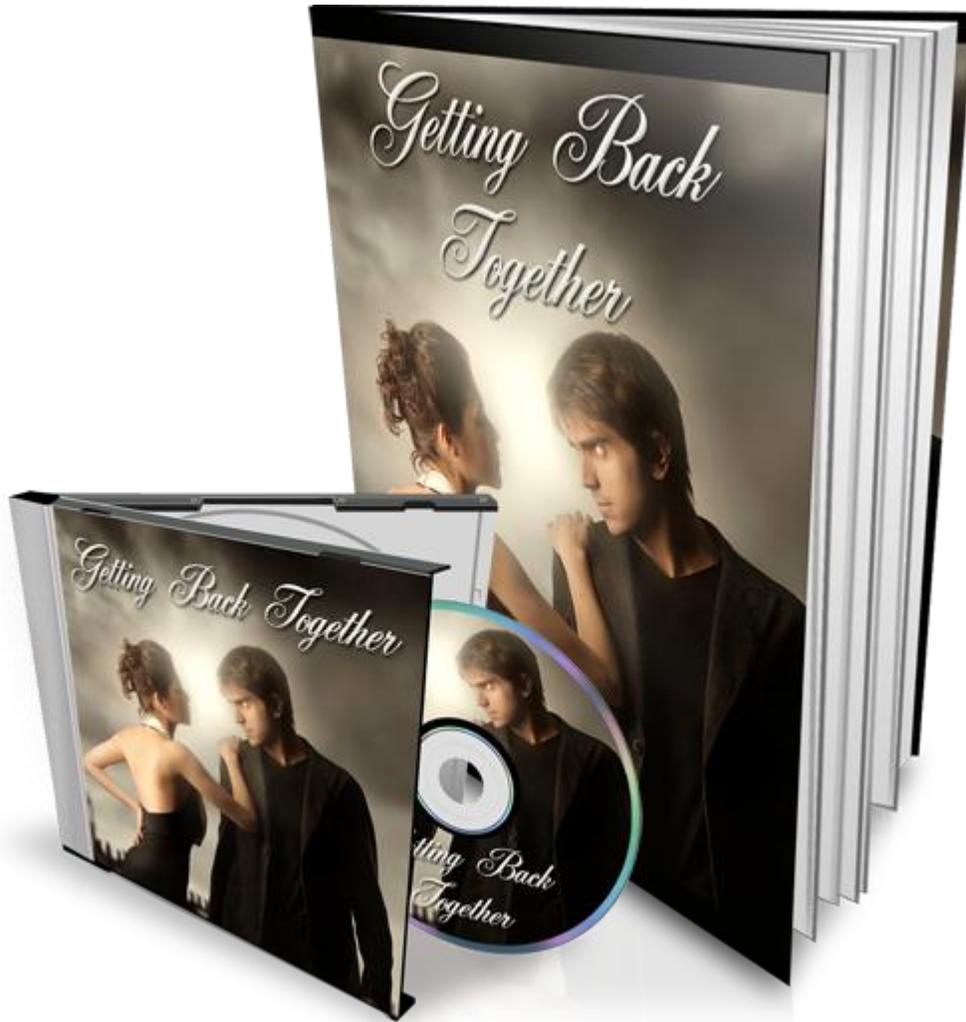


Getting Back Together



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Contents

Introduction

- Chapter 1 : Should You Date Your Ex Again?**
Learn From Your Mistakes
Is Your Ex Interested?
- Chapter 2 : Become a Challenge**
Finding Out What Your Ex Wants
Playing Hard to Get
Be Different Than Before
Provide a Sense of Mystery
Tips for Playing Hard to Get
- Chapter 3 : Avoid Seeming Desperate**
Give Him Some Space
Don't Be Needy
- Chapter 4 : What Not to Do**
Playing Mind Games is a 'No-No'
Hints and Tips on What to Avoid
- Chapter 5 : Making Changes With Your Ex**
Making a Fresh Start
Communication
- Chapter 6 : How to Get Your Ex to Love You Again**
Changing the Way You Look
Easy Does It!
Compliment Each Other
- Chapter 7 : Remaking the Commitment**
Learn Together
Give and Take
What You Really Want
Moving On
Simple Things Mean More

Conclusion

Introduction

Considering getting back with an ex partner after a bad breakup can mean a lot of changes for both of you if you want to make the relationship work this time around.

