the plot was carried out, she decided it wasn't really worth it.

Thank goodness!

That little story illustrates the fact that you'll get over feelings of revenge, hatred, anger and frustration by leaning on your family and friends at this time. They can provide the essential emotional support that you need during this time of healing.

Physical exertion can also provide that relief. I know you don't feel like moving off the couch – but try it a couple of times and see how you feel afterward. All those scientific studies can't be entirely wrong.

Physical contact with others (old friends can hug you) and shaking your routine so that you don't always do things at the same time or day that you and your ex did can help you make a speedy recovery.

You may have neglected friends and family while concentrating on your relationship issues, and it's now time to reconnect. When you're together with friends and family, don't spend all your time talking about the demise of the relationship – it's a waste of time and energy – and you won't feel good afterward.

Your heart is extremely fragile and will let you know when it's been broken. It can manifest itself in the form of a crushing pain, tears flowing uncontrollably or lack of energy.

It's not unusual for your immune system to take a jolt and crash from all the drama, leaving you susceptible to illnesses and even accidents.

Get your mind off the breakup and on to happy thoughts however you have to do it. Reading a book that totally absorbs you, listening or dancing to some upbeat music, walking, pouring yourself into your work – anything that takes your mind off the breakup will help to keep your spirits up and your body in a condition that keeps you free from illnesses.

### ***The “Mind” Part of Getting Over It***

A positive mindset is essential for your well-being when recovering from the loss of a relationship. It won't come easy, but training your mind is kind of like training a new puppy - you'll experience all sorts of destruction and frustration before it's properly trained.

Controlling your emotions is more difficult than finding the willpower to make your body move, but once you get the knack it comes automatically. After you've cried, ranted and raved, eaten a quart of ice cream all by yourself and torn up pictures of the two of you, you'll be better able to assess the situation calmly and begin to recover.

If you're the one who caused the breakup, it's time to think about the reasons why. Was infidelity or lying involved? If so, you've got to ask yourself how important trust and honesty is when you're in a relationship.

The deep recesses of your mind may tell you that it's one of the most important traits and that you demand it in any relationship you're in – but another voice tells you to forgive and forget. You are in control of which decision will guide your actions.



It may help to write down the decisions you make about what went wrong in the relationship and how to prevent it from happening again – whether you get back with your ex or not.

Don't assume that what you've done or didn't do is the entire reason for the breakup. You may not have done everything you could to keep the relationship intact, but being honest with yourself will go a long way to mending your shattered mind and heart.

If your ex was the party who broke up the relationship, you may spend hours poring over what you might have done to cause it or look at the past through rose-colored glasses, remembering only the good times and thinking that maybe the bad times weren't so awful after all.

Don't play this mind game of "what ifs." The more you can distract your mind from those kinds of thoughts, the sooner you'll recover. Moving forward means that your mind has to think forward thoughts – and there are ways that you can ensure this happens:

- **Clear your space – clear your mind.** When my mom had all she could take of our messiness, she'd say that she was going to give the house "an enema." That meant throwing out, organizing and cleaning from top to bottom, inside and out.

When your mind is cluttered with destructive thoughts, nothing works better than cleaning and organizing your space to signal your mind that there's a new beginning on the horizon. And besides, you don't have to think much when you're cleaning house.

- **Make a pact with yourself.** You may feel anger, rage, hurt and so many other emotions rampaging through your mind and body, and you don't know how to channel them except by screaming and crying. No matter what caused the split or why, it's important that you find positive outlets to occupy your mind and your energies.

Enter into a pact with yourself to devote some time each day to nothing but positive activities and thoughts. This is called **training** your mind to do what it's told to do. Mind control is all-important now, while you're getting over the hurt, to keep it from concentrating on the negative areas of your life.

- **Don't see, call or email your ex until the hurt/anger/confusion subsides.** Your breakup may have been amicable, but that doesn't mean it hurts

any less to let go of a love relationship. Later, I'll address when and how to contact your ex again, but wait until you're ready for that moment – and you're certainly not ready yet.

The more you practice what I'm going to set in place for you, the sooner you'll be able to let go of a toxic relationship. Seeing your ex or having any contact whatsoever will only cause you to hold on to the pain and spend more of your life getting over it – when you should be well on your way to complete recovery and a new life.

If it's impossible to ignore him altogether (for example, if you have children together or lived together for awhile), keep the meetings or calls succinct and shore yourself up beforehand to keep the conversation civil. That's called **class!**

- **Immediately involve yourself in other activities.** Choose something opposite from what you and your ex enjoyed doing together. If you frequented a certain restaurant, park or exercise club, go somewhere else or at a different time – and take different routes – anything to get your mind off yourself and your pain.

Keeping active in both mind and body will help you find eventual happiness with your life and how you live it. Spending time with family and friends is a great way to reinvent yourself and build happy memories as you discard the old, painful ones.

- **Don't indulge in fantasies about the past.** You may once have had a great relationship with your ex, but in the end, the prince turns back into a frog and Cinderella returns to her chores. Don't make the old relationship into a "happily- ever-after" fairy tale. Be honest with yourself and see it for what it really was.

It's okay to remember the good times, but don't glamorize it into something it wasn't. The relationship had problems – that's why you're apart now. Quit obsessing over what **was** and concentrate on what **is** now.

Controlling your mind is an exercise that will pay off in every aspect of your life. During the first stages of a breakup is an excellent time to turn a negative into a positive by gaining control of your thoughts and actions. If you can harness that power, you'll be way ahead of the game and on your way to complete recovery from the breakup.

Journaling is one of the ways to channel your thoughts, and looking at them later shows you that time does heal and see how far you've come. You'll gain insight and knowledge into what's working for you and what isn't and will possibly be able to see the breakup as a positive learning experience in the journey of your life.

### ***Out With the Old – In with the New***

Go through your home and/or office and remove objects, photos or anything that's a reminder of you and your ex in happier times. Be ruthless –take a good look at everything and banish what makes you sad or wistful. Toss them out or put them in a container that you can pull out when you're ready to face them, but get them out of sight.

Giving yourself time and space to recover from the fallout of a breakup will help you feel more comfortable about the situation and realize that you can let go and you can make a new life for yourself – with or without your ex.

You fell in love and it worked for awhile, but obviously there were problems that caused the split and you can help yourself a great deal by analyzing what the problems were (without obsessing about it) and what you can change about yourself so that it doesn't happen again.

When you think about giving up, going back to bed, eating a quart of ice cream or skipping that exercise class -- or when thoughts of revenge enter your mind, remember -- ***the best revenge is living well!***

## Chapter 4: How Does Your Ex Stack Up Against Others?

Unless it's only been a few weeks since you've dated anyone but your ex, you've probably forgotten the thrill of the chase – and the agony of comparing your new dates to your ex.

In order for you to evaluate yours and your ex's relationship, you've got to go out, meet others and gather data to use in the final evaluation.

