

Total Truths



***How To Get Your
Ex-Boyfriend Back!***

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Introduction:

My friend and colleague, Dr Elena Omelchenko, and myself have just completed this short pamphlet which we're sure will be a great help in getting you started in the right direction. By following the steps outlined here you'll be placing yourself in a much stronger position to either rekindle your relationship or, to move on to better things. Either way, you win!

Break Ups don't have to be final!

However, you need to think very carefully about what is really best for you. What hurts most, sometimes, is just the loss of a routine, the habits that we'd taken for granted. This is definitely not a good basis for a healthy relationship. If you can get past this question and you're sure you want to get your ex back... Relax... We can help!

Before we go into what you need to do, let's look at some DON'Ts:

There are so many mistakes we make when trying to get our loved one back. Among the most common I've come across are:

- Being too nice.
- Showering them with gifts.
- Trying to reason logically with them.
- Telling them all the time how much you love them.
- Showing them how depressed you are without them.
- Promising them you'll change.

ALL OF THESE THINGS ARE WRONG!

They just don't Work!

First off, we need to develop the right attitude, the right frame of mind.

I'm sure that if you can follow the advice on the next few pages you will be well on your way to getting your ex back.

What Can I Do To Get My Ex-Boyfriend Back?

Are you feeling like everything you try just pushes your ex away even further? Are you constantly asking yourself "What can I do to get my ex-boyfriend back"?

If so, here are some tips that will greatly improve your chances of getting back together with your ex-boyfriend:

Obviously, you are serious about saving your relationship, otherwise you wouldn't be here, but if you are too anxious about it, you're probably behaving in totally the wrong way, causing your ex, naturally, to pull away. It is human nature, especially male nature, to resist this kind of pressure. Struggling against human nature like this is completely pointless, and it will only make matters worse.

Are you calling him too often, constantly sending e-mails or texting him? Are you trying to make him feel sorry for you? If you are doing these things, stop! If you are asking yourself "What can I do to get my ex-boyfriend back", then you need to stop doing these things right now!

So what can I do to get my ex-boyfriend back? Follow this strategy instead:

You are going to need to take a completely fresh approach. Begin by breaking off all contact for a while. Do your own thing. See your girlfriends, go shopping, do girly things!

During this time, when there's no communication between you and your ex-boyfriend, you can focus on ways that you can improve your own personal life, rather than focusing on the relationship issues at hand. This is going to be a challenging time, and it is going to require discipline to prevent you from returning to your old ways.

You'll see; your ex will experience a shift in how he feels about you. You will no longer be pursuing him. You'll even become mysterious to him in some ways, because he is not sure what you are doing or feeling. This is really something that will work in your favour. Your ex will be in a position to actually miss you, which certainly won't be possible as long as you are smothering him.

You must remember that the key to this strategy, and to repairing a break-up, is to work with human nature rather than trying to work against it.

Now you should have a fairly basic understanding on how common mistakes can be avoided. Once you implement this simple strategy you can restore a balance and allow your ex to remember why he loved you in the first place.

Just keep yourself well-grounded and avoid smothering him. Make yourself appear mysterious, and he will be reminded why he loved you in the first place. Play hard to get

(don't overdo it) and let him make the first move, and you will come out on top. And then you can stop asking yourself "What can I do to get my ex-boyfriend back"?

How To Get Your Ex Back

Almost every adult has experienced some kind of a break up, at some time or another. Most people just work on moving on rather than looking for a way to get back together. This can seem like the only option but if you've got the willpower, and you're sure it's worth it... There are ways and means!

Firstly, 90 per cent of the time there is no reason whatsoever why you can't get back with your ex after a break up, as long as you know, and are willing to take the necessary steps.

The first step in getting your ex back is to determine what exactly caused the break up in the first place. Even though you can't go back in time and you can't change the past, you can learn from the mistakes and you can grow from these experiences.

It could have been one single event, or it could have been certain behaviours that your ex just couldn't deal with anymore. No matter what it was that led to the breakup, you need to come to terms with the details in order to deal with it if the situation should arise again.

You can get your ex-boyfriend back, but if you want to keep him, you need to figure out what went wrong in the first place.

Secondly, you need to ensure that you don't appear to be unable to live without him. Everyone will feel like they can't live without their ex, but, don't make it obvious. Instead, you should stay strong, and let your ex see that you are doing fine without him. Even though you don't feel it, show some self-confidence. Of course this may be difficult but, with a little practise, this will give you a much better chance of getting back with your ex.

The third thing I would say is: Don't try to get revenge and don't try to make your ex jealous. This is not a good idea. In fact, this kind of behaviour will only begin a vicious circle or encourage your ex to move on because you have! While you do want your ex to see that you're doing fine without him, you don't want to push him to completely move on if what you really want is to get back together. Let your ex see how strong you are, and then, he will be the one who wants to get back together with you.