When one person has walked away from a relationship and then realizes they have made a mistake or would like to give it another shot, it may take a while for the relationship to get back on track due to the bruised ego of the other.

It is important not to allow things to be the same as they were before you broke up the first time. If one of you has an explosive temper for example, hopefully the time away from each other has changed that kind of attitude. If one of you was a frivolous spender, hopefully you have learned that you need to get your finances in order before you decide to get back with your ex. Likewise, if it was your ex who was spending frivolously, would you be able to put up with that if they do not want to change?

You must take into consideration all of these questions before you start trying to get back with your ex partner. If you are happy to make changes and will do anything to get him back; if you are serious about how much you miss him, then by all means, give it another chance.

Chapter 1

Should You Date Your Ex Again?

If you are thinking about dating your ex again after a break up, you need to be sure that this is what you really want.

You have to be comfortable while you are dating your ex. Make sure that you have gotten over the past hurt and anger that was in your previous relationship with him, else you will not feel at ease. If you want to make a fresh start with your ex you will need to 'forgive and forget' what happened before to enable the relationship to move on. It's perfectly fine to reminisce on the good times, but leave the bad times alone.

Learn from Your Mistakes

Before you can move on, learn from your mistakes and vow not to repeat them again. If you and your ex are looking to start fresh in a relationship with each other, start slowly and don't expect a lot from each other in the beginning. Going slow is the best way to renew and rekindle a relationship as you will be able to pick up on things more, from what you have learned from the past. You will also have to be mindful of your actions that may have offended your ex in the past and try not to make those same mistakes in the new relationship. Your ex should also feel the same way about the mistakes that he made before.

Make sure that you have forgiven your ex for things they may have done to hurt or humiliate you from your previous relationship together as you cannot move forward until you are free from all of that. Forgiveness not only helps your ex, but it helps you as well. Don't bring up anything about the past that relates to the hurt and pain that you and your ex experienced.

Is Your Ex Interested?

There are signs to look out for that show your ex wants you back, such as constantly keeping in touch with you, calling you just to say 'hello' and asking you if you are interested in someone else.

Other signs to look out for are these:

- He says he enjoys your company.
- He has no serious relationships and has mentioned that to you.
- He says he likes talking to you.
- He wants to be around you, whether it's on a date or not.
- He talks to you about serious issues and depends on you to listen.
- He encourages you to keep the communication going.
- He is interested in getting to know you again.

Getting Back Together

- He indicates wanting to see more of you.
- He states that he feels at peace when he is around you.
- He doesn't make a big deal if something goes wrong.
- He talks about other girls, but shows no interest towards them.
- He asks if you are interested in someone else.
- He stares in your eyes for a few minutes.

Whatever you do, do not call your ex unless you are returning his call – let him initiate everything and this way you will know that he is interested in you.

Chapter 2

Become a Challenge

It's a proven fact that the more you try to get your ex back, the more they try to stay away from you. People who get kicked to the curb after a break up usually think that it was caused by not being good enough for their beau. This makes them feel that they need to do more in order to win back their ex's love and affection. However, that is not necessarily the case. What your ex really wants is someone who can think for themselves and has a strong will to be the best they can be. They also want someone who will challenge them to be the best that they can be. The key word here is "challenge".

Just like your ex enjoys the challenge of you playing hard to get, they want someone who can give them a run for their money. They want someone who can think for themselves and be independent. If there is only one person in the relationship that decides everything that goes on, there is no challenge within that union; the relationship is just one-sided and that is not exciting. Men are always looking for excitement and a challenge. They want to explore and experience other things outside of what they know. By getting to explore more than just wining and dining, both parties have elevated their relationship to another level.

Finding Out What Your Ex Wants

Find out what your ex really wants with regard to a relationship - ask him questions; you may be surprised at his answers. Don't take him for granted and don't assume that he is always looking for a romp in the sack. Once you know what he really wants, you can make plans to make some changes for the better.

Playing Hard To Get

Playing hard to get is a way of testing the other to see if they are really interested in you; it involves mystery and challenge. Be careful though, you don't want to overdo it. It's ok to be unavailable sometimes, but if you make it too difficult, he will just go on and pursue someone else.