After this exercise, you'll know if it makes sense to reunite – or keep dating until you find exactly what you need and want in a love relationship.

If you've followed the instructions in the previous chapter, you're now calm enough to take a step back and look at what made yours and your ex's relationship begin in the first place – and what made it end.

Being physically and mentally ready will help you think more clearly and solutions will come more readily.

First, think about what attracted you to your ex in the first place. Was it an emotional connection (you could empathize with your ex's past or it may be similar to yours) – physical (you really liked his looks) -- or did you meet on a higher plane.

For example, your ex may be extremely brilliant or have a powerful position. Many of us are seriously attracted to power and intelligence over anything else.



Another scenario of your mutual attraction may be that you were attracted to each other physically and later, developed an emotional or mental connection. Whatever it was, think about it and how it worked – or didn't work – for you in the long run.

### ***How to Take That First Step Back into the Dating Game***

The last thing on your mind after a breakup may be dating someone else. Just the thought of making another relationship work makes you sick at your stomach. But there doesn't have to be a "relationship" if you merely date someone else that you're somewhat attracted to.

Getting back out into the world of dating is extremely important at this time of your life. It will give you a more panoramic view of what your life can be and let you know that you **can** be happy again.

If you've been out of commission for quite a while, you may have lost contact with other single friends who could lead you back to the places where you can meet new people and have a life outside of home and work. You may have friends who know singles or you may decide to go to one of the online dating sites to meet someone.

When you do meet another that you're attracted to, ask yourself if you could grow, emotionally, spiritually and every other way with this person. You've already asked yourself what you really want from a relationship. Is he or she able to provide that? If not, don't waste your time. There are too many fishes in the ocean for you to waste your time on one you'd have to throw back anyway.

It's normal to compare the new person in your life to your ex. In fact, you **should** make a comparison. You should be able to find out how your ex stacks up in no time at all if you've done your groundwork and know why yours and your ex's relationship failed and what you're really looking for in one that will last.

When you compare and find something you don't like about the other person, don't think you can change the behavior or personality – it just doesn't work without causing resentment.

Eventually, you'll meet someone that you believe you could care about and make a life with. Don't rush in to a live-in relationship or marriage. As time goes by, you'll find out more details and will be able to picture your life together.

Dating sites on the Internet let people get to know each other before a physical relationship begins – if both are honest in their communication. It's a good way to meet lots of people in your area and pick and choose which ones you think there might be a connection with.

You can be a little more confident and daring when you're talking to someone over the Internet and may find out more about the other person than you could if you were physically together.

Other ways to meet new people are in your church or synagogue, friends who know you and may know another who would fit in your life, work (be sure to check out the rules your company has for dating in the workplace), play (do you like to participate in a sport or perhaps a community theater?), or simply getting involved in things you like to do. Many successful relationships have begun by meeting while walking dogs!

Keep a positive attitude about dating – and keep in mind your absolute requirements for another person to enter your life. Don't settle for less – you don't have to.

### ***What Traits Do You Want in a Companion?***

This is the part of evaluating your last relationship where you can get a clear view on why you and your ex didn't work out. In your journal or workbook, begin writing down what traits that you think are important in a long-term relationship. Be honest. You may choose some of the following subjects to think about:

- **Trust** – It's the number one trait that most people want in life-partner. Did you trust your ex only to suffer a major betrayal? As Oprah likes to say, ***“When a person shows you who they really are – believe him!”*** Remember that when you evaluate your ex.
- **Dependability** – Have you been disappointed in the past by your ex's dependability? Maybe he didn't remember your birthday or anniversary – or was late or didn't show up to an important event.
- **Success** – If you're successful, you probably want your partner to be successful. If not, you may build up resentments because you're providing more.
- **Loves kids (or animals)** – You may have children from another relationship, and if so, it's an absolute deal-breaker if your ex doesn't

like kids. It's also a deal-breaker if you have a pet that you love dearly and your ex hates it.

- **Liking the same leisure activities** – You may enjoy hiking or sailing and your ex wants nothing else but to lay on the couch and watch sports. Having to find someone else to enjoy off-time with can get old – fast.
- **Financial security** – Does your ex make an attempt to spend money wisely and save for the future? If that's important to you, but not to your ex (or vice-versa) – think twice before you get back together.

There are dozens more “must have” traits that you may find appealing in someone you want to build a relationship with. Write them all down as you think of them – then go back over them again and try to discover where your ex stacked up.

### ***Know Thyself***

Ask yourself if you're happy right now? You may still be reeling from the relationship breakup, but would taking him back really bring happiness – or simply more heartache. You've got to know what makes you happy before you're ready to find someone who can fulfill your needs and wants.

A deep soul-searching venture is required for you to know what traits the other person in a love relationship must have to make you happy. Consider the following:

- **Do you get stressed out about everything?** If so, you probably need a person who can calm you and help de-stress a situation.
- **Do you spend time on yourself when you're in a relationship?** If you don't take care of yourself on a daily basis, you'll begin to resent the time that the relationship takes away from you.
- **Are you basically a happy and ebullient person?** If you've got a smile on your face when you first get up in the morning, you don't need someone who drags down your happiness and zest for life.
- **Do you have trouble stating your needs?** No one can read your mind, but having a relationship with a person who's in tune to your needs can be a big plus.

- **Are you spontaneous or like to plan everything meticulously?** There could be a conflict if you're with someone opposite of you. Compromise is always a solution, but you have to be open to it.
- **How well do you communicate?** If you feel there's a problem in the relationship, how well do you communicate it to the other person? Anger and rage over a situation can cause further rifts down the line.

In this exercise, you may want to ask trusted friends and family what they think about how you relate in a relationship. Be prepared to listen and not get angry. If you ask the question, be ready for the answer.

### ***Get to the Crux of the Problem***

Deep within, you know why your previous relationship failed. There may have been a climactic occasion, such as discovering that your ex was cheating, but there were most likely problems that led up to it. As you carefully go through the exercises in this book, you'll become more clear about what the root of the real problem was and how you played a part in it.

Beware that relationships are in constant evolution. If you're in a relationship for five years, you won't feel the same as you did during the blooming stages, but those feelings can be even better if you see them for what they are – knowledge of and a deeper love for the other person.

Eventually, you'll know if you and your ex were just not meant to be – or if the problem(s) that caused you to separate were minor in the scheme of your relationship, and you both deserve another chance.

If you decide that the relationship was toxic and could only lead to an unpleasant end, keep working on yourself and discovering what makes you happy. Life only comes around once, and you deserve to be in a contented relationship – with or without your ex.



## Chapter 4: Giving Your Ex the Green Light to Get Back Onboard

After you've given yourself some time to rethink the relationship between you and your ex, you may decide that you want him back. If you've given each other some space to think, he may be as ready as you are to patch things up.

My advice was to halt all communication until you've given thorough thought to the situation – and if you heeded that advice, it's time to make contact again and get back on the relationship highway.

