

**You Can Win Your Ex  
Back:**

**With the Right Plan  
You Can Repair  
What Broke Down  
So Well That Your  
Ex Will Come  
Running Back to  
You**

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This book is intended solely for dispensing of information of an educational value for the purpose of helping those who read it to restore a failed personal relationship. Application of the information within is recommended in line with a rational and responsible approach to your individual circumstance.

If you use the information within to assist with repairing your damaged relationship, the author and publisher assume no responsibility for the results of your actions.

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## **Introduction**

Losing your partner is one of the hardest things you'll ever have to endure. The moment they disappear through the door it literally feels like the world begins to crash down all around you. It can be both mentally and physically crippling and leave you contemplating all kinds of thoughts that you never thought you'd have - that you never wanted to have. Or, just as commonly, you can lose the ability to think clearly at all as you become lost in a haze of despair and uncertainty.

To those who have never experienced abandonment at the hands of a loved one it is hard to fully grasp the degree to which it hurts and the extent to which the pain it sends your way can debilitate and consume every moment of your life.

"There's plenty of fish in the ocean," they'll say.

"You'll get over it, don't worry about it, just move on," others will add.

"They didn't deserve you anyway, their loss."

Such advice may be well-meaning and even accurate but it's usually not very helpful if all you want is for the person you love to come back into your life. Yes, there are plenty of

people out there that might replace your partner, but right about now there's only one person you can think of. Maybe it really is "their loss", but if that were true why does your heart feel like it is being squashed in a vice? Yes, you'll get over it one way or the other, but you can't just move on while there's a chance that, if you play your cards right, you can mend things and restore your relationship.

The truth is any relationship that is truly special is worth trying to salvage. Anyone who tells you otherwise is wrong. It doesn't matter if you've already broken up and things seem like a lost cause. When it hurts as bad as I'm guessing it's hurting you right now, know that the pain you're feeling is your heart telling you that what you had was special and you don't want to lose it. But guess what: if you give up now or make all the wrong choices while trying to save it, you will lose your ex forever.

This book has been written to help make sure that doesn't happen to you.

# Chapter 1: What Went Wrong?

## Getting your head straight

The moment you lose something as precious as your life-partner it is only natural to want to take immediate action to try to persuade him or her to return. But despite what you think, you're not ready to do that yet.

Before you take any action at all that involves your ex you must first get your head on straight. Many people have lost the love of their life by making rash decisions and taking spur of the moment actions without first taking a little time to get their mind straight. It's sad because in many of these cases they could have saved their relationships by just taking a little time to pause and think.

Don't be one of them. Don't live the rest of your life with regret because you allowed a moment of desperation to dictate your next move. Don't destroy your chances of getting back together by letting the fear of never getting your ex back influence you to do or say the wrong thing at the wrong time. And let's be clear, right now is the wrong time to do or say virtually anything at all to your ex. At this very moment in time your internal and external dialogue needs to be directed not at your ex but at yourself.

Think of your lost relationship as being similar to an open fire. When the fire is burning bright it is much easier to keep going as there is plenty of flame to catch on to new wood, but as the fire begins to dwindle it becomes harder to keep alight. When the fire almost dies, there may be a few embers left that can be used to reignite the fire, but you must use them carefully. Rather than simply throw a large chunk of wood on those embers, you need to add tinder, fan them, and allow a small flame to catch, allow it to grow, and slowly nurture it into a larger flame before it will once again catch the chunk of wood and burn bright again. A failure to grow the embers slowly but steadily will see them die at which point any chance of creating another full and brightly burning fire will be lost.

If you try to save your relationship but fail to take the time to get your head straight, it will be just like throwing a large chunk of wood on dwindling embers. The chance it will catch will be virtually zero but the chance the fire will die completely will be high indeed, if not a given.

Before we continue, it is important that you don't confuse "getting your head straight" with "getting over your ex." At this moment in time you're hurting and no amount of thinking, planning, understanding or awareness is going

to change that, at least, not overnight. So don't expect it to. Don't place pressure on yourself right now to achieve anything. When we say it's time to get your head on straight, we mean it's time to start the process, nothing more. So let's start.

### **Straws on the camel's back**

The very first thing you need to do to help get your head on straight is to sit down and brainstorm a list of all the things that you can possibly think of that contributed to your partner leaving you. To do this you'll need a pen and paper, or maybe lots of paper. Don't be tempted to type away on a computer. There is a very real benefit to using a pen and paper; it is a slower and more physically tangible process that registers more deeply in your subconscious as you do it. Typing on a keyboard and looking at a screen just doesn't have the same effect on your mind and nor will it help jog your memory in the same way that all the very fine mechanical movements of handwriting will.

Make sure you are alone, likely to be uninterrupted, and that you are surrounded by silence. Don't have your favorite sad music playing or the TV running. You will want to be

completely alone with nothing but your own thoughts and the paper in front of you.