When you play hard to get, you make yourself valuable to the person that is pursuing you. If you are always available for your ex, they will not perceive you as a challenge. To them, you are too easy, too needy and too clingy.

Be Different than Before

It seems that more men than women prefer a challenge. If a man feels that they can manipulate you into doing what they want, then they won't want you. They don't even want to go out on a date with you anymore. I am willing to bet that your ex boyfriend wooed you in the beginning. He tried everything to get your attention. Maybe he bought

you flowers or chocolates, wrote letters or emails to you - in fact anything to make sure you knew he was interested in you. Men like a challenge; they love to compete. This is clearly seen when they watch a football match or a baseball game - they cheer their team on, throw their arms in the air when their team wins - it is an achievement for them. They will do everything that they can to win their prize and the challenge of winning is what spurs a man on. It's the same when a man sees a woman that he likes. He sees the lead up to winning her, his 'prize', as a challenge.

A big turnoff is if either one of you is controlling or demanding. This can push the other away as it portrays them as wanting to be in charge, no matter what. You have to be different for your boyfriend – he has to see things that he did not see the first time in your relationship, things that will make him tick and be interested. Don't settle for being ordinary.

Maybe you can dress a little different however, do not dress provocatively. If for example you always wore sweats around your ex when you were together, maybe try wearing some nice dress slacks or a nice skirt suit. If you didn't wear makeup before, buy some and apply it. Not only will it make you look a little different and show that you are taking more care of your appearance, it will also make you feel better. These are simple changes and your ex will immediately notice the difference.

You need to know what makes your ex tick. You may have failed to do that in the past, but with reconciliation, you have another chance. It can make all the difference in your renewed relationship with him.

Provide a Sense of Mystery

When you are playing hard to get with your ex, don't be predictable. Think outside of the box and provide a sense of mystery and challenge for him. If you were passive in the previous relationship, show your ex that you are now a different person. You are no longer the "easy" and "willing" person you once were.

You have to make your ex see you as a worthy catch and for him to deem you as valuable. This also means no sleeping together on the first date or even for some time afterwards. Playing hard to get means that you need to leave such a lasting impression on him that he will not even think of dating anyone else but you. You must bear in mind however, that you can only be a challenge to him for so long. A more serious role on both sides will be taken on, once the relationship has been rekindled.

Tips for Playing Hard To Get

When you're playing hard to get with your ex, the purpose is to see if they are really interested in getting back with you. You or your ex may feel that you were taken for granted before the break up and just because the thought of getting back together is there, that does not mean that you or your ex can play it safe - you don't want any hurt feelings on either side. You cannot take for granted that your ex is going to automatically fall in love with you again.

Getting Back Together

Here are some tips you can use to see if the strategy will work:

- When your ex calls, you don't always have to answer the phone. It's your call as to when you want to talk to them. Keep them wondering a little bit and try not to always make yourself available.
- Since this should be a challenge, you don't want to come off as an easy person. You want them to sweat a little. That way, you will know whether or not they are really serious about reconciling.
- You don't have to speak with your ex every day. It can get boring and one or both of you may lose interest rather quickly.
- When you know your ex is not there, call him and leave a message. Let him know that you regret missing his call, indicating an interest on your part.
- Do not show any hint of desperation.
- Being a little quieter than you were before and not talking as much will make him ask more questions and become more curious about you.
- Once you and your ex make headway to reconciliation, you can stop using these strategies, although you should still retain a sense of mystery and unpredictability, just to keep your ex interested.

Chapter 3

Avoid Seeming Desperate

When you are starting over again with your ex, don't be in a hurry to get to where you were before in your relationship. Take your time and don't overdo it otherwise he will be able to sense desperation in your actions and by what you say which will push him further away from you. Take it day by day and allow the process to take its course. As you are basically starting over, why not start from the beginning and try to do some of the things that you done when you were dating the first time around, such as going to the movies or the museum, a walk in the countryside or a picnic in the park.

Give Him Some Space

Don't call each other every day when you are just starting out and don't initiate any calls – let him do the running! You must give your ex some space and time to be alone and allow him to miss you for a few days. If you are always talking to him on the telephone or seeing him every day, then he cannot miss you. With your free time, you can find other activities that will keep you busy, perhaps doing the things you were involved with before your ex came back into your life such as a get together with friends over dinner, shopping trips or a quiet night in on your own watching a movie. You must remember that having that space apart from your ex is crucial in order for both parties to appreciate one another.