This interim time between being apart and getting back together is fragile and can come apart at the least indiscretion, so caution is the way to go.

You don't want your flight to fall down mid-way on the road to making up. Keep it simple and light, even though you may feel like folding into his arms.

The first contact made may need to be you. Remember to keep it buoyant – ask how he is or, if you know his family, ask about a loved one or a favorite pet.

Mention something that you've been doing that the both of you enjoyed in the past – perhaps hiking on a favorite trail or spending time with a mutual friend.

Gauge when to say goodbye by how he sounds – enthusiastic and excited about your call or cautious and not in the mood to talk. Even though he may want to talk, don't engage him in conversation too long.



You've made contact and now he'll start thinking about old memories of the two of you and how things used to be. Besides, talking too long for the first conversation may open old wounds or dredge up bad memories.

### ***Stay Away From the Blame Game***

The "getting back together" light was red and now it's yellow – for caution. As you begin to have conversations with each other again, you'll both be cautious about bringing up old hurts and reasons for the breakup.

It's important that you stay away from blaming each other, no matter how much you want to, even when the time is right to talk about it – and you **will** have to talk about it.

This time may be the only opportunity you have to turn back the clock on your relationship – to rekindle the sparks that brought the two of you together in the first place. To make that happen, you've got to stay away from why the split happened in the first place. That means not bringing up a huge fight, a cheating incident or anything else that can break the spell of this magical time between you.

The only possible reason for bringing up the past is to clear the air about something really important to you before you go on. For example, if abuse was involved, you'll want to know what he's doing to prevent it from happening again.

Chances are, you shouldn't be attempting reconciliation if he abused you in any way. He's shown you clearly who he is – **believe him!** Other than a drop-dead deal-breaker like that, there's no reason to bring up the unhappiness of the past.

Other than the obvious, like abuse, there's no reason you can't work things out and get back together. But, take it easy at first and gradually get to the point where you can talk about what bothered you (or the reason for the breakup) in the past.

Even if you've made dumb mistakes when you first broke up – like calling and hanging up quickly or calling when drunk and sending lascivious text messages – the relationship isn't irreparable.

### ***Make Him Notice You – Again***

If your ex continues to be unresponsive to your attempt at reconciliation, there are ways to get his attention. Now that you've heard his voice and

feel a connection again, you may want nothing more than to run into his arms, but be patient. It's time to rev up the action!

Here are some behaviors you should avoid at all costs when the yellow light is blinking and you want to get to the green light as rapidly as possible:

- **Don't be too available.** – If he takes for granted that you'll be sitting beside the phone or waiting for the doorbell to ring, you may be prolonging the final make-up session before getting back together. As hard as it might be...become a little distant. Don't answer the phone every time he calls, even though you're dying to. Make him leave a message.

Then, don't be too anxious to call him back. Do call him back, but let a few hours or a day go by. And, go out with your friends – be seen having fun. It will get back to him and he'll know you're not pining for his attention. A little jealousy may speed up the reconciliation process, so if you're casually dating someone else – so much the better.

- **If he wants to talk about a plan for getting back together, be agreeable.** – I said “agreeable,” not a pushover. You've got to state your feelings, but do it with your mind and not your heart. He'll respect you more that you're strong and self-sufficient.
- **Don't appear desperate.** That's one of the biggest turnoffs when trying to get back together. It undermines everything you've set up in the past to make this relationship work for the both of you.
- **Don't be clingy or needy.** Another big turnoff. Even though you've begun the reconciliation process, things aren't completely settled yet. Don't automatically think that the two of you will be a couple again and show up at his place unannounced or continuously call him on his cell phone.

You've heard the old adage, “absence makes the heart grow fonder,” – well, it's a fact that he'll miss you more and want to be with you if you “chill” awhile and let him make the moves to get together.

### ***Don't Push Him For an Immediate Decision***

You've talked about reconciling and the situation is looking positive – but don't push your ex for an immediate decision about getting back together. You've heard that water doesn't boil if you're watching it – well,

if you're paying constant attention to a relationship makeup, that yellow light will keep blinking for what seems like forever.

That yellow light will turn to green sooner if you're laid back. Reconciliation is a tricky situation, so have patience and wait for him to realize that he wants you back.

Meanwhile, have some fun. Go out with friends and keep yourself busy. Calling, texting, crying, spreading rumors that you're getting back together will only push him farther away.

And, for goodness sake, don't get emotional – sure you love him and want him back, but don't let him know that by letting your feelings flow too freely. You don't want to look needy or desperate.

After all the groundwork you've done thus far, it would be a shame if you ruined it at this point by acting too quickly.

### ***During the Yellow Light Stage***

Making the first contact with your ex a successful encounter is the most difficult part of reuniting. After that, there's a good chance that you'll begin to contact each other more and more and plan a time to see each other, if you haven't already.

When you're ready to "set a date" to go on a date, be sure you plan something that's either sentimental, something that you both enjoy doing, or somewhere that will bring back pleasant memories.

There's a twofold advantage to making your first date since the breakup a memorable one, and one that will push him more toward the green light. Those old loving feelings will be revived to make the time you spend together especially unforgettable.

He'll also take note that you're really serious about getting back into the relationship and make him realize that he has to make a decision – if he hasn't already.

If he still isn't ready to move through the green light, don't be frustrated. Everyone has different emotional timetables, and he may not be ready to make the commitment you hope for yet. Continue to exhibit your willingness to try it again without being pushy or needy.

### ***Don't Set Yourself Up for Another Letdown***

Unless you've analyzed why the relationship didn't work the first time around, you may be setting yourself up for another devastating letdown. If you just fall into each others arms without addressing the issues that caused the breakup, nothing has been accomplished and the same old patterns may reappear in the relationship.

A quick hook-up isn't what you want for the long run if you truly care for your ex. Moving too fast to get immediate results isn't good for you or him and can seriously put the reconciliation in jeopardy.

Your ex has to convince you that he wants your relationship to continue and that he doesn't just desire a quick fling, but a more permanent commitment.

The previous chapters were designed to help you with your relationship evaluation and to find out what you desire and have to have in a permanent love relationship. If you've done the exercises diligently, you should be ready to determine which path to take to rebuild a strong relationship with your ex – or let him go.

### ***What if He Doesn't Take the Hints?***

If your ex doesn't really get that you're giving him the green light to rekindle the relationship, don't despair. Time may be the key – and a continuation of your willingness to get back together. It may seem like an interminable amount of time to you, but give him space to make the right decision in his own time.

Look at yourself closely to see if you're projecting an image of calm and balance in your life. If he sees an emotionally scattered person who is desperate to reconcile, he may be unsure that resuming the relationship is the right thing to do.

Take care of yourself, invite a calming presence into your being that he'll be sure to see as a positive sign.

Embrace change, no matter if it's the change you long for or change that you dread. It could be that both of you have to change before your new relationship can be a successful one.

