



**A guide to getting
your Ex back**



A GUIDE TO GETTING YOUR EX BACK



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Forward

If you're reading this book, there's a good chance that you're not reading it simply because you're bored or because you want to prepare yourself for a time in the future when you might need the suggestions found inside it.



If you're reading this now, you're probably at one of the crossroads of your life. You've broken up with your partner/ lover / significant other (call it what you will), and you've finally managed to process things enough to realize that you might actually want them back.

Here's the thing though. It's not good enough for you to simply decide that you want that person back in your life. It doesn't matter if you've been together for two years or twenty; it doesn't matter whether you thought that you were soul mates bound to each other forever.

What matters at this point is that you take a good long hard look at your life to date, both with and without your partner. Is your decision to get your ex back a purely instinctive reaction, or is it something that you truly want with all your heart and soul?

That was just a taste of what you will be able to find inside this book, and when you have gone through these soul searching question, we can then go on to looking at the ways and means for you to get your ex back, along with some strong do's and don'ts on getting your ex back!

Introduction

So you've broken up with your significant other and now you want to get him/her back. Maybe you've only just broken up, or maybe it's been some time now since you broke up. What matters is not when you broke up but what you are thinking of doing about it.



It doesn't even matter if you are the person who initiated the break up or not. At this point in time, nothing else matters except the fact that you have decided that you want to get your ex back.

The reason this book exists is for no other cause than the fact that I know exactly what you're going through, and have been down that road a few times myself.

Having unsuccessfully listened to other people's advice on what I should do with my relationships, I finally decided to follow my own head and heart. This worked for me, and I am now in a stable relationship, three years running after my breakup, two years running before that!

My methods won't necessarily work for everyone, and seriously looking at things, not everyone was meant to get back together with their ex. Sometimes things happen for a reason and this is true of breaking up as well.

I wrote this book not because I think of myself as a guru, or a qualified expert on relationships or anything like that. Indeed I'm far from that.

The only thing going in my favor is that my relationship has been going strong for some time now, and this I believe is due entirely to my following a few basic principles, which I began following after I broke up with my present partner – and which I used to win that person back.

However, the reason I wrote this book, was for the simple reason that I was asked to do so by a good friend who wishes to remain anonymous.

This friend, having been with me when I broke up with, then got back together again with my partner, knew what I had been through and knew what I had done to get my relationship in working order again.

Having at time been going through some troubles herself in her own relationship of some time, my friend decided to try some of the tactics which I had so successfully utilized, and to good effect.

So although this book started out as a means to pacify her nagging me to put everything down in writing, I now find myself hoping that this book will be able to help others like us who were having trouble in our relationships, or who have already been put through the wringer of breaking up.

Relationships

Sometimes it doesn't matter what you put into a relationship, it will break, and sometimes it doesn't matter whether you thought you had a stable relationship or not, it just breaks.

There are a number of reasons why relationships break and sometimes it isn't due to anything that we do, or don't do. It just happens.

Sometimes the breakup is a long time in the coming and like the beginning of Spring signals that large ice floes are breaking up, our relationships sometimes also these warning signs and harbingers which we can see plainly and clearly indicating that our relationship is not as sound as we might wish it to be.

And sometimes, what looks to be strong ice underfoot turns out to be thin ice and you will find yourself cast adrift in the middle of a sheet of ice that is cracking faster than you can hope to escape from. This in turn is similar to those relationships which breakup out of the blue with little to no warning about what was to happen.

All relationships are like this. No matter what you think when you first get together, you will hit a rocky patch. It's not a matter of "if"



but a matter of “when”, because this is not something that you can avoid.

People are so different, that sometimes it takes breaking up to make it easier all around for us to accept each other, and accept each other’s flaws.

Sometimes you can manage to salvage your relationship from the depths of despair before it is too late, but all too often we get so caught up in our own little worlds and in our own little lives that we take for granted the fact that our relationship is running smoothly.

In these cases, unless the signs of an imminent breakup are there for you to see, you will more than likely be caught unawares. Even this doesn’t matter, as much as what you do when your relationship does eventually breakdown.

So it doesn’t matter whether you saw it coming and knew that your relationship was on the rocks and it doesn’t matter if you thought you were on sound ground when suddenly you were thrown into chaos. What matters is how you handled matters after this.

Relationships are notoriously rocky things, just like a small boat. Both people in the boat need to row together to get anywhere, and both people need to work together to avoid rocking the boat.

Only good sound team work, and compromise on the part of both people involved, will be able to get any relationship going places. That, and an acceptance that each person is his/ her own person, and not an appendage of the other person.

Learn to give the other person the respect they deserve along with breathing room to be who they are, the person you were attracted to, to begin with, and you will be surprised by the results.

Relationships might be difficult things to steer but together you will find that you are stronger and that it can be done, even in choppy waters. A good example is in the illustration I have given below.

I’m not exactly sure where I saw or read about this, but a couple who were having problems sought help from a counselor, who ultimately gave them one task to fulfill o help them through their rough patch.