Don't be so bold as to let them know that you want to go out with them once you both get back together. Start out as a platonic friendship and work it from there. Let him make all the moves and don't show your feelings too soon. Keep a friendly atmosphere and once it's time to move to the next step, you will both know.

Make sure to avoid the attachment phase as you have to be an independent person and think for yourself. Men, in particular prefer women who are independent. They may not say it, but if they sense that you are needy, some of them will play the stringing game - they will string you along until they have no more use for you.

You are responsible for making and keeping yourself happy. Never depend on anyone else to do it for you else you will be disappointed. Once you channel into your independent mode, your ex will notice and will probably crawl back to you on bended knee. He will realize what he missed and could have lost forever and will do anything to get you back.

Don't Be Needy

If you are a person that is insecure and is afraid of being without a mate, then you can be considered as needy. Being needy traps you from getting out and about when your mate is not around.

Getting Back Together

When working to get back with your ex, there are some things that you should not do:

- Show your desperation outwardly.
- Squander the other person's time.
- Constantly ask them whether or not they are still interested in getting back together with you.
- Constantly asking other questions with regard to feelings.
- Not giving them the space they need.
- Calling them every day or every few hours.

If you are working to get back with your ex, the last thing he wants is for someone to be calling or hounding him every few hours. The more you do it, the quicker you push him away from you. Then you will really experience being by yourself.

Don't center your life around your ex, be free to do other things. Find other activities that you are interested in and when you do spend time with your ex, you will both appreciate each other more. Being needy is dangerous and can lead to a failed reunion.

Chapter 4

What Not To Do

Playing Mind Games is a 'No-No'

If you are looking to get back with your ex, you should be serious about it. Don't play games and string them along as that is the worst thing you can do. Some ex's like to play games just to get revenge, which is foolish. Getting revenge on someone solves nothing and can lead to more frustration and heartache.

It is extremely difficult trying to get back on track after a failed relationship - emotions run high for both males and females alike. So when you decide you want to get back with your ex, you have to mean business and besides, their feelings are probably still raw too. They probably still have feelings for you, even though you've been apart for a while.

Don't play around or string anyone along if you're not serious about having a meaningful reunion. People start to get too attached and then all hell breaks loose when one of you wants to detach. Be sure that your feelings for your ex are real and be confident that you want to make a go of the relationship again. If one of the parties is not serious about it, they need to be honest and say so. Playing games with your ex is not a nice thing to do and can have serious consequences if you're not ready to get back together with them.

Hints and Tips on What to Avoid

If you are really serious about getting back with your ex, just as there are some things you need to *do*, there are also some things that you need to *avoid*. Here are some warnings you should heed to which can help you move back closer into the relationship that you once had with your ex:

- Avoid being needy and desperate.
- Don't use expletives, especially if you did not use them before in your relationship with your ex. Using expletives is not ladylike nor is it gentlemanlike either and is completely disrespectful.
- Be yourself – don't be false or act like someone that you're not as your ex will be able to see right through you.
- Jealousy is not a good feeling to have. When you get jealous, you start to feel insecure and not trustworthy of your ex and getting scared that your ex is seeing someone else will jeopardize the reconciliation. Likewise, don't try to make your ex jealous as they will realize that you are playing games and you may lose him forever. This also means not using his best friend as leverage to get back at them.

Getting Back Together

- Don't lie to him. Be truthful at all times as he will be able to trust you more easily when you are honest with him.
- Do not let on to him immediately how much you miss him but wait until the relationship has gotten more serious again to do that. If you do it too soon, you may frighten your ex away.
- Don't start flirting right away - a nice smile says it all. Later on when you and your ex start to get close again, then you may think about flirting with him.
- Don't give yourself up for him quickly. If you do, he will see you as an easy catch and after that, he may not stay around for much longer.
- Avoid being pushy as this can push your ex away from you for good.
- Take your time about getting back with your ex. If you rush it, you may mess up a potentially good thing.
- If they want you back, you will know it. Don't fawn all over them trying to find out. Everything happens in its own time.