Continue to take care of yourself, enjoy life and have fun that you create from the inside, out. He'll notice the positive changes.

Maybe you've loved and lost. Consider it one of life's lessons and learn from your past mistakes.

### ***There's No Guarantee***

Wouldn't it be great if relationships came with a "guarantee" that if it doesn't work out, you'll get a complete refund – no hurt feelings, no heartaches – it would all be wiped from your memory.

Unfortunately, our memories can't erase the misery that a relationship-gone-wrong may have caused.

If all fails and reconciliation just doesn't happen, you've at least gotten further in your life by taking steps to go on without him. You're back in the dating game, reconnecting with old friends and family and getting yourself in shape and feeling good.

You're over the "wallowing in self-pity" stage and are ready for new memories and fun times to come your way.

You may feel a new angst or panic when you realize that making up isn't going to happen. You may have built up your hopes only to have them dashed when you see him out with someone new and those old feelings of revenge and anger raise their ugly heads in your mind.

If you know for sure that all your hopes and dreams of getting back together are gone with the wind, give yourself time to grieve. That doesn't mean digging yourself into a deep depression and forsaking all the hard work you've done to get your mind and body back into shape.

It takes a while for your inner feelings to process the information that it's really over and you should give yourself the time to rethink your past – and your new life.

Be gentle with yourself and concentrate on all you've accomplished rather than what you've lost. This is a time when pampering yourself can go a long way to alleviate the hurt. Getting together with friends (without constantly talking about your ex) is healing as is writing your thoughts and feelings in a journal.

Beware of "rebound" relationships. They don't usually work and can get you in a situation that you'll be sorry of later. Instead, concentrate on your feelings and your well-being for awhile.

Don't be too anxious to jump back in to a relationship just because you may be lonely or frustrated.

As you're concentrating on **you** an incredible thing may happen – your ex may realize the grass isn't always greener with someone else – and the time you've given him may have caused him to rethink the relationship he had with you.

You may be surprised to find that you don't want him back after all – that the new you is really appealing and you're actually...**over it!**

## **Chapter 6: Smoothing the Way for a Stress-Free Reunion**

Reuniting with your ex can be a stressful experience if you don't devise a plan beforehand. It's like putting Humpty Dumpty back together again – there are broken and splintered pieces and if you're not careful, all the king's horses and all the king's men won't be able to patch it together again.

And, if you don't pay attention to the fault lines in the relationship, it may happen again.

You may have been the culprit that caused the breakup and if so, you've got to be prepared for some flack from your ex. Hopefully, you have a new and better understanding of your values and what you want from a relationship. You've got to be prepared to convince your ex that what happened before, won't happen again.

There are three major elements found in a lasting relationship, and you've got to be willing to change so that these factors will figure in to a future with your ex.

If you can relate to him that you're ready to incorporate these elements into your relationship, the reunion will suffer less stress and you'll have more chance of reconciliation. The elements to a successful and lasting relationship are:



**Communication** – A key element to a permanent relationship, communication can sometimes fall by the wayside and resentment toward your partner can build up to the breaking point.

You may seek revenge without the other person ever knowing there's a problem.

If this is what happened in your previous relationship with your ex, you've got to go into the reunion phase of getting your ex back with a new attitude and an unselfish attitude.

You've also got to understand and deal with the fact that he may need extra time to get over whatever damage has been done.

Estranged couples with children require a different method of communication altogether.

If you're attempting to get your ex back, don't use the children in a game of cat and mouse. Be positive and light and don't make the children an issue. Granted, you will have to talk about the children, but don't make them part of your plans and schemes to win back your ex.

In order to be a great communicator, you have to practice the art of listening. Listen while your ex is talking, even if you're about to bust a gut to tell him how you feel about whatever he's saying.

Don't get so entranced with your own thoughts that you forget to listen to what your ex is saying. You might learn something valuable that will help you express yourself in a way that isn't confrontational, but shows the new you.

Before the reunion "talkathon" takes place, resolve yourself to try and find empathy with your ex's concerns and communicate with him in a calm, resolved manner rather than turning it in to a raging "I'm right – you're



wrong" match that won't solve anything, much less put you closer to making up.

Communicate to your ex that you have the ultimate respect for him and his opinions about what went wrong in the relationship. That doesn't mean you have to agree with everything he says – but do have an understanding manner.

If a trust has been broken or either one of you feels betrayed, that repair must happen before full reconciliation is possible.

Here are some tips to remember as you move ever closer to that all important, stress-free reunion:

- **Be open to all the issues you think will come out during the reunion.** Flexibility is important when communicating with your ex about a possible reconciliation. Even if you did nothing to cause the breakup, there was a reason that he was unhappy and you have to be open to changes or your reunion dreams will dissipate into thin air.
- **Be strong, but not demanding.** Don't jump through hoops to meet his demands about reconciling, but understand that you may have to compromise in order to repair and make the relationship better – one in which you'll both be content.
- **Don't appear desperate.** Your calm demeanor is essential in this fragile episode if you want your ex back. Emotions should be kept in check and it should be made clear that you're perfectly capable of continuing your life without him.
- **Watch your body language.** Believe it or not, if you cross your arms and lean away from your ex when he's talking, you convey the message that you're not open to what he's saying. If your eyes wander around the room or you roll them in disgust, he'll get the message that you're just not amenable to reconciliation.

Don't hesitate to see a counselor if you need help sorting out how you feel about reconciling. He or she may lead you through some possible dialogue and how to deal with certain subjects should they arise.

A counselor will help you figure out your own needs and desires and also how to communicate them in the best way possible to your ex.

Explosive issues may need intervention from a mediator or counselor, so you may want to consider asking your ex to meet with you and a third party who can make sure the communication progresses smoothly, with a solution in mind.

**Respect** – Respect is the foundation for all relationships – those with your family, friends, co-workers and love relationship. You may not agree with everything that your ex does or says, but respecting his views is crucial if you're to make the relationship work and flourish for the long term.

The respect within your relationship should be a mutual thing. If he doesn't respect you and your views and isn't willing to change, run, don't walk, to the nearest exit.

Also, run for the exit sign if you can't muster up any respect for him. After all this time, you may want him physically or simply because you're lonely without him, but if he's done things in the past to lose your respect and you can't get it back – don't try again. Chances are you'll never be able to gain back the respect for him that you've lost.

Since the relationship is broken, respect for each other (or oneself) was lost along the way. You remember when you were both madly in love and would step back and do almost anything for the other. But, something happened to destroy that respect and to get it back, you've got to have **self-respect** before you can truly respect anyone else.

Self-respect is another element that helps a broken relationship renew itself and get back on track. You've got to honor yourself before anyone else will honor you, so it's important that you work on yourself and have a clear view of who you are and what you will or won't tolerate in a relationship.

Self-respect can give you the power you need when approaching your ex about reconciliation.