But most of all you need to be honest. What you write is for your eyes only so make it as honest as can be. Remind yourself that you're not trying to blame your ex or blame yourself. Cast your mind back to your relationship as if you were a fly on the wall or as if you were a third party counselor, examining the relationship "as is" devoid of emotion. It will be hard for you are currently filled with all kinds of emotions related to your loss, but it is very important that you exercise nothing but honesty as you write your list. Don't let yourself fall into blaming anyone; just identify every issue you can think of that worked to harm your relationship with your ex.

Now, it is important to realize that there is no such thing as a great relationship ending because of one single thing. For example, did your relationship end because you were caught cheating on your partner? Then know your cheating didn't end the relationship - there were reasons why you allowed yourself to cheat and it is those reasons that ended the relationship - possibly amongst many other reasons too. In this example, the cheating was merely the final straw that broke the camel's back but up until that point there were other

straws that were weighing the relationship down.

The writing is always visible on the wall prior to a relationship breakdown. Sometimes it is visible to both partners for a long time prior to the eventual break while other times it is only visible to one partner. But in nearly all cases the writing becomes clearly visible once the relationship ends. For example, it is common for partners who have been cheated on to say, "I knew it, I knew something was wrong for months, but I just couldn't pinpoint it, but now it's all so clear..." before elaborating on all the events that made the fact their partner was having an affair actually quite obvious.

Let's use the issue of one partner having an affair to illustrate the kinds of points - straws - that you may write down as reasons why things went wrong and he or she left you:

*I stopped giving her my attention months ago and was spending way too much time at the bar with my buddies.*

*I've been flirting with other women right in front of her; she probably thought I was cheating too*

*I let myself get too stressed about money and took it out on her, instead of working with her to get through our problems*

*She kept saying she wanted kids and the clock was ticking, and I kept joking "you better look elsewhere, because I don't"*

*I used to give her flowers every Wednesday, then I just stopped*

There's no need to continue with this example list as by now you should be able to see that whatever reason you can think of you should write down. It doesn't matter if it's right or wrong - if it comes to mind, write it down. This exercise is about helping you get your head straight by allowing all the reasons that are in your head about what could possibly have harmed your relationship to come out right now in a controlled and private environment. It is far better to blurt out what isn't accurate, or even what is, privately than it is to blurt it out to your ex without thinking through the ramifications first. By brainstorming this list now, you'll be starting the process of coming to terms with the reality behind what caused your situation, even if your list doesn't exactly clarify it just yet.

If you get stuck, ask yourself questions like: "What did I do that she didn't like?" or "What can I think of that I shouldn't have done?" or "What could I have done better?" or "Is there anything I can remember that she asked of me that I ignored?" Then write down your answers.

## **The truth is in your list**

Remember, the key to creating your list of possible reasons that contributed to ruin your relationship is to ignore blaming anyone in favor of just being honest about the many things that you (or they) did that worked against rather than for a healthy relationship. If you're honest, and if you've written everything down that comes to mind, then your list should be filled with a number of things that you said or did - or didn't say or didn't do - that may have added up as straws to break the camel's back. Remind yourself that it's never one thing that ends a relationship; it is always many things compounded. The "one thing" you think caused your breakup is usually just the final straw.

For this reason, the list you now hold in your hands is extremely important to the future of your relationship with your ex. The items you've brainstormed may each have contributed to your ex leaving you. Sure, some of the items on this list may have little or no bearing on your ex's decision to leave but the mere fact that you included them on the list is an indication that you feel they may have. For this reason they are important because, as you will see later, restoring your relationship is of no value if you are unable to prevent yourself

from walking down the same path again and ruining it once and for all.

Review everything on your list. Don't critique any item, or cross any item off just yet. Just review it. As you do, be sure to write down any additional thoughts or items that come to mind. Keep doing this until you feel your list is extensive and covers everything that may have worked to sour what you had with your ex.

### **What should you have done?**

Here's the truth: most relationships end without the truth as to why it ended being discussed openly between both partners. In all likelihood, your ex has walked out on you without having communicated his or her true feelings about why they're walking out. If they did communicate a reason, it was probably easier just to tell you about the "final straw" than it was to tell you all of the reasons that really forced their hand, many of which may now be on the list before you.

Did you know that it is also common for partners to do something bad so that they can get out of a relationship easier than if they had to own up to the many reasons why they wanted to leave in the first place? Many people will cheat on their partners and allow themselves to be caught as the easy way out.

It's much easier to do that than to criticize someone's personal qualities directly. Both men and women do this often, sometimes consciously, sometimes unconsciously.

We started the process of writing down these reasons not to lay blame but to help bring clarity to your mind about the causes behind what pushed your ex away. Your ex will probably never tell you the truth if the reason they left relates to your personal qualities and this is especially the case if your relationship was special and loving. As ironic as it is, sometimes it is easier to hurt someone by doing something that you know they won't like than by telling them that they are doing many things that you don't like.