Chapter 5

Making Changes with Your Ex

When you are working on getting back together with your ex, both of you have to keep in mind that it takes two to repair a relationship. Both of you must agree to do what it takes to make it happen. If only one of you wants to make progress, the relationship will be doomed from the start. After both of you have decided to move forward with getting back together, you will have to take renewed steps to get it right this time. Maybe one of you has a habit of a bad temper. Count to ten before you say anything if there is something you are not happy about or if something doesn't go your way. Making that step to change bad habits is a plus.

Making a Fresh Start

Basically, you are starting all over again with your ex so make it a completely fresh start. You will have to get to know each other again from the beginning so think about the first time the two of you met and get reacquainted with each other. Think about some of the special times that you had with your ex and see if you can relive some of those times again.

If it was your fault that the relationship failed previously, seek and ask for forgiveness for the mistakes you made. Also, forgive yourself for what happened as this is the only way that you can move forward without carrying a burden of guilt. You and your ex need to be willing to change your thinking about certain things because you cannot take some of the same attitudes that you had before and use them, as they may be detrimental to your relationship. Work on rebuilding your future than staying stuck in your past because you won't move anywhere if you don't move on.

Communication

You and your ex must be willing to listen to each other in order to communicate effectively. Don't brush off things that your ex has to say as in essence, you are disconnecting them from you. Disconnection can lead to a distant relationship and can eventually lead to another break up. Some people have a way of being blunt and although it's a matter of not what you say but how you say it, think before you speak! Your mouth can be a dangerous weapon if you're not careful and if you say things in a condescending manner, then it won't be received well.

Nourish the relationship and each other. When you do that, you allow the relationship to grow. So, be a caring and affectionate person and show your ex that you care for them and that you are serious about getting back together.

Discuss things openly with him and be honest and upfront, but not blunt, during conversations. Work on your differences and don't let them stop you from moving forward. Also, work on your problems together as a couple, as both you and your ex

have to trust each other, which is extremely important in any relationship. It's even more important when you are trying to get back together as trust makes for a good relationship and if you don't have trust, your relationship will be doomed from the start. If the cause of the breakup of your relationship previously was a lack of trust, then that trust will of course have to be earned again. Keep the baggage out of the relationship and away from your ex. It will not do any good for you or him as it just hinders the relationship between you both even more.

When you are learning to bond with your ex again, take it day by day and don't be in a rush to make it right. This time around, you want your relationship with your ex to last.

Get yourself in order first before you take on a rekindled relationship with your ex. Both of you have to be past the "broken" stage in order to give it another chance so love yourself first. Be honest with yourself and when you've mastered that, then you can start loving your ex all over again. Make getting back with your ex a positive experience.

Create goals for your relationship and spend time discussing what is important and remember that each of you is different and has different needs and desires. You and your ex should live your life to the fullest - don't be afraid to take the relationship in a new direction and explore options that you have not done before. You both also need to spend quality time together so plan to do things that are not extravagant and over your financial means. You could have a picnic in the park or go to the movies.

Be committed to starting afresh with your ex and do what you say you are going to do. Be honest and trustworthy and if you cannot make a date because of something that has come up, make sure that this is communicated to your ex. They should understand and not get upset. Likewise, if your ex needs to cancel something with you because of something that has come up, you too need to understand the situation. It works both ways.

Don't allow disagreements to stop you from working on your relationship with your ex. Disagreements will come, but it's how you handle them that *makes* the difference. Sometimes you just have to let things be. If you don't agree on something, then so be it – just agree to disagree and don't let a disagreement make you resentful of your ex.

If you feel the need to be alone, communicate that to them as it's important that they know what you want. Once again, communication with your ex is one of the keys to making the relationship work.

Chapter 6

How to Get Your Ex to Love You Again

There was the time when you and your ex had a loving relationship. You cuddled, you kissed, and you just couldn't stay away from each other. Now that you have broken up and trying to get back together, it can feel weird because you've been away from each other for a while. However, there are some ways to rekindle that love you once had.

Changing the Way You Look

If you used to look ordinary, spice it up. Buying new clothes and getting a new hairstyle are two great ideas as men like to see women looking their best. You could perhaps buy some new perfume to wear.

Easy Does It!

Take things slow - there's no reason to rush into anything. Keep the lines of communication open and it's also important to keep eye contact. You will be able to tell from the way your ex looks at you, whether or not they are really serious about getting back together. Don't be in a rush for that loving feeling as you have to make sure that you are open to receive. Rushing can push your ex away and they may not want to come back after that. Go at a slow, but steady pace as you want to be their friend first and then everything else will fall into place. Don't bring baggage in from previous relationships either.