Your ego (and his) may have been bruised by hurtful and mindless attacks. Respect is solidly rooted in the ego, and you and/or he may feel an abundance of resentment because of it. If this has happened in the relationship you're attempting to piece together, it may take longer and require more thought on your part.

Loyalty is also deeply imbedded in respect. If there's been cheating or lying in the relationship, loyalty may be battered beyond repair. Loyalty

may be such a part of your core values that while you may be able to forgive, you'll never be able to forget the indiscretion.

When you step away from a person who has injured your ego or your core values, he'll respect you more and there's a chance he may turn around in his thinking and realize that he's lost what he desired most in life.

Perhaps you both lost respect for each other. If so, the value of your relationship has been lost along with passion and esteem. Respect is another deal-breaker in a relationship – without it, there's very little hope for the relationship to succeed.

Tell yourself over and over that you deserve respect and carefully assess whether or not your self-respect will increase or disappear if you resume the relationship with your ex.

**Commitment** -- Above all, the desire to make a commitment to the new relationship with your ex must be first and foremost in your mind. You have your viewpoint about what happened to end the relationship and he definitely has his.

There may have been a clear incident that forced it to end, but his opinion about what led up to it may differ from yours.

First of all, make a commitment to listen to your ex's explanations or reasoning about why the breakup came about. Again, be calm, cool and collected and refrain from criticism, anger and accusations.

There's a certain amount of sacrifice found in any good relationship. A commitment from both of you to act as a couple and not singles is crucial for the reconciliation to work. Aside from physical or mental abuse that we talked about earlier, you may have to own some of the reasons why your relationship fell apart.

You could be selfish and blame only your partner, or you could be unselfish and sacrifice your "holier than thou" attitude that can only be making your ex think twice about making up with you.

Thinking like you're a couple and being ready to sacrifice some actions you'd love to take and instead think of the other person can ensure that the relationship will grow and flourish.

Also, make a firm commitment to support your ex if you do resume the relationship. Don't let family members or friends degrade him after you're

back together, even though they may have heard derogatory remarks about him that came directly from your mouth.

Make it clear to them that you're going to try and patch things up and ask them not to express their opinions – especially in front of your ex.

I'm advocating that you give 100% of yourself in this newly repaired relationship. But that won't work unless your ex also gives 100% of himself. There will be times when you'll only be able to give 60% -- and that's okay as long as both of you are striving for the 100% mark.

For example, if you've had a hard day at work and don't feel like dealing with dinner, the laundry or even picking up the clothes at the cleaners – it would be giving 100% if your ex either cooked dinner or took you out to dinner.

Anything that shows he supports you and understands how you feel. For that to happen, you've got to express your feelings and ask for what you need. Don't wait for the other person to read your mind or "sense" what needs to be done.

A solid commitment to be supportive of one another, no matter how infinitesimal you believe the situation is, is vital to the successful continuation of your revived relationship.

### ***Before the Reunion Takes Place***

Do the groundwork to ensure that the reunion proceeds on a positive note before you get together for the first time. Approach it from a place of strength rather than one of weakness – strength motivates, but weakness takes away your power.

Coming to the reunion from a place of strength will help give you the self-confidence you need to ask for what you want and demand the results you desire.

Write down the points you're sure will be brought up during the reunion and then practice how you're going to resolve them or accept them. Also, think about how he's going to respond to some of the issues.

He may be defensive at first, so it's important you remain calm so that emotions don't flair and either one of you says something that can't be taken back.

Resolve not to make issues more complicated than they really are. Listen carefully for what you want to hear, and then don't push the issue. Once you have the answer you want to hear, let it go. No use in beating a dead horse.

Ask yourself if you're demanding too much of your ex. You know there are certain traits that must exist in your love relationship, but are you complicating the reunion agenda by demanding too much?

Know that the fairy tale relationship doesn't exist – the one where no one ever gets bent out of shape or frustrated when things don't go as planned. Perfection isn't possible, so you have to work with what you have.

If you truly love the other person, you'll find a way to make it work.

Having a clear plan about how to reunite with your ex can help to break through the barriers that are sure to happen when you're saddled with a volatile past.

It won't be easy, with or without a clear-cut plan, but love is a huge gamble – sometimes you win and sometimes you lose – but take comfort in the fact that you've thoroughly prepared for the best outcome possible, know you've done your best – and expect success.

## Chapter 7: Having “The Talk” – Are You or Aren’t You?

Are you a couple again – or aren’t you? You want to know, but he’s not forthcoming with an answer.

Thing went very well during the reunion – you’re seeing each other again, but he just hasn’t made a commitment that you’re really a couple again.

Finding out where you stand is a delicate matter to discuss. You don’t want to scare him away by being too pushy.

It could be that he’s not ready to forgive you for past transgressions or that he thinks you haven’t forgiven him.

You’ve probably chatted a great deal since you had the “reunion,” but you may be skirting the real issue(s) like it was a dangerous cliff you might plummet from.

Being honest and somewhat transparent with your ex is especially important when you’re attempting to become a couple again, so don’t hide your feelings about what hasn’t been said.

Reveal your feelings, carefully wrapped in a veil of understanding. For example, he may simply need more time to sort out his feelings. That’s perfectly understandable – and if you know that – you can deal with it easier.

Maybe you’ve become too dependent on his attention since your reunion. As I’ve said in past chapters, being too clingy or pushy is a sure way to drive him farther away. During this time of indecision, flex your own independence.

Don’t depend on him to be responsible for your happiness, but cultivate your own.



## **Talking Points You Need to Know About**

Before you have the “talk” to determine if you're a couple again – or not – you need to carefully decide what talking points you need to bring up with your ex without making him feel backed into a corner.

Military couples suffer some of what you're feeling after one of them returns from a deployment of several months or years.

There's awkwardness in being together, even though you've been talking on the phone, sending emails and maybe even going out to some places you feel comfortable with. Some relationships need a bit of finessing before you can resume being a true couple again.

Here are some talking points to consider when speaking to your ex about starting over as a couple:

### **Be gentle with your words and attitude.**

You may be frustrated, but don't yell at your ex or try to force the issue about getting back together. Plan your words carefully and listen to him when he's talking. If you make a mistake at this point in reconciling, all your hard work may end up for naught.

### **If your ex needs more time, take him at his word.**

It may seem as if an interminable time has already passed, but each of us has our own internal timetable and some may require much more time with a difficult decision than others.

### **Ask what his concerns are.**

Again, **listen!** Don't try to think ahead and cut him off at the pass. Listen carefully to everything he has to say and then don't answer quickly. Silence may be your best advocate here.

When you do speak, tell him you understand his concerns (even if you don't). That will put him at ease immediately, knowing that you're not going to rant and rave and call him names. You can sort through the conversation later.

### **If you've already made a plan about how you're going to answer his concerns, now is the time to speak up.**



It's make it or break it time, and you'll never have a better time to speak up if you think he's going overboard about one issue or another. He may bring up things that you're just not ready to go along with – and never will be. Is it a deal-breaker? Only **you** can decide.