Remind yourself right now that the real reasons your relationship ended are probably on your list. Even if this is incorrect - even if the real reasons are completely unrelated to you or you have failed to pinpoint them - there's no other way you can find out what they are right at this moment. All you can do, for now, is to move forward on the basis that it will be helpful to find out what things you could have said and done better in the past so that you can do so in the future. If the things on your list did contribute to harming your relationship, they won't again. If they didn't, then they won't harm

any future relationship you establish, whether it is with your ex or someone else entirely.

You can't change the past; whatever in the past sent your ex packing is now completely out of your control. It's done and there's no going back; there's only going forward and the first step to going forward constructively is to identify not what happened in the past that you had control over but what should have happened that you have control over.

To do this, take a fresh piece of a paper and draw two columns. In the first column, write the first thing from your list into it. In the second column, write down what you think you should have said or done differently.

For example, let's look at the first item from our previous example list:

### **What went wrong**

I stopped giving her my attention months ago and was spending way too much time at the bar with my buddies.

### **What should have happened**

I should have given her my complete devotion. If I was at the bar with my friends she should have been with me. If not, it should have been rare. I should have made it clear that she was

more important to me than drinks, bars, or even my friends. I should have shown more interest in being with her than being anywhere without her. I should have made her feel special.

Now, repeat this process with every single item on your list.

### **An end to punishment**

By now you will have two lists. One that details all the things you think you said or did, or didn't, that harmed your relationship. The second list takes everything from the first and flips it over to its reverse creating a list of all the things you know you should have done better and will from now on.

Now, screw up the first list and throw it in the bin. Taking this action sends a clear message to your subconscious mind that the items on that list no longer matter.

You see, the problem with creating a list like the one you just threw away is the tendency you'll have to blame yourself for everything on the list. Throwing away the list is also a step in respecting the truth that blame is completely irrelevant now. You can blame yourself until you're blue in the face but that won't change the fact that your ex has left you. Or, you can

blame your ex, and again, nothing will change. All blame gives you is negative feelings, thoughts and emotions that do nothing to help your cause.

Right now, say out loud:

***"Punishment ends now. I won't punish myself or my ex for what has happened from this point forward. I won't blame myself, or blame my ex for anything that happened in the past. From now on, the only thing that matters is to think and act constructively, now and in the future."***

If necessary, repeat this aloud many times until you can repeat it without reading it.

Was the breakup your fault? It doesn't matter. Was it your ex's fault? It doesn't matter. What matters is this: that you learn from what has happened so that you can take control of yourself to ensure it doesn't happen again because of anything you do or say.

Don't skip over this advice lightly for it is the very approach you need to stave off arguments, end future fights, and put yourself in a powerful state of mind to move towards attracting your ex back. Any kind of statement or action that revolves around blame or punishment is destructive to your goal of

winning your ex back. From now on you must keep your mind on nothing but the task at hand - winning your ex back - and to succeed you must remain in a constructive frame of mind. The first step to doing that is to get past blame, guilt or the need to punish whoever was responsible.

### **Your situation is not irreversible**

Now that you're clear on what you think went wrong and what you should have done instead, realize that nothing that did go wrong is irreversible. Sure, you can't change the fact that it did go wrong and that whatever happened resulted in your ex walking out the door. But, that also doesn't change the fact that absolutely everything on your remaining list that you feel you should or could have done you can still do.

But not right away; not right now.

Instead, you need to take time out. You need to take more time than what it has taken you to compile your list; more time to review your list over and over again and burn into your mind all those things that you should have done; more time to truly leave the blame side of the equation behind in your mind, and more time to get your head straight about what you're going to do and how you're going to act moving

forward. This is absolutely crucial because these are things you are going to have to do in the future and not just once here and there, but permanently as a way of life.

Now, if you are sitting there thinking this is wrong, that everything isn't irreversible, that it's all too late - that you're on your own - then ask yourself why are you reading a guide on how to get your ex back? If you didn't think there was a chance, even a slim one, why would you have bothered to have picked up this guide? The answer is simple: somewhere inside you think there's a chance or, at the very least, you hope there's a chance. In both cases you can either walk away now or let your ex disappear forever, or you can make an effort to see whether or not that inner hope you have can be turned into the reality you truly want. Ask yourself, if your ex is truly the person you want to share your life with, isn't it worth it to try to win them back?

If your answer is "no", then you don't really want your ex back. Sure, you're hurting, but in the end you know in your heart that you really didn't want to spend your life with your ex anyway. If that's the case, then I suggest you read the rest of this book to help you learn a few things about how not to let your next

relationship go down the same path as your last one.

But I'm guessing your answer is "yes" and so it should be, for all great relationships are worth every effort you can muster to repair, save, and rebuild into the joy of companionship and sharing that they should be.

Unfortunately, the next step to achieving just that is actually the hardest step of all.