Compliment Each Other

People like compliments so compliment each other, but don't overdo it! Boosting your ex's self esteem with compliments here and there will help you get back on track. You can also reminisce about the good times you both shared and you can make them happen again, when the time is right.

Be yourself and your ex will appreciate you for it. If they knew your personality back then and wasn't offended, then rest assured you have no reason to make changes.

Chapter 7

Remaking the Commitment

Issues should be resolved prior to getting back together with your ex, otherwise past problems will rear their ugly heads sometime in the future and could cause another breakup – possibly a final one. Before you remake a commitment to your ex, here are some things that you need to do first.

Learn Together

You and your ex must learn what to do and what not to do from your previous relationship experience. The mistakes that were made back then are history and you need to do things differently this time around. Any problems that both of you had with each other should be resolved allowing those issues not to be repeated. It's important to hash out the past before moving on to the future.

You need to have confidence that your relationship with your ex will work this time around. You need to both sit down, discuss and work together to iron out any differences that you may have in order to move forward in your relationship.

Give and Take

Both parties must be willing to give and take. It cannot be one person always giving and the other one always taking, there has to be a balance. Also, there will be times when you have to compromise, even though you may not want to. It's obvious that you're not going to agree on everything, but you can agree to disagree.

You don't have to be around each other all of the time. Even in a relationship, you still need space. If you don't, then one of you may start feeling needy or one of you may start feeling cramped.

What You Really Want

You and your ex should both know what you want out of the relationship. You need to sit and talk with each other extensively about matters. You know each other's habits, what makes you both alike and what makes you different.

You need to make sure that you love your ex because of who they are and not because of their financial situation or what material possessions they have. If your ex suffers a financial loss or all of the material things are gone, will you stay or go?

Don't expect your ex to be something that they're not and don't try to change them. Accept them for who they are.

Moving On

Move on from past mistakes. Both of you are looking for a fresh start, so what better way to do it than to move forward? Looking back in the past just keeps you behind. You can't move forward if you're always dwelling on what happened before, especially if it was negative. Neither you nor your ex can have a satisfying and productive relationship if one or both parties are jealous or envious about previous relationships you both may have had during your time apart. If one or both parties are insecure and feel that they cannot trust one another, your relationship will not work. The key words here are to 'forgive and forget'.

You must have genuine respect for each other else the relationship will not work. Nobody wants to be with someone who disrespects them. If you allow this to happen, in effect, you are disrespecting yourself.

You also need to be able to be affectionate towards your ex again as this is one of the main parts of getting back together. There has to be genuine love and affection for each other and not just the lack of intimacy and lovemaking that gets you back together.

Simple Things Mean More

There are things that you can do to show your ex that you are serious about getting back with them and staying together for the long haul. You don't have to spend a lot of money or do something big in order to impress them. Most of the time, it's the simple things that are more appreciated.

Here are some of the little things you can do for your ex once you've gotten past the getting back together stage and have become a little closer:

- Compliment him on how he looks.
- Give him a hug and let him know how much you appreciate him.
- Call him spontaneously and let him know that you are thinking about him.
- Hold his hand.
- Give him a massage after a rough day.
- Leave him notes and let him know how you feel.
- Place your arm around him as you're taking a walk.
- Smile at him.

It is important to take some kind of action in order to indicate where you are both going with this union. There's no use in stringing the other person along if you are not serious about moving forward with them.

Conclusion

Keep in mind that getting back with your ex is not necessarily an easy task. It takes work, time and patience. You will know if it's meant for you and your ex to be together again. Using the tips and suggestions in this guide, you will be able to get a feel for what you need to do.

A lot of time break ups happen because of silly reasons. If you and your ex could sit down and think about the things that caused this to happen, reconciliation would probably not be far behind. Getting back with your ex can be a dream come true but also involves changes on both sides. There has to be adjustments in order to make it work.

The best thing to do is to communicate and be honest with each other. Think about what caused the break up in the first place and make changes so that your relationship can be more productive and successful this time around. If you and your ex are willing to do what it takes to get your relationship back on track, then your relationship can be better than it was the first time around.