### **Be honest when communicating with your ex.**

Honesty really is the best policy, especially when dishonesty may come back to haunt you later. If you're confused or frustrated about a situation within your relationship, tell him now rather than wait until you're back together as a couple

### **Avoid scrambling for power during the conversation**

Power struggles never accomplish anything. He may have been the one at fault and perpetuated the reason for your breakup, but if you want to get back together, remember that being a couple means equality for both.

### **Know when to get a third opinion.**

If the talk becomes strained or barriers appear that neither of you can seem to overcome, suggest a meeting with a mediator, priest or pastor – anyone who can objectively help you get over a volatile issue.

### **Take advantage of getting together for a talk.**

This is a perfect opportunity for you to address the issues in the previous relationship with your ex that may have bothered you in the past. Clearing the air can prevent more problems in the future.

Something in the past relationship with your ex may have caused you to forget about yourself as a person who has interests and obligations outside of the relationship. Tell your ex about the changes that are going to occur in your future relationship if you both decide you're going to be a couple again.

Returning to the same old patterns where you are controlled by his wants and needs can only lead to another falling out. The commitment to yourself to make time for your wants and needs is a huge predictor of whether a lasting future with your ex will happen – or not.

### **Resuming Your Lives As a “Couple”**

You may have serious trepidation about resuming life as a couple with your ex. That's completely normal and shows that you've given some serious thought, not only to your ex and the relationship – but to your own inner feelings.

Here are some of the issues you may face when you get back together as a couple:

### **Embarrassment**

It may be embarrassing to get back together with old friends and family. They may have formed an opinion as to whether or not the two of you should resume your lives as a couple and voiced that opinion to you.

You or he might have said some things you wished you hadn't during the "anger" stage of the breakup, so it isn't reasonable to think your family and friends are going to welcome you back warmly (as a couple).

Be patient.

This, too, takes time and willingness on both your parts to change their minds

### **Fear of failure**

Fear of failing in this new relationship venture can cause you to be anxious and too analytical. This fear can make many aspects of your life as a couple endure serious awkwardness, including getting together with old friends and family, giving up your independence – and even sex.

It's difficult to enjoy intimacy with someone whom you think could be only temporary.

Being afraid of failure is also completely normal and the only way to assuage the fear is to acknowledge it, not only to yourself, but to your friends and family – and your ex. You know that everyone is watching the two of you for any signs that the reunion will result in failure.

It may be an awkward time, but only temporarily. Eventually, the interest in your relationship will be surpassed by something or someone else of concern and fade from their minds.

### **Disagreements**

As a couple, you're bound to disagree at times. When this happens (and, it will), remember what you've learned from the exercises aimed to get your ex back. Don't turn every disagreement into a shouting match – calmness is the key to ensuring that the problem is resolved without another breakup or resentment-building.

If you do occasionally get into an argument, don't bring up old hurts or wrong-doings. Leave the past in the past and concentrate on the disagreement du jour.

Don't think you always have to be right or have the last word in a disagreement. Evolving into a happy and successful couple means that you'll need to practice compromising.

Thinking that you're always right will only compound a disagreement or argument by adding more issues or make it much more difficult to resolve.

When arguments get out of hand and you feel the situation worsening, take a break. It's difficult to do, but taking a time out will help you both reassess your emotions about the subject you're arguing about and come back together more relaxed and able to discuss the matter in a reasonable manner.

Agree to take a break before an argument takes place. In other words, agree with your partner to respect the other's request to break away from a disagreement before one or the other causes it to become heated or out of hand.

You may want to have a certain sign, such as raising your left arm, to signal that it's time for a break.

Don't take a time out for such a long period of time that you don't finish the discussion. That isn't healthy for either one of you. Before you separate for the break time, agree to a time limit to come back together.

During the time out from an argument or disagreement, take some deep breaths, take a walk, listen to some soothing music or anything that will distract you from your emotional tirade.

Come back together with a resolve that you're going to work this out in a civilized and compromising manner and come to a conclusion that's best for you, as a couple – not individually.

Mark Goulston, M.D., wrote in his book, "The 6 Secrets of a Lasting Relationship," that "...we don't fall out of love. Rather, love falls out of us, like the floors of a building whose foundation crumbles."

If the foundation of your loving relationship contains cracks and weaknesses, you're going to have to work extra hard to successfully resume your lives as a couple. Only you and he can determine if the result is worth the effort.

### ***The Breakup May Have Strengthened Your Relationship***

You've been apart for awhile and more than ever realize that you've both made a mistake by breaking up. This knowledge alone will have helped to strengthen your new and improved relationship.

Having time to think about what you had – and lost – is a sobering experience that you emerge from with either a stronger determination to resume the relationship successfully or to go your separate ways.

If you're reading this book, you've obviously come to the conclusion that you're better off as a couple and are doing what you can to resume the relationship and make it a successful one.

Assessing what went wrong in your previous relationship is a sure way to keep it from happening again. You'll be more cautious in what you say and do and will make more of an effort to avoid topics of conversation that you know are trigger points to resentment and arguments.

Both of you should want to nurture the new relationship and make it work. This doesn't mean that you should give up everything for him again. Continue seeing your friends and family and pampering yourself on a regular basis.

He'll see that you're a more independent thinker and partner and that's decidedly attractive.

Anger within a relationship is sure to arise, but you've learned some ways to diffuse a volatile situation. Don't fall into the same old rut that got you both into trouble the first time around.

Below are some thoughts that may help you stay calm and cool in a heated situation, when it occurs.

**When you agree with your ex, tell him so.**

Nothing helps diffuse a touchy situation more than agreeing with the other party about what they're saying. Even if you can only agree with part of what they're saying, make it clear that you're on the same page with parts of the issue at hand.

**Commiserate with your ex.**

Tell him that you empathize with the situation and that you know it's a tough one for him. Even though you don't agree with what he's saying or doing, it helps to know that you're on his side to find a solution.

**Encourage your ex to keep talking.**

Sometimes, during an argument or disagreement, those involved tend to clam up and refuse to talk anymore. If this happens, tell your ex that you want to keep the dialogue going so that his point of view becomes clearer to you.

**Own your part.**

If you've done or said something that adds fire to the argument or misunderstanding, admit what you've done. Don't try to hide it or downplay it, even though it seems minute in your eyes. Own what you've done.

**Ask your ex (and mean it) what you can do to make things run smoothly again.**

This sends a signal to your ex that you're tired of fighting and you want to compromise and get along again.

**Tell him when an issue that you're talking about is important.**

It may not be as important to him as it is to you, so it's vital that you tell him how you feel and to listen carefully while you're speaking.

Practicing the art of building a relationship that will endure all the boulders that life throws in your path is the only way to keep another breakup from happening. When you train yourself to avoid the mistakes you've made in the past, your relationship will flourish.

You should each know which changes you need to make that are vital for a continued growth in the relationship. If you're confused about something, speak up to your ex and ask him what he expects from you.

He may suggest a change that you disagree with, but at least it will be out in the open for discussion.

None of us is perfect, but when you concentrate on nurturing a relationship rather than getting the last word or having your way all the time, you'll develop a tolerance for those issues that don't really matter anyway.

You'll also develop a closer relationship with your ex – turning the breakup into a positive happening that will make you an enduring, “forever” couple.

## Chapter 8: Special Obstacles for Star-Crossed Lovers

There are many obstacles blocking the path for lovers who split for some reason or other and then realized they've made a horrible mistake.

Is it too late or is it just too exhausting to try and figure out the angles of a successful reunion?

Many star-crossed lovers have been successful in their quest to resume a relationship – but many more never make it back together because there's just too much to overcome.

**Listen up** if you don't want this to happen to you.

To be successful, couples have enough problems to deal with without having to deal with the aftermath of making up after breaking up.

These obstacles to a happy and successful relationship must be overcome and it takes lots of work from both of you.

Certain patterns in your relationship will determine success or failure. How you react to issues, outside influences that can be good or bad and how much you strive to work together on removing the obstacles is the best measure of a successful relationship.

If only one of you is working on these issues, the relationship has very little chance of success – but if you're both determined to move on despite the break up and the roadblocks surrounding it, there's a good chance you can enjoy life as a happy and successful couple.



## ***Dealing With Unresolved Issues and Other Roadblocks to Lasting Love***

Damage control from a breakup can be an awesome task. Perhaps you were rejected and he moved on to someone else. Now comes the problem of dealing with his new squeeze – getting her out of the picture as soon as possible so that he can devote all his attention toward you.

It may not be that easy if a long period of time has gone by and she's made an impact in his life and with his friends and family.

Your ex may be hesitating to get back together as a couple with you because he's confused about his relationship with the other person in his life. It's your job to turn his head and get his thinking back to the good times (hopefully, more than the new woman) he's had with you.

Some of the unresolved issues and other roadblocks are:

- **Family and relatives against the reunion** – This is a hard one, and perhaps the most difficult to overcome. If you've got family and friends who are raving, ***“Why did you go back to him?”*** there's probably a tug of war within yourself. You may attempt to keep your ex and others apart until things settle down. But the truth is that keeping them apart may just make things worse.

*What you can do...* Getting everyone on the same page about the two of you getting back together requires a plan. It's normal that you turned to friends and family at the time of the breakup to gain some reassurance about yourself and your decision to break up. You may have revealed problems in your relationship that's made them doubt the fact that the two of you should be together as a couple.

Make a concerted effort to reconnect with the family and friends in your life. Don't isolate yourself (or the two of you) from them because you're afraid of repercussions from what you've said or done.

Be honest and forthright in what you want from them – acceptance of your decision to reunite with your ex and some time for the two of you to prove that you made the correct decision.

***When his family and friends are against the relationship.*** This obstacle can work both ways, and it's just as probable that he's spoken to his family and friends, especially if you broke up with him or lied or



cheated during the relationship. Now you've got to win back their hearts and convince them that you should be a couple again.

Your ex may be greatly influenced by his family and friends, so it's important that you jump right into the fray without hesitating because you don't want to face their wrath – or indifference. After awhile, if you don't seem to be making any headway to win them back, go to your partner and ask for help.

If he truly loves you and wants this relationship to work as much as you do, he'll make the effort. And, be patient. Sometimes hardened hearts take a while to soften.

- **Your ex is involved with someone else** – This situation can play on your emotions like no other. He may be straddling the fence on which of you he wants to maintain a relationship with. There doesn't have to be a big standoff, but in time you should tell your ex that it's either you or her and until he makes a decision, you won't be around.

After you temporarily take a leave of absence, he won't have a choice except to think about you and the decision he has to make. He can't take you for granted and he's sure to begin to miss you.

He may even wonder if he can get you back – and trust me, that will make you more desirable than ever.

During this time of decision-making for him, don't call, text-message or have any other contact with him. If he calls and wants to talk about anything except getting back together, you must tell him that you really don't want to talk or get together until he makes the decision.

Your ex may be enthralled in a rebound relationship – and the chances of it lasting are less than 5%. It's simply a matter of being lonely, feeling unattractive and missing the good times with you.

He's trying to recreate those times with another person, and it won't last long. A rebound relationship might actually work in your favor by bringing back memories of you and the good times he had with you – and the difference in your personality and another's.

Think of it as a quick spin around the block in a new or different car – it's simply a flirtation, but it won't last because it's either too expensive or it just doesn't have the same value – sentimental or otherwise as the old model.

Love is emotional and it's so very tempting to try and outdo your rival, but you'll be outdoing her by keeping quiet and letting him miss you, just as you did right after the breakup and before he was ready to have the "talk."

- **One of you wants to maintain control of the other.** Control is often a huge issue with couples and it's often the most difficult one to deal with. You may want to think of it as the "silent killer" of a shared relationship.

Control issues sometimes cause so much confusion and frustration in a relationship that unrelated problems appear in other areas of the couple's lives.

If you're the controlling partner, you may want to blame the other for not being honest or for waiting too long to bring up an issue because he's too passive. But maybe you're the passive partner – then, you may become frustrated that it seems your partner doesn't respect you or your opinions or views.

Relationships are always in the changing mode – never dormant. It's important that whether you're controlling or passive that you're tuned in to your behavior patterns. Do you give in too often to your partner's wishes when you don't agree?

It's easy to blame the more controlling partner for problems that may arise in a relationship, but the passive partner must take some of the flack for not speaking up and expressing their own wants and needs. Then, you (as a couple) can reach a decision – whether it's compromising or explaining further why you think you have the best solution.

Tagging yourself as a victim in a "control" situation should be avoided at all cost. This attitude can cause hurt feelings and a powerless feeling, which can only lead to trouble in a relationship. Maintaining a successful relationship after a breakup means that you need to be open to change – and you need to believe that your partner can change.

If there are control issues in the relationship, talk to your partner immediately about changing the dynamics so that the two of you are equal.

- **You or your ex can't forgive past transgressions.** Constantly bringing up past transgressions in a relationship you're attempting to mend can damage it beyond repair.

Cheating, lying or any other problem that isn't talked about and resolved can fester and ruin any chances you had of resuming and keeping a successful relationship. A transgression that's repeated over and over may be more difficult to forgive.

In fact, there's a more serious problem that needs to be dealt with and you may need counseling, either alone or together. If you don't resolve the issue, it can only lead to mistrust and resentment.

If you're consistently being disrespected by your ex and you forgive him time after time there could be something seriously missing from your self-worth or self-esteem. This may go all the way back to your childhood – and until you can resolve it, your ex or someone else will always take advantage of you and you'll always be the victim.

The best action you can take if your ex (or you) continues to act in this manner is to put some distance between you and work as hard as you can on the forgiveness and/or self-esteem issues.

- **Emotional baggage** – Almost everyone comes into a relationship with some emotional baggage from however long or brief our histories are. If we've had several relationships, there's even more baggage that we'll need to deal with before becoming successful in any relationship.

Emotional baggage can include troubles from past relationships and even a troubled childhood. If jealousy, lack of attention or emotional and physical abuse were involved, more work will be needed to wipe out or at least lessen the scars.

Emotional baggage sometimes begins patterns that can haunt every relationship you're involved in – not to mention the rest of your life.

You may have chosen to enter into a relationship that only perpetuated the patterns you carry with you because of emotional baggage. Take a close look at the relationship with your ex and try to determine if you're repeating the same patterns of destructive behavior again and again.

Some things you can do to prevent emotional baggage from determining whether or not your relationship will be successful are:

*Be in charge of your thoughts about the past.* It's not healthy to obsess about past relationships. It's like looking at a picture of someone you loved and lost over and over again. Eventually it begins to wear on your emotions.

*Don't give up on this or any other relationship.* Just because you've had difficult relationships in the past doesn't mean that you're destined for failed relationships in your future. Working on the areas which failed will ensure that you enter the next love relationship with the emotional baggage gone from your thinking process.

*Learn from your emotional baggage.* It's said that we learn the most from our past mistakes and that's certainly true of any mistakes we've made in love relationships. It's okay to feel grief or disappointment in a failed relationship, but don't carry the same low expectations into your next one.

Anything you're obsessing about because you fear it will come between you and your ex should be brought out into the open and talked about. You'll never enjoy a healthy relationship if you keep it all inside and let it build up as anger and frustration.

### ***Give a Voice to Your Concerns***

Communicating with your ex the concerns you may have about the roadblocks in your relationship will open new roads for relationship recovery. But, before you talk about your concerns, get them straight in your mind so that you can offer solutions to the problems.

No matter what roadblock you see in yours and your ex's future, it will never be resolved until you can talk to your ex about it and let the two of you determine the action to take. Only with a forthright effort can the obstacles that lie before you as a couple be resolved and removed from the sanctity of the relationship.

When you voice your concerns to your ex, don't come from a place of always being right. If your ex doesn't agree with your assessment of the obstacles that lie ahead or the possible solutions you've suggested, be open to his thoughts.

These are solutions that you should attempt to resolve together – as a couple.

## Chapter 9: Your Ex Says No – Now What?

Okay...you've done everything I've told you to do in the previous chapters – and you now know for sure that your ex has moved on and he's not coming back to you. How are you going to handle it?

Are you going to come off looking like a “fatal attraction,” suicidal or drowning in a river of tears that everyone sees?

You don't want to be any of those stereotypes. Hopefully, you'll want to leave the relationship on a positive note.

If that's not possible, at least leave it on a *final* note - and don't look back. No sitting by the phone waiting for it to ring someday.

It may take time to fully recover from a relationship breakup, but this type of grief really can't be measured by time, so I can't give you a timeline when you'll get up one morning and not feel anything for your ex.



One thing I *can* guarantee, though, is that you *will* get over it and you *will* be happy again.

When you can see the relationship as a learning experience – one that made you a better person – you'll begin to heal from the hurt and sadness and begin to make a life for yourself without your ex.

Eventually, you'll look back and wonder why you grieved for such a long time.

You're the only one who can choose to grow – or not – from this experience and your life will be much better, much quicker if you decide to grow. In this final chapter, I'll give you some hints and hard facts about getting your groove back and keeping it!

### ***Keep Your Dignity Intact***

Ask yourself who are the people you admire when they've gone through tough times – and why do you admire them. For me, the newsreel of Jackie Kennedy attending the funeral for her husband, President Kennedy, comes to mind.

Jackie Kennedy was always the epitome of dignity and class, and at no other time did she display that than at the funeral for her husband.

You may admire a celebrity or someone in your own family for their abilities to handle the tough situations in life with aplomb and dignity. Ask yourself how these people would handle the situation you're in right now and then make it your assignment to mimic their self-assurance.

While you may think you're torturing your ex by leaving the relationship on a "loud and boisterous" note, you're really just torturing yourself. Walk away, head held high and understand that while this relationship didn't work out, it doesn't mean you were unworthy in any way.

Don't let your ego get in the way of your healing. You don't have to prove to your ex that he missed out on a good thing. You may feel rejected and even embarrassed, causing you to doubt your adequacy as a partner – but don't let these temporary feelings undermine your healing efforts.

### ***Revel In Your New-Found Freedom***

What would you do if a friend were free from a stifling relationship? Try to get them to celebrate! I want you to celebrate your independence from the sorrow and relationship that didn't allow you to experience true happiness.

When people get dumped, both men *and* women, they often forget how they can grow from the experience. You'll be a better you because of this failed relationship. Never have regrets over what you lived through.

It's okay to get sad, angry and depressed at first. But then let your life blossom. Learn how to be happy living alone before you run out and try to latch onto someone else just because you're feeling a little lonely.

If you start with a clean slate, it will give some wonderful man or woman out there the chance to get to know you and develop a deep,

meaningful relationship with you. The last thing you want to do is carry a bunch of baggage around with you while you try to move on with someone new.

Eventually, you're going to look back on this break-up period and be glad that it didn't work out. Why? Because you'll be with the person you were really meant to be with – and your old relationship will pale in comparison.

Be very nurturing to yourself during this time. If you and your ex lived together and you don't want to look at the rooms where his presence was, then try to schedule a vacation or time at a friends' house so that you don't have to wallow in old memories.

If you were in a routine with your ex, try to break out of the same habitual activities and alter your schedule a bit to make life seem anew.

Pamper yourself too whenever possible. It doesn't have to be a whole bank-breaking "day at the spa," either. It can be something as simple as taking yourself out for an ice cream cone and eating it in the park while you relax and enjoy the nice day.

### ***Never Settle for Less Again***

As you enjoy being single and independent, make sure you keep in mind the things that you want out of a permanent relationship. Don't replay the scenario of this breakup in every relationship that you're in.

Every person is unique and no one is going to be an exact duplicate with all of the traits your former partner had. It won't help to analyze the breakup and apply the same logic to any future connections because the end result may not be the same.

Keep a journal of the dates you go on and who had qualities you admire. Perhaps even make yourself a critical must have and must *not* have list – don't be too rigid with your prerequisites, but don't keep enough guidelines in place that you remember not to fall back into old habits and start dating the wrong type of person again.

Once the hurt heals and you're completely over your ex, you can even refer to a list of reasons why you now realize he wasn't the one for you. Talk about how he and his actions made you feel.

In the end, this decision not to reconcile is up to you *and* your ex. If they decide they're better off without you, then respect their decision and move on.



## **PLR CONTENT SOURCE**

Your Source For High Quality, Private Label Rights  
Content That You Can Actually Afford and Profit From

[www.PLRContentSource.com](http://www.PLRContentSource.com)